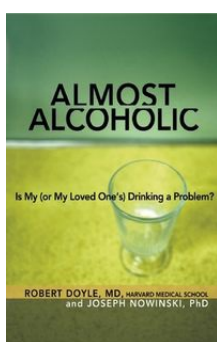


# ALMOST ALCOHOLIC: IS MY (OR MY LOVED ONE'S) DRINKING A PROBLEM?

Determine if your drinking is a problem, develop strategies for curbing your intake, and measure your progress with this practical, engaging guide to taking care of yourself. 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...



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## Reader's Opinions

This is the 2nd book that I've read in a series. I've read one on psychopathy, as well. Good info, but fairly basic. Written more for a lay person. I doubt that...

Something that should be written about more. People always assume that if you have a drinking problem then you are a full blown alcoholic but that is not the case. It was decent overall in the sense of reading about other people and their stories. The ending abruptly goes to being completely sober whereas the rest of the book talked...