



If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much

Lisa Frederiksen

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If You Loved Me, You'd Stop! What You Really Need To Know When Your Loved One Drinks Too Much combines current brain research on alcoholism and alcohol abuse with Lisa Frederiksen's 40 years experience in dealing with these family problems. By explaining this research from the perspective of someone who has personally survived the ravages of a loved one's drinking, Ms. Frederiksen offers fresh hope for the more than 50 percent of Americans (and the one in four children) who have a family member with a drinking problem. This book addresses a host of issues surrounding alcoholism and alcohol abuse, including co-addictions, DUIs, underage drinking, dual diagnosis, codependency, and, importantly, the characteristics that distinguish alcoholism from alcohol abuse (excessive drinking). Frederiksen's book targets those who know their loved one drinks too much and believe that if they can just get them to stop, life will return to normal.

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Gina Melton:

If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much can be one of your basic books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to place every word into delight arrangement in writing If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much but doesn't forget the main place, giving the reader the hottest along with based confirm resource details that maybe you can be among it. This great information can easily drawn you into brand-new stage of crucial imagining.

Justin Pritchett:

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