



Overcoming Problem Drinking

By Marcantonio Spada

Little, Brown Book Group. Hardback. Book Condition: new. BRAND NEW, Overcoming Problem Drinking, Marcantonio Spada, Up to a quarter of the UK population is currently believed to misuse alcohol. This first self-help book aimed specifically at problem drinking uses an approach based on real clinical practice, first to recognize alcohol misuse and then, using proven Cognitive Behavioural Therapy (CBT) techniques, to show the drinker how to turn the tables and regain control of alcohol consumption. For anyone who feels alcohol is beginning to rule their lives, this is an indispensable guide, combining the expertise of psychologists and those working in the medical profession. It also shows how to enlist the help of friends and family.



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