



Beyond the Influence: Understanding and Defeating Alcoholism

By Katherine Ketcham, William Asbury

Bantam Doubleday Dell Publishing Group Inc, United States, 2000. Paperback. Book Condition: New. 2nd Revised edition. 232 x 154 mm. Language: English . Brand New Book. This invaluable work will contribute much to the battle against our number one disease. --from the Foreword by George McGovern, former senator and author of Terry: My Daughter's Life-and-Death Struggle with Alcoholism Alcoholism is a disease. It's time we started treating it like one. Science has offered undisputed proof that alcoholism is a disease rather than a weakness of character, yet millions of alcoholics continue to suffer due to inappropriate treatment. Now the co-author of the modern classic Under the Influence has teamed up with prominent alcoholism experts to provide new answers to this national epidemic. Based on the latest scientific research, Beyond the Influence clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. It also spells out what needs to be done to treat alcoholism, including: Steps to take for an intervention How to find the right treatment program Which psychological approaches work best Why spirituality is essential to recovery New insights into relapse prevention What you should know about diet, exercise, and...



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Reviews

An incredibly great ebook with lucid and perfect explanations. It is actually really fascinating through studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Very useful to all group of folks. This really is for all who state there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be the greatest book for actually.

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