



How to Quit Drinking without AA: A Complete Self-Help Guide, 2nd Edition

By Dorsman, Jerry

Harmony, 1997. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Contents Preface Introduction: How This Book Can Help Part 1: What Does Alcohol Mean to You? 1. A New View of Alcoholism A Way of Coping Something You Learned Just a Part of You Your Own Special Struggle A Physical Addiction A Disease Controlled by Diet 2. Are You an Alcoholic Drinker? You're the Best Judge Test #1: One Question Stop Hiding Worksheet #1: Denials and Excuses Now Take Another Look Test #2: The Johns Hopkins Medical Institution's Test for Alcoholism What's the Verdict? 3. Are the Benefits Worth the Problems? The Benefits of Drinking Worksheet #2: My Reasons for Drinking Problems Caused by Drinking Practice #1: Dialogue with Body Checklist #1: Checklist of Medical Problems Will You Need Inpatient Care? Your Evaluation of the Problems Worksheet #3: Problems You'd Like to Avoid Do You Want to Quit? Worksheet #4: Reasons for Quitting Part 2: Planning Your Own Personal Approach to Quitting 4. What About AA? How AA Can Help Practice #2: Try a Few Meetings Drawbacks to AA It's Your Choice Worksheet #5: My Decision about AA 5. How to Break a Habit...



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