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The Sun Is Gone: A Sister Lost In Secrets, Shame, And Addiction, And How I Broke Free



Synopsis

This is not a partial glimpse of addiction—it is the whole story. It begins with a violent childhood that bonded two children together forever, perhaps setting the stage for what was to come. Jodee's younger brother Brett became an alcoholic. And she the sister of an alcoholic. As he walked the thin line between life and death, she experienced gut-wrenching highs and lows, obsessively doing everything she could to get his life back on track, sacrificing her own young children, marriage, career, and personal health. Her love for him and his dependence on her would last them a lifetime and almost destroy them both. Like the millions of people worldwide who love someone addicted to drugs or alcohol, Jodee believed she was doing all the right things. Written with extreme candor, no shame, and in the hope of helping other families get help for themselves as well as their loved ones, *The Sun is Gone* sheds a bright light on the often-disturbing reality of the progression of alcoholism and what goes on behind closed doors.

Book Information

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Customer Reviews

A fabulous, no holds barred chronicle of living with, trying to save and finally letting go of a family

member suffering from alcohol addiction .This book will strike a nerve with anyone who knows and/or loves an alcoholic.

I have a deep admiration for Jodi being so truthful and sharing what many families may also be experiencing. Being able to share her journey may help others faced with similar challenges in their lives. Well written. Hats off to Jodi and being able to be the great person she is today.

In her book, Jodee Prouse tells her story honestly, with no secrets untold. When reading this book, be ready to feel the intense pain of watching someone loved by so many, self-destruct and ultimately end his life. Her story gives us a real picture of life with an addicted family member. It also gives us hope because we see that Jodee was lucky enough to have been able to break the co-dependent cycle and get her own life back. It took a lot of effort and there certainly was a cost attached in getting there. Having lived with an alcoholic for years, her story evoked many intense feelings for me. Our stories, unfortunately, ended with the suicide of our loved ones. This book will resonate with anyone who has ever gone through a similar situation. It will also help those who have not, better understand those who have had this tragic experience. Although not a "light read", I highly recommend this book!

I could not put this book down! The author has done an incredible job of sharing her story--a story that looks at the devastation of addiction in a family and how each individual handles the cause and effects left in addictions trails. There is so much to be learned from this story.

It was neat, and a new experience to read a book that takes place in my local area. Addiction is a topic I know very well, but *The Sun Is Gone* offered a perspective of a side of addiction that I have never known or had the courage yet to explore. Thank-you Jodee for sharing your story and speaking your truth, Brett would be very proud of you.

A moving, heartfelt and IMPORTANT story from an adult child of an alcoholic and sister of an alcoholic. Inspiring and honest! Highly recommend this for ACoAs and loved ones of alcoholics and addicts. Thank you for your bravery, Jodee!

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