



Barnardos

Because childhood lasts a lifetime

Book list for Adopted Adults

BARNARDOS BIRTH HISTORY SERVICE

Dublin: 23/24 Buckingham Street, Dublin 1 and 4 Christ Church Square, Christchurch Place,
Dublin 8 Tel (01) 8134110

Cork: Blackmore House, Meade Street, Cork Tel. (021) 2038005

Galway: "The Sanctuary" 27 Chois Chlair, Claregalway Tel. (091) 454489

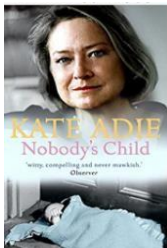

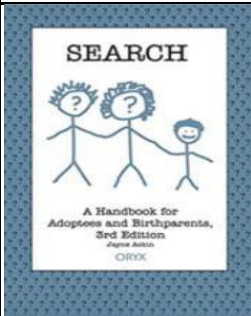

Email: birthhistory@barnardos.ie

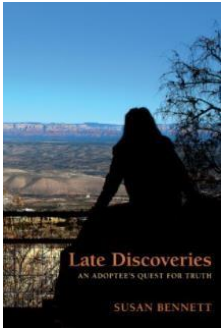
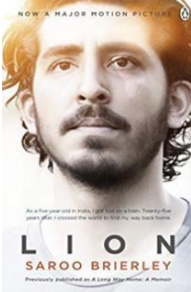
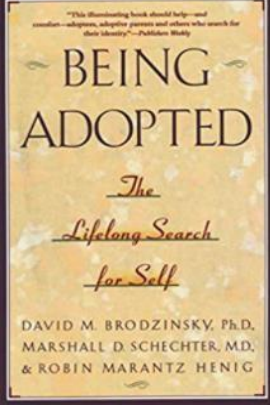

Helpline: (01) 4546388 – Tues & Thurs – 10am to 1pm

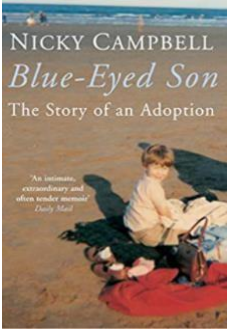

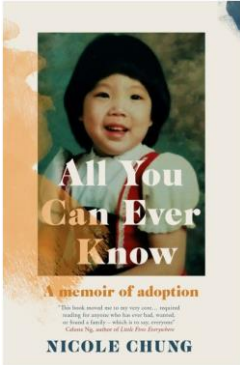
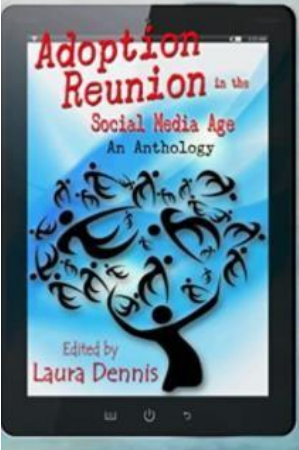
Suggested reading for adopted people



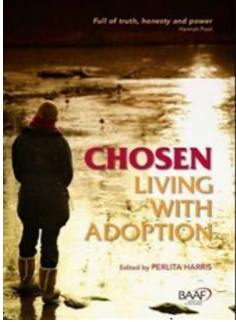
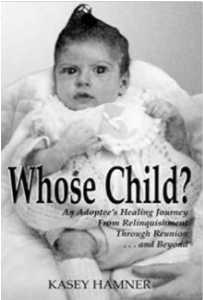

