



Why You Drink and How to Stop: A Journey to Freedom

Veronica Valli

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At last, a book that reveals why alcoholics think, feel and behave the way they do. This book looks into the heart and mind of the alcoholic; it explains their thought processes, how they feel and why they behave so self-destructively.

Written by an addictions therapist and recovered alcoholic, it answers the question that every alcoholic and their loved ones have always asked, 'Why do I/they drink this way?'

It then goes on to offer a solution by explaining how alcoholism is a three part disease: a physical addiction, a psychological craving and obsession, and a spiritual illness, all of which have to be dealt with, especially the little understood spiritual component.

This book, written in easy to understand language, isn't prescriptive but offers a deep understanding of the vital components that drive an alcoholic - and this in turn illuminates the way out. It is simply a must read for any struggling alcoholic and their loved ones.

- Live the life you were meant to live.
- Learn how to manage your feelings to stay away from alcohol.
- Understand why the alcoholic you love won't stop drinking.

A *must* read for anyone who loves someone who drinks too much. Tired and frustrated in trying to help someone who seems to just want to drink their life away?

This book will help you understand what they are thinking and feeling and therefore why they drink the way they do. With this information you will clearly be able to see what you can do to love and support your loved one.

Recommended by addictions counsellors and treatment centre managers, this book is a great resource for clients early in recovery.

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