

Caution Kindness Can Be Dangerous To The Alcoholic

Understanding the Alcoholic's Mind : The Nature of Craving and How to Control It
Special Report to the U.S. Congress on Alcohol & Health
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Alcohol Addiction
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despite the immense obstacles they face many alcoholics do manage to recover the question is how in this groundbreaking book a doctor with over 25 years experience working with alcoholics gets inside their

minds and explains the behaviors and thought processes they use to get sober and stay sober in most instances arnold ludwig has found that a lasting recovery can only begin after certain crucial attitude changes regardless of the motivation of alcoholics powerful forces lure them back to drink to remain sober alcoholics must recognize these forces and the dangerous frame of mind that fuels them then they must use a variety of techniques that have been demonstrated to be effective for resisting temptation particularly during the early phases of recovery in time individuals will need to develop a set of attitudes values and behaviors which the author describes in detail that perpetuate and strengthen their sobriety being sober is far more than simply not drinking it is a new way of life over the years the author has worked with over 1000 alcoholics from all walks of life and within many different settings hospital clinics alcoholics anonymous meetings detoxification centers and private homes about one fourth of whom had quit drinking for significant periods of time incorporating the findings of other researchers into his own and including many clinical vignettes and personal anecdotes he explores the basic principles necessary for achieving a successful recovery ludwig has especially concerned himself with the nature of alcoholic craving and loss of control and describes the techniques that can help individuals to conquer their urges and also to lessen the chances of relapse this book does not use the word treatment instead it talks about what is really at the heart of the matter sobriety and how to achieve it it will give new hope and insight not only to the recovering alcoholic but also to their families counselors and doctors

the now classic guide to alcoholism returns with new enlightening research that confirms the revolutionary ideas first trailblazed by this book in a time when such theories were unheard of now featuring a new foreword new resources and the same reliable insights and easy to read style this book is truly informative powerful and an invaluable resource on overcoming alcoholism angela diaz m d ph d m p h ten of millions of americans suffer from alcoholism yet most people still wrongly believe that alcoholism is a psychological or moral problem that can be cured once the purported underlying psychological problems or moral failings of the alcoholic are addressed based on groundbreaking scientific research under the influence examines the physical factors that set alcoholics and non alcoholics apart and suggests a bold stigma free way of understanding and treating the disease of alcoholism you ll learn how to tell if someone you know is an alcoholic the progressive stages of alcoholism how to help an alcoholic into treatment and how to choose the right treatment program why diet and nutritional therapy are essential elements of treatment why frequently prescribed medications can be dangerous for alcoholics how to ensure a lasting recovery an essential resource for anyone hoping to better understand the nature of alcoholism whether you are looking to support a loved one or learning how to best care for yourself it s no wonder this innovative work has been hailed as the best book ever written on alcoholism aa beyond belief this special updated edition of under the influence will continue to earn its standing as a classic in the alcoholism field for years to come

special bonus inside the book alcohol is a wonderful thing it can be used for celebrations both good and bad it can be used to toast to someone s good fortune or hope for a better future it can be used in an expression of undying love or simply to enjoy a relaxing moment at the end of a difficult work week but alcohol can be an evil thing also alcohol can cause brain damage heart problems and strokes alcohol can

lead to liver damage alcohol can lead to drunken driving accidents and even death why alcohol is such a problem for some people and not for others still remains a mystery but the fact is that alcohol is such a problem for some people that it can have life threatening consequences some people become so horribly addicted to alcohol that they lose jobs families friends everything and still they continue to drink these people are called alcoholics and this book was written for them the alcoholic has a disease called alcoholism and like anyone else with a disease they need help the problem is that the alcoholic is usually the last one to know that they have a problem much less getting them to admit it but the alcoholic must be the one to admit to the depth of their problem and to ask for help before that help will be effective no one can make the alcoholic quit drinking they must travel that path by themselves this book is the consummate guide for anyone who is finally ready to admit to the problems that alcoholism brings and is ready to accept the help needed to begin recovery anyone who is ready to admit to the existence of a problem with alcohol needs this book this is a guide to everything the alcoholic needs to know from learning exactly what alcoholism is and how it begins to learning the benefits of quitting no topic is off limits we will discuss how one person s alcohol addiction affects the remainder of the family and how family dynamics shift to accommodate the alcoholic we will talk about the enabler and what they mean to the alcoholic we will discuss the best ways to quit drinking and the pros and cons of each method we will talk about recovery plans and the importance of having people available that will assist in the path to recovery and there will be tips on ways to enjoy life now that alcohol is no longer a problem the shame is not so much in becoming an alcoholic because people are human the shame lies in remaining an alcoholic when help is available this book is for you

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