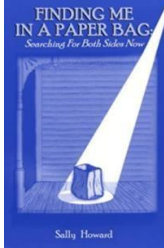
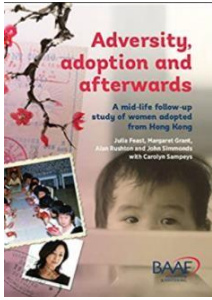
AUTHOR	BOOK NAME	DETAILS
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	NOBODY'S CHILD Who are you when you don't know your past?	Adie, Kate Publisher: Hodder Paperbacks; New Ed edition (5 Jun. 2006) ISBN-10 : 0340838019
	A GOOD LIKENESS A personal story of an adoptee who finds married birthparents.	Arnott, Paul Publisher: Abacus; New Ed ISBN-10 : 0349113289
	SEARCH A handbook for adoptees and birth parents	Askin, Jane Publisher: Oryx Press; 3rd edition (10 July 1998) ISBN-10 : 1573561150
	MISSING LINKS An adoptee's search for his birth parents	Begley, Vincent J Publisher: Claycomb Press, Incorporated (1 Oct. 1989) ISBN-10 : 0933905068

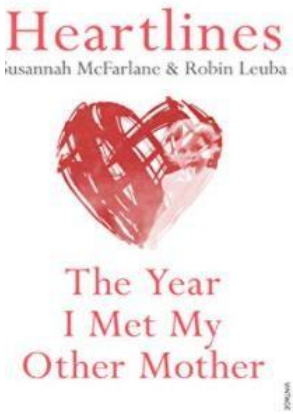

	<p>LATE DISCOVERIES An adoptee's quest for truth</p>	<p>Begley, Vincent Publisher : Daniel & Daniel Publishers (11 Sept. 2013) ASIN : B00607VDKI</p>
	<p>A long Way Home This is the miraculous and triumphant story of Saroo Brierley, a young man who used Google Earth to rediscover his childhood life and home in an incredible journey from India to Australia and back again...</p>	<p>Bierley, Saroo Publisher: Penguin; 1st edition (12 Jan. 2017) ISBN-10 : 0122167856</p>
	<p>BEING ADOPTED The lifelong search for self. Ingeniously integrating psychological and educational theories, the authors construct a model of the normal yet unique stages of adoptee development. This groundbreaking book uses the poignant, powerful voices of adoptees and adoptive parents to explore the experience of adoption and its lifelong effects. A major work, filled with astute analysis and moving truths.</p>	<p>Brodzinsky, David M, Schechter, Marshall, Henig, RobinMarantz Publisher: Vintage; Bantam Doubleday Dell Publishing Group; Anchor Books ed edition (1 Mar. 1993) ISBN-10 : 0385414269</p>
	<p>THE PSYCHOLOGY OF ADOPTION Recent empirical work has shown that adopted children are more vulnerable to a host of psychological and school-related problems compared to their non-adopted peers</p>	<p>Brodzinsky, David Publisher: Oxford University Press; New Ed edition (7 April 1994) ISBN-10 : 0195082737</p>

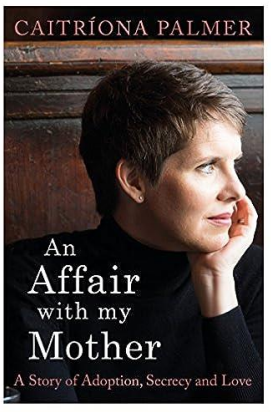
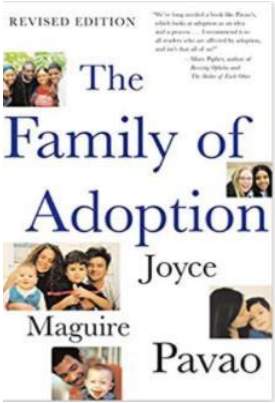
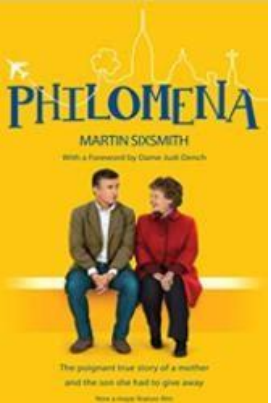
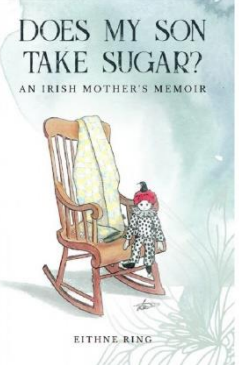
	<p>BLUE-EYED SON The story of an adoption</p>	<p>Campbell, Nicky Publisher: Pan MacMillan; On Demand edition (7 May 2012) ISBN-10 : 0230768210</p>
	<p>WILL YOU BE THERE WHEN I GET HOME? This is a true and very honest account of adoption, search and reunion. It examines in depth how adoption can affect the individual and their loved ones</p>	<p>Cashin, Claire Publisher: Mercier Press (1 Dec. 2006) ISBN-10 : 1856355217</p>
	<p>All You can Ever Know: A memoir of a Korean adoptee growing up in a white family in Oregon, her search for her identity and her birth family in Korea.</p>	<p>Chung, Nicole Publisher: Pushcart Press (2020) ISBN: 9781911590309</p>
	<p>Adoption Reunion in the Social Media Age: An Anthology This anthology gives voice to the wide experiences of adoptees and those who love them; examining the emotional, psychological and logistical effects of adoption reunion. Primarily adult adoptee voices, we also hear from adoptive parents, first moms and mental health professionals, all weighing in on their experience with reunion.</p>	<p>Dennis, Laura Publisher: Entourage Publishing; 1st edition (10 Jan. 2014) ISBN-10 : 0985616857</p>

