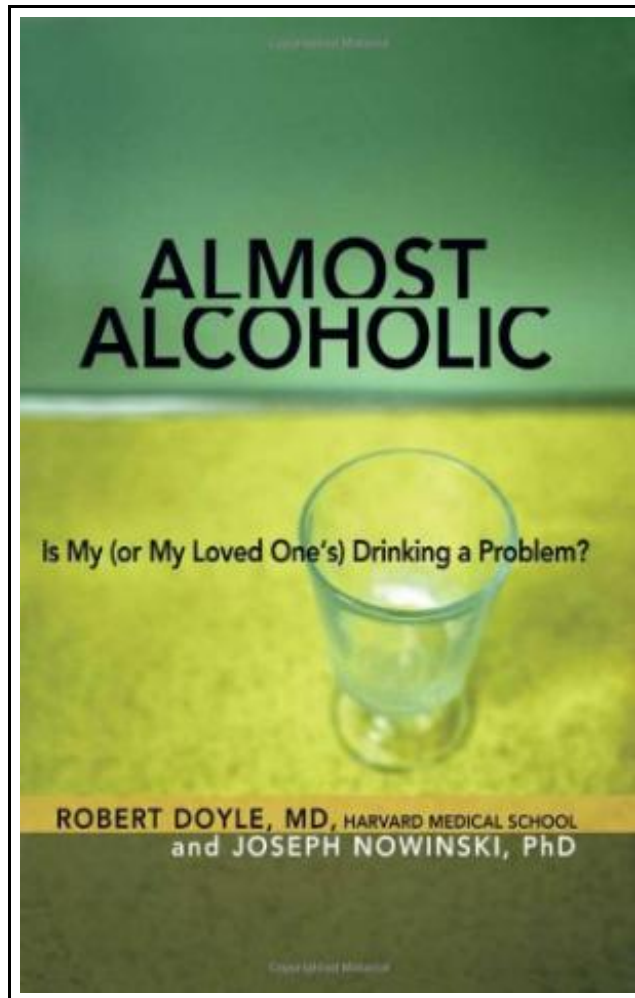


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Reviews

Undoubtedly, this is actually the very best job by any writer. It is loaded with wisdom and knowledge You will not really feel monotony at anytime of your respective time (that's what catalogs are for concerning when you check with me).

(Prof. Lawson Stokes IV)

ALMOST ALCOHOLIC: IS MY (OR MY LOVED ONE'S) DRINKING A PROBLEM?



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Hazelden Publishing & Educational Services. Paperback. Book Condition: new. BRAND NEW, Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem?, Robert Doyle, Joseph Nowinski, Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 per cent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski provide the tools to: identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions about your next steps. The Almost Effect (TM) Series presents books written by Harvard Medical School faculty and other experts that offer guidance on common behavioural and physical problems falling in the spectrum between normal health and a full-blown medical condition. These are the first publications to help general readers recognise and address these problems.



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