



# **The Good Stuff from Growing Up in a Dysfunctional Family: How to Survive and Then Thrive**

*Karen Casey*

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Is there a silver lining to growing up in a dysfunctional family?

Bestselling recovery author Karen Casey looks at stories of people who grew up in dysfunctional families and “the good stuff” that can come from the experience. “Throughout my many decades in recovery rooms I have interacted with thousands of women and men whose journeys reveal, in detail, the harrowing history of dysfunction that has troubled their lives,” says Casey. “But what is also apparent in their stories is their eventual and quite triumphant survival, often against extreme odds.”

Casey interviewed more than 24 survivors of families rife with dysfunction; survivors who willingly shared their stories and came to realize they had, surprisingly, thrived as the result of their often harrowing experiences. In *The Good Stuff from Growing Up in a Dysfunctional Family*, Casey shares the stories and the skills these survivors developed to live more creative and fulfilling lives.

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