	<p>Adoption Therapy: Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues</p> <p>A much-needed anthology addressing a variety of potential psychological and physiological concerns, <i>Adoption Therapy, Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues</i> is a must-read for adoptees, adoptive parents, first families, and vitally, mental health professionals</p>	<p>Dennis, Laura (Editor)</p> <p>Publisher: Entourage Publishing (2014)</p> <p>ISBN-10: 978-0985616892</p>
	<p>TWENTY LIFE TRANSFORMING CHOICES ADOPTEES NEED TO MAKE</p> <p>Sherrie Eldridge is an adoptee and adoption expert, and in this book she draws on her personal experiences and feelings relating to adoption as well as interviews with over 70 adoptees</p>	<p>Eldridge, Sherrie) Publisher: Jessica Kingsley Publishers; 2nd edition (21 Mar. 2015) ASIN : B00SS4P30W</p>
	<p>Becoming a Mother: Reflections on Adoptive Parenthood</p> <p>Becoming a mother is an exploration of the complexity of adoption from the perspective of an adoptive parent. It draws on a combination of seminal and modern texts and personal memoir to present a unique view of what it means to be an adoptive parent in Ireland today.</p>	<p>Gallagher, Mari Publisher: ISBN: 978-1-78605-058-8</p>
	<p>MOTHER COUNTRY A memoir</p>	<p>Harding, Jeremy Publisher: Verso; Updated edition (22 Nov. 2010) ISBN-10 : 1844676579</p>


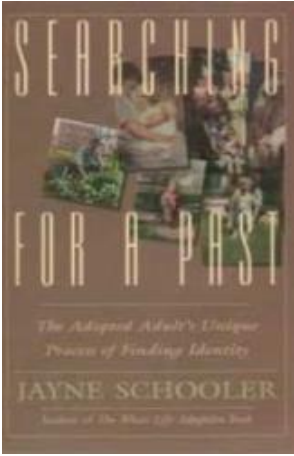
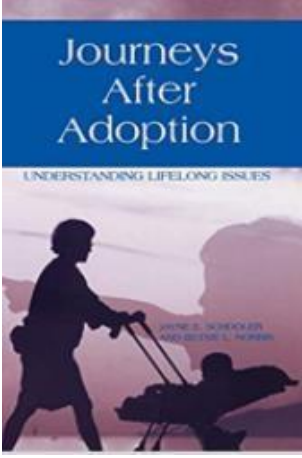
	<p>CHOSEN: Living with Adoption “Chosen” brings together writing and poetry by over 50 U.K. adopted adults born between 1934 and 1984. Through a broad range of perspectives, they capture the lifechanging power of adoption and the different meanings it can take on at different stages in one’s life.</p>	<p>Harris, Perlita (Ed) Publisher: British Association for Adoption and Fostering (BAAF); 1st edition (3 Dec. 2012) ISBN-10 : 190758563X</p>
	<p>WHOSE CHILD? An adoptee’s healing journey from relinquishment through reunion and beyond</p>	<p>Hamner, Kasey Publisher: Triad Pub; 1st edition (June 1, 2000) Connecticut. (1999) ISBN-10 : 0967414504</p>
	<p>You Don’t look Adopted An adoptees exploration of her personal story.</p>	<p>Heffron, Anne Publisher: Running Water Press; 2nd edition (22 Jan 2018) ISBN-10: 0692755640</p>
	<p>FINDING ME IN A PAPER BAG Searching for both sides now.</p>	<p>Howard, Sally Publisher: Gateway Press (January 1, 1888) ASIN : B01JXQFAIS</p>
	<p>ADVERSITY, ADOPTION AND AFTERWARDS A mid-life follow-up study of women adopted from Hong Kong.</p>	<p>Feast, Julia, Grant, Margaret, Rushton, Alan, Simmonds, John With Sampeys,Carol Publisher: British Association for Adoption and Fostering (BAAF) (4 Feb. 2013) ISBN-10 : 1907585648</p>

