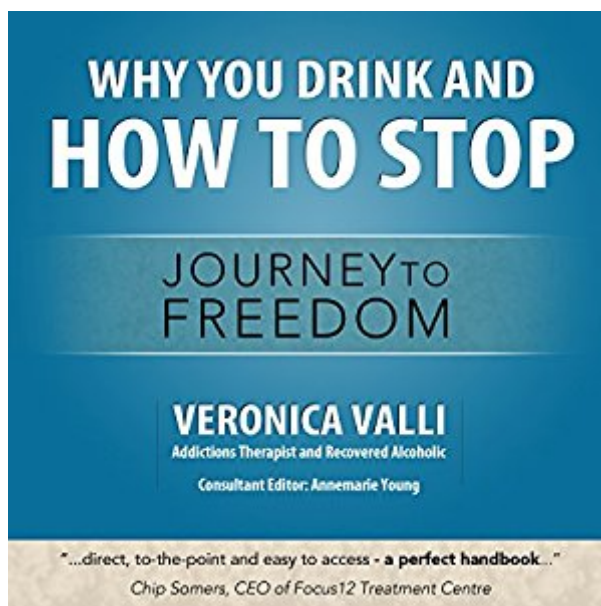


The book was found

Why You Drink And How To Stop: A Journey To Freedom



Synopsis

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 -listen 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 counselors and treatment center managers, this book is a great resource for clients early in recovery.

Book Information

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Customer Reviews

I am in a relationship with an alcoholic who is four years in recovery and I am really glad I found and read this book because it helped me understand some things that frustrated me. The author is a therapist who has specialized in recovery for years and who herself is a recovered alcoholic of many years, and that combo I think is what makes this book so interesting and authentic and useful. I felt that it gave me an insight into what is really going on, on many levels. As I read this, I was glued to the pages and had these great feelings of relief because she helped me understand lots of things that I really hadn't understood before. I really liked that she explained how alcoholics think and feel. It helps me to understand that there is more to recovery than stopping drinking. And sure I know that, and that the disease takes place in the mind, but to be honest in some very real ways I really didn't. She goes into the importance of how an alcoholic grapples with the fear, negativity, pride and the baggage from the past. I thought the two chapters on relationships were particularly good and rang true for me (ironically) because the information really applies to anyone. I came away understanding better how codependency works and seeing how to step out of it. It was fascinating how she explains that alcoholism is a disease of the spirit and the solution lies in developing one's own spirituality. The book contains some really simple ways to understand what she means by spirituality and how to develop this for yourself in a way that is true for you. I read this for my partner but came away realizing I'd read it for me. I highly recommend this book for anyone who is in recovery or knows someone who is in recovery. She knows her stuff.

I am a recovering alcoholic addict with nearly 10 years clean time up. I am now the founder and Managing Director of Visible Recovery, a residential drug and alcohol rehabilitation facility in Adelaide, South Australia. In all my time in my own journey, I have read everything that I could get my hands on regarding recovery in various guises and descriptions. I have studied in alcohol and other drugs, and addictions. I am currently finishing my Diploma in Counselling this year, and next year, start a degree in Social Science (Counselling) For me, this is possibly the best book I have ever read concerned with the description of alcoholism, in all of its facets, and in what you have to do to change. The author has a first hand understanding of the illness, and the dilemma that we face in recovery. This describes the areas of life we need to look at to enable the shift from a drinking alcoholic to a more normal way of life. Like her, I feel that my sobriety has given me a second life that means that every second is precious to me, and this book describes how to get there quite succinctly indeed. In my work with others that suffer this illness, I feel obliged to provide them with the best tools that I can to assist them in their quest to change. This book will become a part of that arsenal for my clients, a "must read" whilst they are with us at the start of their recovery.

I will be purchasing several physical copies of this fantastic work just for that purpose. Buy this book and read it. Absorb it. Do it. Getting clean and sober was the single best thing that I have ever done in my entire life, and this book will definitely help you get there.

This book is a must-read for anyone who cares about someone who drinks. Alcoholism is a baffling disease and it can be hard to watch someone you care about self-destruct. This book really helped me understand why alcoholics think and feel the way they do. It explains the emotional side of the illness, in particular how fear rules an alcoholic's thinking. I began to understand that alcoholics are not equipped to deal with their fears, which then gets out of control. And alcohol takes all of this (fear - and other feelings) away. But then of course alcohol makes things worse and so they drink more to take away the feelings of shame and embarrassment. By reading this book and seeking the "whys," I now understand that drinking is really only a symptom and that alcoholics use alcohol to manage how they feel. The great thing about this book is that it not only gives the appropriate background for the "whys", but also gives hope in what should be done. The solution to all of this is then laid out in the book. Stopping drinking is only the beginning. There is a particularly useful chapter on relationships that would be useful for most people, not just alcoholics. Throughout the book are case studies of people who have overcome alcoholism; each story reveals a different aspect of alcoholism, which helps illustrate a lot of the points the author was making. I highly recommend this book to anyone who wants to understand alcoholism, it is easy to read and very empowering. But most of all, it allows someone who might know nothing about alcoholism to connect with this very serious illness and helps the reader find solutions and ways to move forward.

I belong to a 12 Step Recovery Fellowship and am recovered from the disease of alcoholism since 2008. I must admit I approach books whose subject matter is alcoholism or addiction with some trepidation and reserve for fear of reading another "path to the truth" from some well-meaning self-help guru. I can honestly say I was relieved and immediately captivated by Mrs. Valli's style of writing and equally impressed with her research and facts and personal experience in supporting her findings and beliefs. This book is astonishingly well written and easy to read. This immediately goes on my required reading for any individual who is or family member who has a loved one struggling with any type of an addiction. I finished the book in two brief reading sessions. Veronica Valli writes brilliantly from a place of simple truth and touching honesty and through my own experiences in recovery wholeheartedly embrace her beliefs and approach in treating, and subsequently overcoming addiction.

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