



Lost Found: The Adoption Experience

Betty Jean Lifton

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Rich in insight and compassion, *Lost and Found* is an eloquent exploration of the psychological issues faced by adoptees and by all children who have been separated from a parent and denied the right to know their true origins. Betty Jean Lifton, herself an adoptee, draws upon her own experience and her extensive work with adoptees, birth mothers and fathers, and adoptive parents to explore the harmful effects of secrecy on the identity of a child and the liberating possibilities of openness. A new Preface links the psychology of the adopted to that of babies born of surrogacy and other reproductive technologies. And a new Afterword explores the most recent developments in the adoption field, such as post-adoption counseling, open adoption, and the controversy around the adoption syndrome. The author concludes with a code of rights and responsibilities for everyone in the adoption circle, along with an updated list of support groups and counseling clinics for the adoption triad in the United States and Canada.

Lost Found: The Adoption Experience Details

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Jean-Paul says

If you have a friend who is adopted or if you are adopted yourself, I'd highly recommend this book. If you are at all considering, I very, very highly recommend this book! It gives incredible insight into the minds of the adopted first and foremost, but also the parents both birth and adopting. After reading this book, if you know someone who is adopted, you will find yourself saying, "Oh, so THAT'S why s/he behaves the way s/he does in certain situations!"

The psychological impact of adoption on all involved in the process is very often swept under the rug because adoption is a "great thing". And I whole-heartedly agree that adoption is a great thing, but to not face head-on the effects that the process can have on all involved is bordering on criminal.

Kikireads says

Fantastic. When this was published it was the ONLY thing relevant addressing adoptee experience.

Jen Gibbs embree says

A must read for any adoptee. I could have written this book myself, I found it so relative. Thanks to this book I am going thru a difficult but very necessary awakening concerning being adopted.

Sam says

I read this book after finding more recent "adoption experience" guides to be less applicable. I didn't find out I was adopted until my 30's and it is still an issue cloaked in strangeness with my adoptive parents. I am in communication with my biological family, and this book address an earlier era in adoption that I fall into by circumstance.

I found this book very helpful and informative in many ways. It depicts some of the difficulties adoptees have when information is kept from there, treated as shameful, or irrelevant. It also discusses the reality that most birth parents do desire contact a some point.

The only area I found problematic was the dated presentation regarding homosexuality. However, this was not offensive---simply out of date assumptions.

Jenny says

Read at a time when I needed affirmation about my experiences being an adoptee. Very helpful!

Rhonda Rae Baker says

Loved this book...it helped me find some direction!!!! I felt lost until I found out that my birth wasn't in a cabbage patch...whew...(-: Betty is a wonderful author and I have read other books she has written.

Lisa Marie says

Although dated, this is a foundational text in adoption and should be read by everyone interested in adoption research.

Michael Thomas Angelo says

instrumental in my development. I wouldn't be who I am today without it.

Jennifer says

This is a must read for anyone interested in the topic of adoption. The author, who is an adoptee herself, very thoroughly examines the adoption experience, looking at it from every angle: the adoptee, the adopter, and the birth parents. She especially focuses on what it is like to be adopted and the struggles most adopted people face in their lives. It was very eyeopening to me and very valuable. The book is quite depressing, though, because it does focus so much on the problems associated with adoption. It doesn't offer a lot of hope or help, but does aid tremendously with understanding...which is the first major building block in coming up with solutions. I would recommend this book to anyone thinking about adopting, people who have been adopted, people who know someone who is adopted, and anyone who wants to understand the adoption experience (which should be everyone).