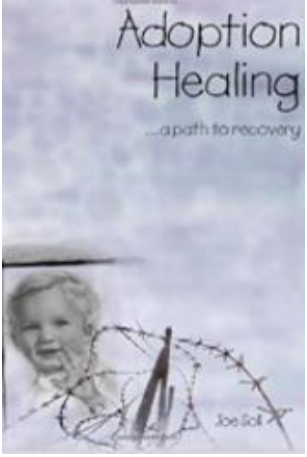
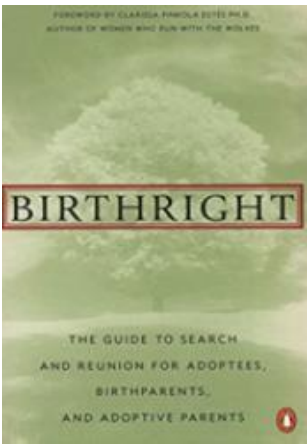
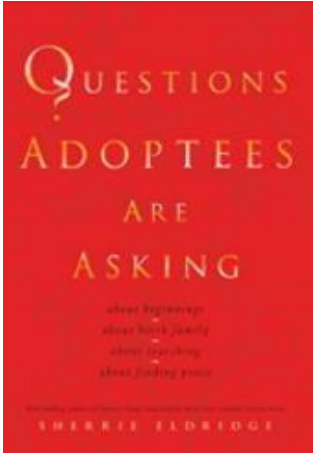
	<p>RED DUST ROAD</p> <p>As a little girl, Jackie Kay realizes that her skin is a different colour from that of her beloved Mum and Dad. Later in life, she decides to trace her birth parents. She discovers that inheritance is much more than genes.</p>	<p>Kay, Jackie Publisher: Picador; Main Market edition (19 Oct. 2017) ISBN-10 : 1509858393</p>
	<p>THE ADOPTION PAPERS</p> <p>Jackie Kay tells the story of a black girl's adoption by a white Scottish couple from three different viewpoints: the mother, the birth mother and the daughter</p>	<p>Kay, Jackie Publisher: Bloodaxe Books Ltd (3 Jan. 1998) ISBN-10 : 185224156X</p>
	<p>THE INVISIBLE WOMAN</p> <p>A novel. Lucy sits alone in a room, remembering. Most of her life has been taken up with a quest to find the mother who abandoned her when she was a few hours old.</p>	<p>Knight, Susan Publisher: Poolbeg Press Ltd, Dublin (1993 ISBN: 1 85371 242 6</p>
	<p>OPEN: How learning to live from the heart changed everything. The author, who was adopted at 6 weeks old, recounts his own emotional struggles and challenges growing up adopted and reuniting with his birth mother and siblings as an adult.</p>	<p>Mccabe, Eoin Publisher: Eoin McCabe (Dec 2012) ISBN-10 : 1909483001</p>
	<p>TWICE BORN : Memoirs of an adopted daughter</p> <p>Her early struggle with the loneliness and isolation of not knowing her birth parents; her identification, as a journalist in the Far East, with the orphans left behind by American soldiers in Japan and Vietnam; and the guilt she experiences over what feels like a betrayal of her adopted parents as she sets off on a forbidden quest to find her roots.</p>	<p>Lifton, Betty Jean Publisher: McGrath-Hill, New York 1975 ASIN : B0091XJPRG</p>


