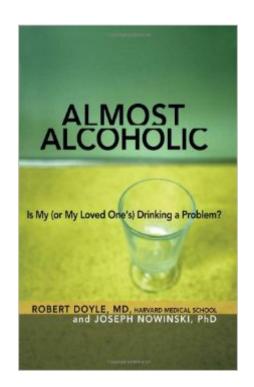
The book was found

# Almost Alcoholic: Is My (or My Loved One's) Drinking A Problem? (The Almost Effect)





## Synopsis

Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives.In Almost Alcoholic, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools toidentify and assess your patterns of alcohol use;evaluate its impact on your relationships, work, and personal well-being;develop strategies and goals for changing the amount and frequency of alcohol use;measure the results of applying these strategies; andmake informed decisions about your next steps.

### **Book Information**

Series: The Almost Effect Paperback: 250 pages Publisher: Hazelden (March 27, 2012) Language: English ISBN-10: 1616491590 ISBN-13: 978-1616491598 Product Dimensions: 0.8 x 5 x 8 inches Shipping Weight: 11.2 ounces (View shipping rates and policies) Average Customer Review: 4.4 out of 5 stars Â See all reviews (35 customer reviews) Best Sellers Rank: #173,298 in Books (See Top 100 in Books) #306 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #4024 in Books > Self-Help > Personal Transformation

#### **Customer Reviews**

If you ever had a sneaking suspicion something wasn't quite right, nervously surveyed the roadside for police presence or left an unpleasant and lasting impression on the guests attending your cousin's wedding as a result of your alcohol consumption, this book is for you. After reading the Almost Alcoholic I am left asking myself some questions. Which is to say that I think the book serves the purpose in allowing the reader to self assess. I found the book very interesting and the idea of raising awareness of the Almost Alcoholic concept inspired. I think the concept of the book is a huge leap forward in enlightening people of the dangers of drinking in what now may be described as "moderate" but could be dangerous for some. Without a doubt this book is a great and meaningful work that is sure to be recognized in opening up increased dialog and understanding on the subject.Overall the book offers considerable insight through the use of characterizations of relatable thorny, demoralizing and unaddressed emotional issues presented in an understanding, compassionate and non-judgemental way.Initially you might consider this is just another book by the medical community yet again denying us another one of our pleasures.But after reading the book a second time it almost seems like an entirely different book. The first time I blew through it on a weekend hoping to reassure myself that in fact I didn't have an issue with alcohol despite knowing that I had most definitely had my own slippery slope "Almost Alcoholic" experience over the course of the two years prior to my divorce. After abstaining for several months I was hoping for a reality check which in fact the book delivered.

#### Download to continue reading...

Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem? (The Almost Effect) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Complete Book of Mixed Drinks, The (Revised Edition): More Than 1,000 Alcoholic and Nonalcoholic Cocktails (Drinking Guides) Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Trivia: The Rosie Effect: A Novel By Graeme Simsion (Trivia-On-Books) (The Rosie Project & The Rosie Effect Bundle Book 2) Waiting to Fall: Almost Rapunzel (Almost a Fairytale) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Eating for Autism: The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD Taiwan's China Dilemma: Contested Identities and Multiple Interests in Taiwan's Cross-Strait Economic Policy Shooter's Bible, 107th Edition: The World's Bestselling Firearms Reference How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One Just One Damned Thing After Another: The Chronicles of St. Mary's Book One I Know the World's Worst Secret: A Child's Book about Living with an Alcoholic Parent (Hurts of Childhood Series) Loving an Adult Child of an Alcoholic From Survival to Recovery: Growing Up in an Alcoholic Home Charcoal: a Memoir of an Alcoholic Non Alcoholic Fatty Liver Disease Liver Cleanse Diet &

Recipes: because a happier liver makes a happier life! Another Chance: Hope & Health for the Alcoholic Family Before the Door Closes: A Daughter's Journey with Her Alcoholic Father

<u>Dmca</u>