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Alcohol Killed My Brother, I Survived Alcohol (Paperback)

By Andy Plant

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After witnessing my younger brother s struggle with alcohol dependency and his death in 2005 at the age of 37, my own drink problem spiralled out of control so that by autumn 2006 several doctors told me I would be dead by Xmas. This is how I turned it around by understanding how dependence works and the treatment regimes available. This account was written with a great desire to help others understand also, and start to get their life back. Having spent time everywhere from emergency / intensive care wards / expensive rehab clinic thro to a home detox thro a private clinic, I have been left in a regrettable position of some insight. I also take a look at the hypocrisy of alcohol advertisement regulation and voice my opinion for a ban of alcohol advertising even though I am not anti-alcohol. 2015 and I wince at my honest writing while I was still recovering 8 years ago but the guidelines I wrote then have helped keep me sober since, without the need for follow up treatment / counselling /...

Reviews

An exceptional ebook and the font employed was fascinating to read through. I actually have study and so i am certain that i will likely to read once again yet again in the future. Your life period is going to be change as you complete looking at this book.

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This pdf is so gripping and exciting. I actually have go through and that i am confident that i will going to read once again once more in the future. I discovered this publication from my dad and i advised this ebook to discover.

-- **Mr. Elwin McGlynn Jr.**