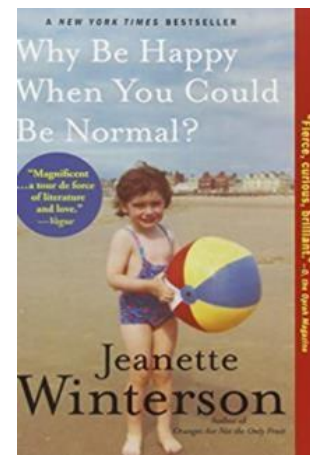
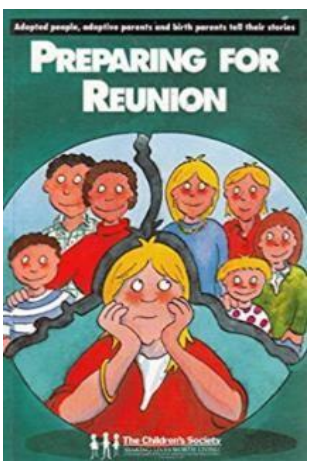
	<p style="text-align: center;">LOST AND FOUND</p> <p>For nearly three decades the book has topped recommended reading lists for those who seek to understand the effects of adoption---including adoptees, adoptive parents, birth parents, and their friends and families.</p>	<p>Lifton, Betty Jean Publisher: University of Michigan Press; Third edition (6 Jan. 2009) ISBN-10 : 047203328X</p>
	<p style="text-align: center;">JOURNEY OF THE ADOPTED SELF</p> <p>Betty Jean Lifton, whose <i>Lost and Found</i> has become a bible to adoptees and to those who would understand the adoption experience, explores further the inner world of the adopted person. She breaks new ground as she traces the adopted child's lifelong struggle to form an authentic sense of self. And she shows how both the symbolic and the literal search for roots becomes a crucial part of the journey toward wholeness</p>	<p>Lifton, Betty Jean Publisher: Basic Books; New Ed edition (15 April 1995) ISBN-10 : 0465036759</p>
	<p style="text-align: center;">Heartlines: The Year I Met My Other Mother</p> <p>Heartlines is a piercingly honest and often hilarious story of what it takes to reconnect - and stay there - after a lifetime apart. Fast-paced, warm and funny, this is an adoption story that pulls the reader on to a wonderful if wobbly rollercoaster ride, exploring themes of family, motherhood, loss, belonging, hope, courage and the importance of never giving up.</p>	<p>McFarlane Susanah and Leuba Robin Publisher: Random House Australia (2 May 2016) ASIN : B01AV416QQ</p>
	<p style="text-align: center;">ADOPTEEES COME OF AGE</p> <p>Ronald Nydam acquaints the pastoral counselor with some of the struggles that adopted people confront in their development and in their adult lives. Drawn from the compelling stories of people who have been adopted, this book provides an intelligent and accessible description of the distinct emotional and spiritual challenges faced by adoptees and their families</p>	<p style="text-align: center;">Nydam, Ronald J Publisher: Westminster John Knox Press; 1st edition (August 1, 1999) ISBN-10 : 0664256716</p>

