



The TurnAround Mom: How an Abuse and Addiction Survivor Stopped the Toxic Cycle for Her Family--and How You Can, Too!

Carey Sipp

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If you grew up in a dysfunctional, abusive, or addictive home, you are intimately familiar with violence, uncertainty, and suppressing your feelings. What you may not know, though, is how to create a sane, structured, and serene home for your own family when you never experienced these things yourself. Now you can.

Part courageous memoir, part influential how-to guide, *The TurnAround Mom* offers the tools you need to end the legacy of toxicity. With chilling vignettes from author Carey Sipp's own abusive past, plus the tips and techniques she used to turn her life--and thus the lives of her children--around, this stirring story will be the daily touchstone that you and your family deserve.

Carey Sipp is a parent-education advocate, an addiction and abuse survivor, and the mother of two children. Visit the author at www.turnaroundmom.com



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