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Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem?

By Robert Doyle, Joseph Nowinski

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...



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