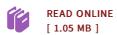




Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem?

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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