



## Understanding Alcohol & Drinking Problems (2nd Revised edition)

By Jonathan Chick

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Alcohol & Drinking Problems (2nd Revised edition), Jonathan Chick, In the UK 36 million people in the UK are regular drinkers, 2 million are heavy drinkers and 1 million men and women in Britain have, or have had, a serious drinking problem. This book explains how alcohol can have a variety of harmful as well as pleasant effects. It gives guidance on how to change a drinking pattern and succeed - whether by cutting down or abstaining from alcohol completely. Understanding the effects and the pitfalls of dependence will give you a better relationship with alcohol.



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