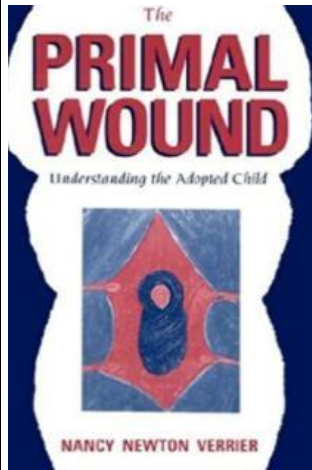
	<p>An Affair with My Mother: A Story of Adoption, Secrecy and Love</p> <p>A moving and gripping story of love, denial and a daughter's quest for the truth.</p>	<p>Palmer, Catriona Publisher: Penguin Ireland (3 Mar. 2016) ISBN-10 1844883574</p>
	<p>THE FAMILY OF ADOPTION</p> <p>The Family of Adoption is a powerful argument for the right kind of openness in adoption. Joyce Maguire Pavao uses her thirty years of experience as a family and adoption therapist to explain to adoptive parents, birthparents, adult adopted people, and extended family, as well as to those who work with children professionally the developmental stages and challenges one can expect in the life of the adopted person.</p>	<p>Pavao, Joyce Maguire Publisher: Beacon Press; New edition (20 Feb. 2005) ISBN-10 : 0807028274</p>
	<p>Philomena: The True Story of a Mother and the Son She Had to Give Away</p>	<p>Sixsmith, Martin Publisher: Pan; 1st edition (10 Oct. 2013) ISBN-10 : 1447245229</p>
	<p>In this self-effacing and emotionally frank account, a successful businesswoman and proud mother of four, Eithne Ring, leads readers back to a time when pushing a pram down the street without a ring on your finger was seen as an affront to civilisation- with hell to pay for those who stepped out of line.</p>	<p>Ring, Eithne Publisher: Homeland; Westport, Ireland (2022) ISBN:978139992407 8</p>

	<p>1) ADOPTION REUNION Agony or Ecstasy</p> <p>2) ADOPTION AND LOSS ADOPTION The hidden grief</p> <p>3) ADOPTION AND RECOVERY Solving the mystery of reunion</p>	<p>Robinson, Evelyn Burns Publisher: Clova Publications (15 Dec. 2009) ISBN-10 : 0987193120 ISBN-10 : 1729816886 ISBN-10 : 0646433709</p>
	<p>COMING HOME TO SELF</p> <p>The adopted child grows up. Although written with adult adoptees in mind, Coming Home to Self is a book that can help anyone who has had early childhood trauma or who feels as if he or she is living an unauthentic life. It is a book about becoming aware of the reasons for certain attitudes and behaviors. From understanding basic trauma and the neurological consequences of trauma to step by step ways to heal from that trauma, Coming Home to Self, by helping readers discover a more authentic self, take responsibility for that self, and discover one's own personal spiritual path, will contribute to the well-being of people suffering from a variety of wounds</p>	<p>Verrier, Nancy Newton Publisher: Nancy Verrier (30 Jun.2004) ISBN-10:0963648012</p>
	<p>One Perfect Day: A Mother and Son's Story of Adoption and Reunion</p> <p>The moment Diane Burke, an author and mother of two grown sons, received an unexpected certified letter in the mail, she had no idea her life would be shaken to its core. Memories of a past she had buried more than forty years ago suddenly resurfaced and she wasn't prepared to deal with them.</p>	<p>Diane Burke Publisher: Skyhorse (April 8, 2014) ISBN-10 : 1628737794</p>

	<p>Ithaka: A Daughter's Memoir of Being Found</p> <p>The voice on the other end of the line was soft, yet forthright: "Sarah, my name is Hannah Morgan. I think I'm your birth mother."</p> <p>In this searing, lyrical memoir, Sarah chronicles her painful journey from confusion and anger to acceptance and, finally, reunion.</p>	<p>Saffian, Sarah Publisher: Delta (October 12, 1999). ISBN-10 : 0385334516</p>
	<p>SEARCHING FOR A PAST</p> <p>The Adopted Adult's Unique Process of Finding Identity. Schooler's guide is less a practical how-to for adoptees in search of their birth parents and/or family members than a guide through the psychological entanglements generated by such a search.</p>	<p>Schooler, Jayne E Publisher: Pinon Pr; 0 edition (March 1, 1995) ISBN-10 : 0891098682</p>
	<p>JOURNEYS AFTER ADOPTION</p> <p>Understanding lifelong issues. What can we learn about the experience of adoption from those who have walked that journey? How can those touched by adoption navigate successfully through the issues of search, reunion, and aftermath? Will those answers have a positive impact on adoption in the 21st century? These are some of the questions answered in this book.</p>	<p>Schooler, Jayne E And Norris, Betsie L Publisher: Praeger (30 July 2002) ISBN-10 : 0897898168</p>

