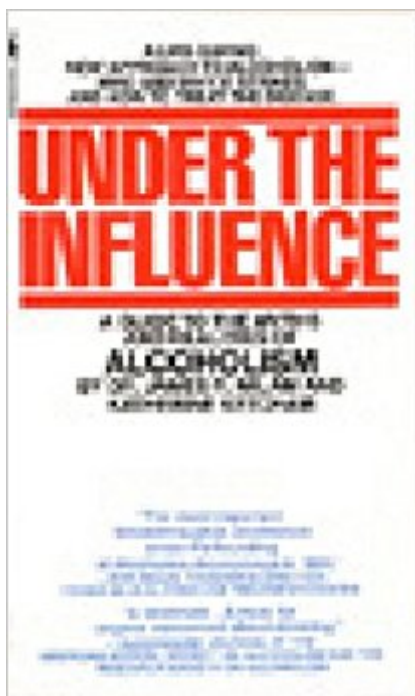


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# Under The Influence: A Guide To The Myths And Realities Of Alcoholism



## Synopsis

Ten of millions Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem, and that it can be cured by psychotherapy or sheer will power. Based on groundbreaking scientific research, *Under The Influence* examine the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the alcoholic. How to tell if someone you know is an alcoholic. The progressive stages of alcoholism. How to get an alcoholic into treatment -- and how to choose a treatment program. Why frequently prescribed drugs can be dangerous -- even fatal -- for alcoholics. How to ensure a lasting recovery.

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## Customer Reviews

"Vital, simple, world-changing information." -- Co-Evolution Quarterly "Under The Influence will advance by light years the understanding of alcoholism and the recovery process." -- Mel Schulstad, Cofounder, National Association of Alcoholism Counselors

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treatment program. Why frequently prescribed drugs can be dangerous -- even fatal -- for alcoholics. How to ensure a lasting recovery. "Vital, simple, world-changing information." -- Co-Evolution Quarterly "Under The Influence will advance by light years the understanding of alcoholism and the recovery process." -- Mel Schulstad, Cofounder, National Association of Alcoholism Counselors

Alcoholism is one of the most debated and misunderstood diseases in the world. Most people think that alcoholics drink to soothe inherent psychological problems such as depression and anxiety. This book asserts the opposite, anxiety and depression are often times symptoms of alcoholic withdrawal and they only get worse as the disease progresses. I really appreciated how this author clearly explained, in a scientific way, how alcohol affects the alcoholic differently than the non-alcoholic and stresses how this disease is not a character flaw or moral weakness of the alcoholic's. This means that an alcoholic can receive all the therapy and counselling in the world but if the drinking continues the condition will worsen, because the drinking is causing the condition. And I also really appreciated the section on tranquilizers and sedatives and the potential devastating effects they can have on an individual if combined with alcohol. I know that to be true on a very personal level. However, even now, thirty years after this book was published, most general family practitioners seem completely ignorant on alcoholism. I've been to see doctors, complaining of insomnia and anxiety, and they seemed very unconcerned with my alcohol intake and were eager to write me a prescription for a sedative and send me on my way. Then I went to see a psychiatrist and told him about my overwhelming anxiety and said I was drinking heavily to cope. He told me to "try to cut down on the drinking", then gave me some very powerful benzos to take "as needed". After reading this book I now realize how incredibly negligent these doctors were! If you are an alcoholic, the one most important thing to take away from this book is that booze isn't helping you cope, it is in fact making it more and more impossible to cope. Your only chance for freedom is abstinence. This book provides a good, solid plan for recognizing your problem, understanding your condition and getting help. I highly recommend it. Of course, most people who are in the later stages of alcoholism usually are not capable of reading books so I would also recommend this to anyone close to someone in that situation as a means to understand what they are going through and what you can do to help.

Sometimes a little difficult to get through all of the medical terms (& I had 6 semesters of Anatomy & Physiology as well as Pathology) but overall this book is priceless for those who are dealing with

alcoholism in their life or loved one's. It breaks down the disease by stages & explains, sometimes painfully well, what is going on inside the alcoholic's body through each stage, as well as how this manifests in outward signs & symptoms. It's terrifying to know the truth, but empowering as well. I would recommend this book to everyone who has ever or is dealing with alcoholism in some way in their life.

This book saved my life over 29 years ago when I was drinking. The physiological aspects to my alcoholism was a surprise to me and took me out of my depression to begin the life long journey of recovery and sobriety. I give this book to people trying to stop drinking.

This is NOT AA approved, nor should it be. It isn't an AA perspective. It's much more a medical perspective, largely (but not entirely) in laymen's terms. This little book is TERRIFICALLY useful to parents or spouses or others who just want to know, Why does s/he Drink like that ?? The answers and explanation is right there ... mostly in the first 4 chapters. If you want straight information that isn't an AA mantra, and more of an explanation from science blended with commonplace terms, you'll find what you're looking for here.

This is an excellent book about the disease of alcoholism. It is written in a way that strips away the prevailing myths around what causes a person to become alcoholic. It also offers a truly effective treatment plan that will allow a person to recover and lead a sober life. I have been married to an alcoholic and have a son who is in recovery. If I had known the information in this book earlier, I could have saved myself and others from the hell of this disease. This should be required reading in high school and could help to save lives. Excellent, excellent book!!

This book was very informative, it described the alcoholic in my life to a "T". I recommend reading this if you are wondering why the alcoholic does what he/she does. I would have given this book a higher rating but the first chapter was not well written, very critical of the counseling field. If the second chapter was written in that way I would not have finished the book.

This is SUCH a good book full of understanding about the disease - why some people drink and do not become alcoholics and others do, how to approach them, what treatments work and what don't. The age of the book to me matters not at all because the concepts have not changed. I see this in the alcoholics I know and those I have tried to help. I have a friend in recovery and he says this is

the best book I could read to understand his problem and what he wrestles with. I would recommend this to any doctor or family member who is trying to deal with a loved one who is alcoholic or to the alcoholic him/herself to understand the disease.

Best book ever written on alcoholism. As an AA member for 30 years this book was very helpful on making me understand why alcohol affected me the way it did. The information on the hereditary aspects are important to understand. I also have 2 children and several other family members in AA and I gave each of them a copy of this book. It is not meant to replace AA but rather to help alcoholics realize why they have a problem. The information is right on target and will be that way forever as to the causes, etc., of this disease. This is the only book that I have ever read that when I read the last page I returned to the first page and read it over again.

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