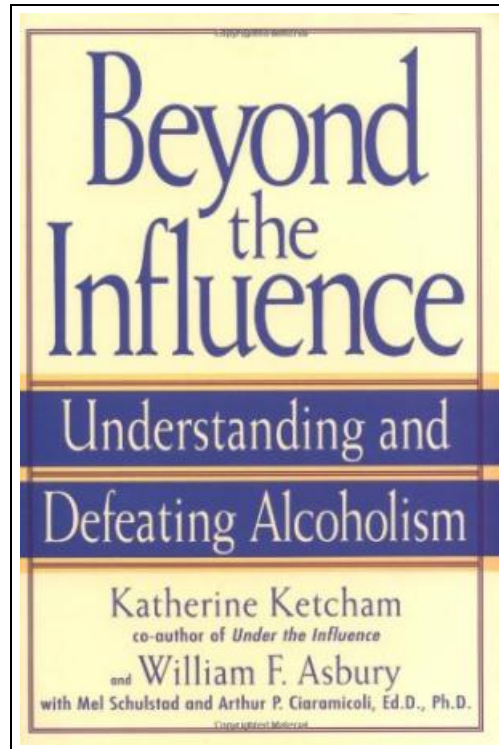


Beyond the Influence: Understanding and Defeating Alcoholism



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(Delia Kling)

BEYOND THE INFLUENCE: UNDERSTANDING AND DEFEATING ALCOHOLISM



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 nontraditional treatments such as acupuncture Provocative and eye-opening, compelling and compassionate, Beyond the Influence is not only a message of hope for alcoholics--it is a blueprint for saving lives. BEYOND THE INFLUENCE explains that alcoholism is a disease of the body, not a weakness of character. Drawing on the latest scientific studies, the authors present new research on the central role of genetics and neurotransmitters in addiction. Continuing where the prior book left off, it also includes: Steps for diagnosis and intervention, plus ways to prevent relapses Various treatment models, including inpatient and out-patient programs and a review of new...



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