	<p>ADOPTION HEALING A path to recovery</p>	<p>Soll, Joseph Publisher: Joe Soll (1 Mar. 2000) ISBN-10 : 0967839009</p>
	<p>Birthright: The Guide to Search and Reunion for Adoptees, Birthparents, and Adoptive Parents</p> <p>What happens when an adoptee decides to locate a birthparent or a birthparent wants to find a child given up long ago? How does one search for people whose names one does not know? And what happens during a reunion? In 1983, Jean A. S. Strauss was faced with these questions when she began her search for her birthmother, and in this inspiring new handbook, she shares her experience.</p>	<p>Strauss, Jean Publisher: Penguin Books; 1st edition (June 1, 1994) ISBN-10 : 0140512950</p>
	<p>Questions Adoptees Are Asking: ...about beginnings...about birth family...about searching...about finding peace</p> <p>People who have been adopted grow up with many similar questions, thoughts, challenges, and choices, such as, "Does my birth mother ever think about me?" and "What is my real worth? Was I a mistake?" More than 70 adoptees discuss these and other adoption issues and try to arrive at answers. Sherrie Eldridge interviews more than seventy adoptees to bring your questions to light, find the answers, and create connection among adult adoptees. Discover freedom in the unity and in your unique life purpose as you realize your value in life.</p>	<p>Eldridge, Sherrie Publisher: NavPress; Revised edition (January 15, 2009) ISBN-10 : 1600065953</p>

	<p>Adoption Wisdom: A Guide to the Issues and Feelings of Adoption</p> <p>ADOPTION WISDOM offers insight and understanding of adoptees, birth parents, and adoptive parents. Includes chapters on Adoption Awareness, Basic Truths of Adoption, Search and Reunion, and an Ideal Adoption. ADOPTION WISDOM is a book for anyone who wants to know more about the lifelong impact of adoption.</p>	<p>Russell, Marlou Publisher: Broken Branch Productions (October 18, 2010) ISBN-10 :1888511125</p>
	<p>WHY BE HAPPY WHEN YOU COULD BE NORMAL</p> <p>Memoir of an adopted adult.</p>	<p>Winterson Publisher: Grove Press / Atlantic Monthly Press; Reprint edition (28 Mar. 2013) ISBN-10 : 0802120873</p>
	<p>PREPARING FOR REUNION SOCIETY</p> <p>Adopted people, adoptive parents and birth parents tell their stories. This is an accessible exploration of the issues involved in adoptee/birth parent reunion based on personal accounts from adoptees, adopters and birth parents. Besides being a practical guide to the process of tracing birth parents, the book also provides insights into the emotional dynamics of this sensitive process from the first-hand perspectives of all involved. It also provides an opportunity for readers to consider the issues involved in tracing birth parents.</p>	<p>Julia Feast (Author), Michael Marwood (Author), Sue Seabrook (Author), Liz Webb (Author), Angela Eagle Publisher: The Children's Society (1 Jan. 1994) ISBN-10 : 0907324789</p>



THE PRIMAL WOUND Coming home to self

The Primal Wound is a book which is revolutionizing the way we think about adoption. In its application of information about pre- and perinatal psychology, attachment, bonding, and loss, it clarifies the effects of separation from the birth mother on adopted children. In addition, it gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior.

Verrier, Nancy Newton
Publisher: British Association
for Adoption and Fostering;
UK ed.
edition (21 Sept. 2009)
ISBN-10 : 1905664761