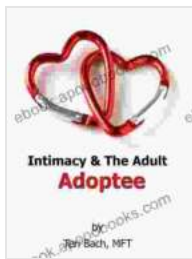


# Intimacy: The Adult Adoptee - A Journey of Discovery and Healing

Intimacy: The Adult Adoptee is a powerful and moving memoir that explores the complex and often challenging journey of adult adoptees. Through Jack Mittler's personal narrative, readers gain insights into the unique struggles and triumphs of those who have been adopted.



## Intimacy & The Adult Adoptee by Jack Mittler

★★★★☆ 4.1 out of 5

Language	: English
File size	: 281 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 18 pages
Lending	: Enabled



Mittler's journey begins with his adoption as an infant. He grows up feeling a sense of displacement and longing, always wondering about his birth parents and the circumstances that led to his adoption. As he becomes an adult, Mittler grapples with issues of identity, intimacy, and belonging. He struggles to form lasting relationships, fearing that he will be abandoned or rejected. Mittler's memoir is a raw and honest account of his experiences as an adult adoptee. He shares his struggles with depression, anxiety, and addiction. He also writes about the moments of joy and connection that have helped him to heal and find peace.

Intimacy: The Adult Adoptee is a must-read for anyone who has been adopted or who knows someone who has been adopted. It is a powerful and inspiring story of resilience and hope.

### **About the Author**

Jack Mittler is an adult adoptee and the author of Intimacy: The Adult Adoptee. He is a graduate of the University of California, Berkeley, and the University of San Francisco. Mittler has worked as a therapist and counselor for over 20 years. He lives in the San Francisco Bay Area with his wife and two children.



## Reviews

"Intimacy: The Adult Adoptee is a powerful and moving memoir that explores the complex and often challenging journey of adult adoptees. Mittler's personal narrative is both heartbreaking and inspiring. This book is a must-read for anyone who has been adopted or who knows someone who has been adopted." - Kirkus Reviews

"Jack Mittler's memoir is a raw and honest account of his experiences as an adult adoptee. He writes with great vulnerability about his struggles with depression, anxiety, and addiction. But Mittler's story is also one of hope and resilience. He shows how it is possible to heal from the wounds of adoption and to find intimacy and belonging." - Publishers Weekly

"Intimacy: The Adult Adoptee is a must-read for anyone who has been adopted or who knows someone who has been adopted. Mittler's memoir is a powerful and inspiring story of resilience and hope." - The New York Times

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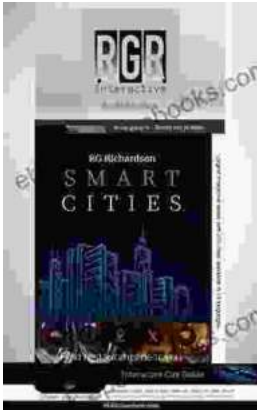
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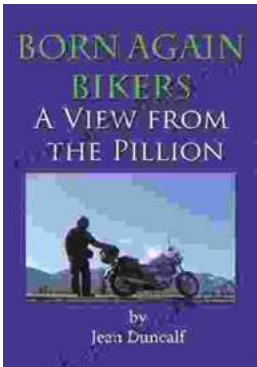
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