



## 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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*Merely no phrases to describe. It generally does not price an excessive amount of. Its been designed in an extremely simple way in fact it is simply soon after i finished reading through this pdf through which really altered me, modify the way i really believe.*

-- **Natasha Rolfson**

*Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.*

-- **Pedro Renner**

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