



An Introduction to Sensible Drinking

By Marcantonio Spada

Constable and Robinson. Paperback. Book Condition: new. BRAND NEW, An Introduction to Sensible Drinking, Marcantonio Spada, Up to a quarter of the UK population is currently believed to misuse alcohol. This self-help book aimed specifically at problem drinking uses cognitive behavioral therapy (CBT) to help the reader to understand their drinking problems and offers useful tips to overcome them. Ideal for anyone who fears that alcohol is starting to get out of control.



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