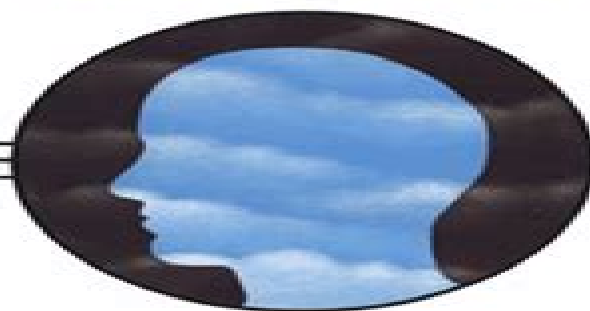


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The Thinking Persons Guide To Sobriety

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The Thinking Person's Guide to Sobriety Bert Pluymen, 2015-08-25 This memoir of a high functioning professional's recovery from alcohol abuse combines fascinating facts with intriguing stories John Bradshaw New York Times bestselling author of *Healing the Shame that Binds You* Part autobiography part recovery tool this book is Bert Pluymen's story of struggle and triumph over alcohol addiction It also contains insightful witty uplifting and wryly humorous stories of the many people Pluymen met who were also searching for sobriety This is an informative book that will shed new light on how alcohol abuse can ruin people's lives even if they thought it could never happen to them A vital tool for awakening the alcohol abusing professional Dr Frank Sadlack Ph D executive director of La Hacienda Treatment Center Plain talk and personal experiences make Bert Pluymen's book a real guide for anyone whose life has been touched by addiction The section on women and alcohol is especially good Ann W Richards former governor of Texas [The Thinking Person's Guide to Sobriety](#) Bert Pluymen, 1999 Honest refreshing wryly humorous and intelligent this book tells the story of successful men and women who silently struggle with alcohol and achieve a joyful sobriety **Sober Kitchen** Liz Scott, 2003-08-05 People in the early stages of alcoholism recovery are often sugar addicted and nutritionally deficient Trained chef and recovering alcoholic Liz Scott tackles these issues head on in a cookbook that pursues lifelong sobriety through building a healthy lifestyle around food [A Thinking Person's Guide to Love](#) H.R.H. Prince Ghazi bin Muhammad, 2023-07-01 In this book over 40 years in the making the author surveys and sums up the world's understanding of love in all its aspects over the last 3000 years in order to show the stages of love and of falling in love and why how when and where they occur [Over the Influence](#) Patt Denning, Jeannie Little, Adina Glickman, 2003-11-15 Twelve step programs that insist on abstinence are beneficial to many but what about the millions of Americans who try to quit and fail just want to cut down or wish to work toward sobriety gradually This groundbreaking book presents the Harm Reduction approach a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs The expert empathic authors guide readers to figure out which aspects of their own habits may be harmful what they would like to change and how to put their intentions into action while also dealing with problems that stand in the way such as depression stress and relationship conflicts Based on solid science and 40 years of combined clinical experience the book is packed with self discovery tools fact sheets and personal accounts It puts the reader in the driver's seat with a new and empowering roadmap for change Winner American Journal of Nursing Book of the Year Award [Understanding the High-Functioning Alcoholic](#) Sarah A. Benton, 2009-02-27 Who is the typical alcoholic among the 12.5 million living in the United States now Many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job But that is not accurate according to the results of a national study released in June 2007 by the National Institutes of Alcohol Abuse and Alcoholism The NIAAA determined that alcoholics in the United States really fall into five

subtypes including nearly 20 percent who are highly functional alcoholics well educated with good incomes They include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful In this unprecedented book mental health counselor Sarah Benton takes us into the worlds and minds of so called high functioning alcoholics to understand how people so intelligent and achievement oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers The book includes a look at celebrity alcoholics like singer Eric Clapton and actor comedian Robin Williams as well as alcoholics in high positions including Chris Albrecht former Chairman and CEO of HBO Other high profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath With her own story of alcoholism and her recovery woven into the text Benton takes us into the lives and challenges of these well educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from

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Yourself and never stop learning *The Facts about Alcohol* Ted Gottfried,2005 Presents the history and physical properties of alcohol physiological effects of drinking trends and attitudes about alcohol use among teens and information about alcoholism **The Alcalde** ,1997-11 As the magazine of the Texas Exes The Alcalde has united alumni and friends of The University of Texas at Austin for nearly 100 years The Alcalde serves as an intellectual crossroads where UT s luminaries artists engineers executives musicians attorneys journalists lawmakers and professors among them meet bimonthly to exchange ideas Its pages also offer a place for Texas Exes to swap stories and share memories of Austin and their alma mater The magazine s unique name is Spanish for mayor or chief magistrate the nickname of the governor who signed UT into existence was The Old Alcalde **The Cure for Alcoholism** Roy Eskapa,2012-10-23 Finally there is a cure for alcoholism This is the first step Featuring new and updated information and studies including an introduction by actress Claudia Christian the second edition of The Cure for Alcoholism delivers exactly what millions of alcoholics and families of alcoholics have been hoping for a painless dignified and medically proven cure for their addiction Backed by 82 clinical trials and research that extends back to 1964 The Sinclair Method deploys an opiate blocking medication in a very specific way in combination with ongoing drinking to extinguish the addictive software in the brain The de addiction process rolls back the addictive mechanism in the brain to its original pre addicted state before the first drink was consumed making this program an actual cure for alcoholism Drs Roy Eskapa and David Sinclair of The Sinclair Method have put together a sound scientific book that proves that with this particular method alcoholism can be cured in more than 78 percent of patients What s more the treatment avoids the dangerous withdrawal symptoms allowing patients to detox gradually and safely while they are still drinking This removes the need for expensive and unpleasant inpatient rehabilitation programs Actual drinking levels and cravings automatically decrease until control over alcohol is restored The bottom line is that patients can control their drinking or stop altogether with the simple yet powerful process outlined in The Cure for Alcoholism Including a new introduction by actress Claudia Christian about The Sinclair Method s impact on her life updated trial information and a letter explaining the treatment that can be given to doctors by patients The Cure for Alcoholism is a revolutionary book for anyone who wants to gain control over drinking 100 Motivators for Educators Jo Ann Lordahl,1997-08-19 This book is aimed at teachers administrators and parents interested in taking steps toward self development It covers themes of change motivation good health exercise nutrition diet and spiritual development **The Utne Reader** ,1997 *The American Journal of Forensic Psychology* ,2004 *Book Review Index* ,2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index *Read Two Books and Let's Talk Next Week* Janice Maidman Joshua,Donna DiMenna,2000 A complete guide to more than 300 of the best reading resources for use in your practice Bibliotherapy can be a valuable adjunct to virtually any psychotherapeutic approach Recommending books that focus on your clients core problem issues helps them see that they are not alone in their suffering It also may help them more rapidly gain insight and a more realistic sense of control

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