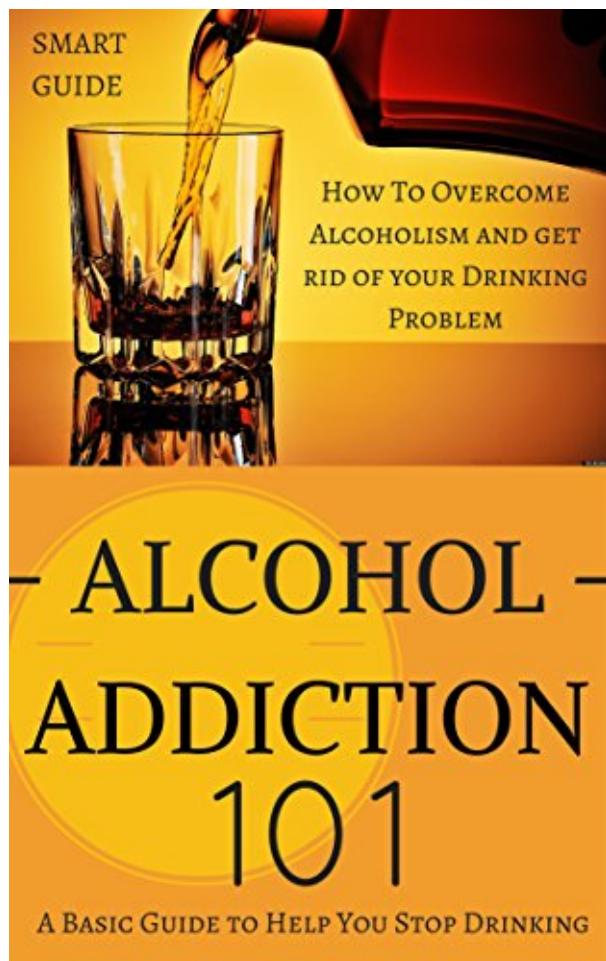
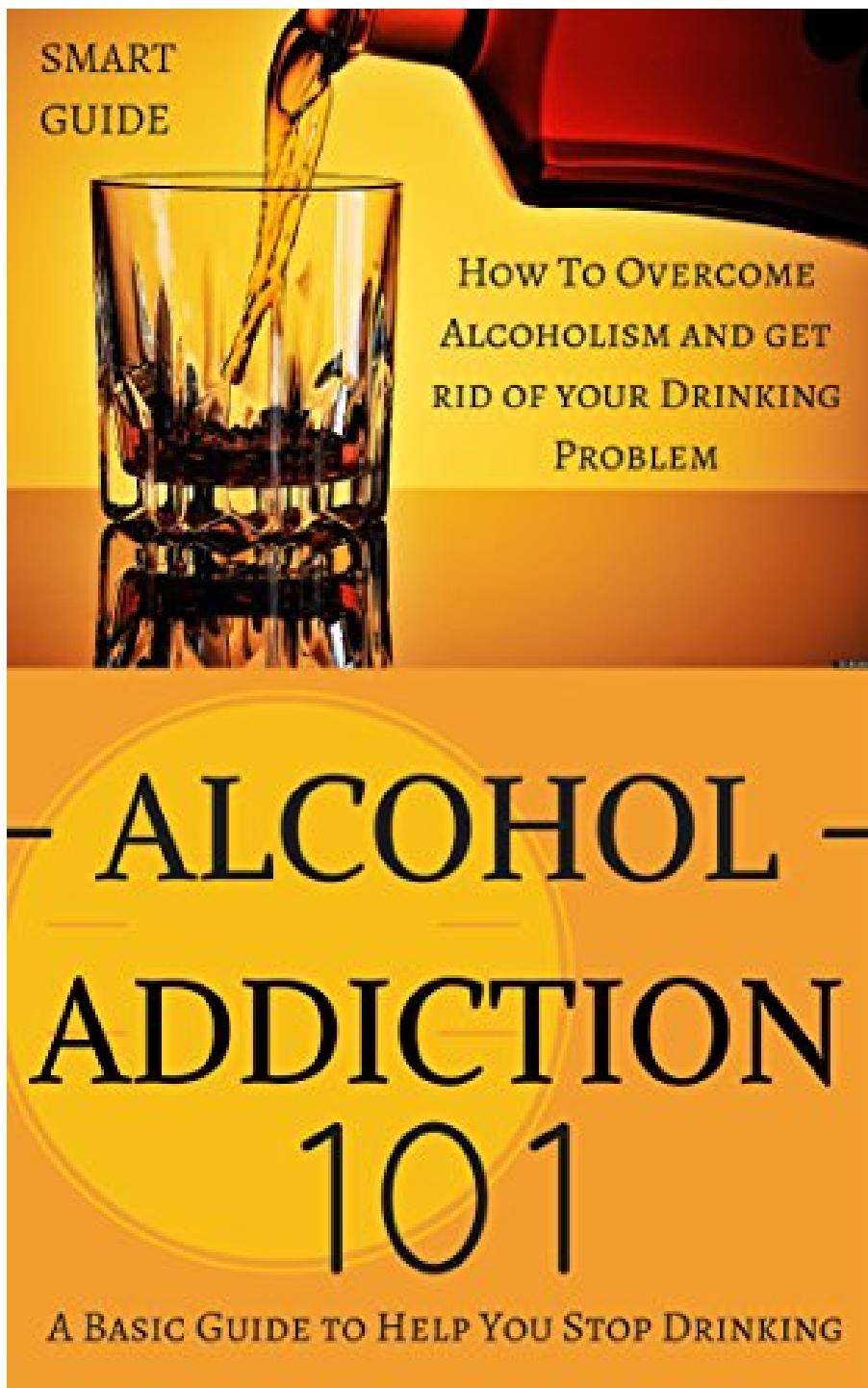


