



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

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).

-- **Daren Raynor II**

This sort of publication is almost everything and taught me to hunting forward and much more. Yes, it is actually play, continue to an amazing and interesting literature. I am pleased to tell you that this is basically the best book we have read through inside my individual life and could be he finest book for ever.

-- **Enrique Ritchie Sr.**