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What is alcoholism, exactly? How does it differ from alcohol abuse? When should a person seek help? If you want an answer to these questions, continue reading.

For many people, the facts about alcoholism are not clear. This short book will teach you the basics about Alcoholism and the following information explains both alcoholism and alcohol abuse, the symptoms of each, when and where to seek help, treatment choices, and additional helpful resources.

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

For most people who drink, alcohol is a pleasant accompaniment to social activities.

Moderate alcohol use-up to two drinks per day for men and one drink per day for women and older people-is not harmful for most adults. (A standard drink is one 12-ounce bottle or can of either beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits)

Nonetheless, a large number of people get into serious trouble because of their drinking.

Currently, nearly 14 million Americans-1 in every 13 adults-abuse alcohol or are alcoholic. Several million more adults engage in risky drinking that could lead to alcohol problems.

These patterns include binge drinking and heavy drinking on a regular basis. In addition, 53 percent of men and women in the United States report that one or more of their close relatives have a drinking problem.

Here Is A Preview Of What You'll Learn...

- How Alcohol Addiction affect your Health
- Why is Alcohol addictive?
- Signs and symptoms of Alcohol addiction
- Medication for Alcoholics
- Self-Help for Alcohol addiction
- Behavioral and Alternative Treatments for Alcohol Addiction
- Much, much more!

Read what other people have to say

"This is a short yet comprehensive book that provides a succinct overview of alcohol addiction and its treatment options. This book provides a general knowledge of the cause and effects of alcohol on the body's proper functioning."

- M. Wallaby -

"I found this book to contain some really helpful advice for losing the alcohol habit. My friend is an alcoholic and I've been trying to help her for some time. I found some really good pointers here, the book goes into detail and explains the way it affects our health and the best way to heal from the dependence. Highly recommended".

- Breanna C. -

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I am an Alcoholic.

By Danielle Squires

After three days of binging, I was having a depressing withdrawal. I've been down that road many a times. So I decided to read about alcohol and how to stop it. This the first book I've about alcohol. When I read about the many signs and symptoms of an alcoholic, I had an epiphany. I am a real alcoholic and I better change my ways or get ready for a life wasted. If you have tried to quit many times but went straight back to that cold one, read this book or any other one. But get information on the behaviors of an alcoholic. The first step is knowing and then admitting. Best of luck to anyone who wants to beat alcohol. You can.

1 of 1 people found the following review helpful.

Very helpful information, highly recommend

By Relatively Rebecca

I have several people that suffer from alcohol abuse in my life. I got this book so I could learn more about alcoholism and abuse and it has helped me understand the symptoms and how to help. I also have had incidents in my life where I binged myself and it really made me understand the underlying causes and what to do from here on out if I ever fall into that habit again. I loved the statistics and facts that put all the information into perspective and would say this book is very helpful and easy to understand. I would recommend it to anyone suffering from addiction or their friends? and family members.

1 of 1 people found the following review helpful.

Very Good

By Breanna C.

I found this book to contain some really helpful advice for losing the alcohol habit. My friend is an alcoholic and I've been trying to help her for some time. I found some really good pointers here, the book goes into detail and explains the way it affects our health and the best way to heal from the dependence. Highly recommended.

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