



First Steps Out of Problem Drinking

John McMahon

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A former alcoholic turned tutelary for other wayward drinkers explains the steps to identifying and overcoming alcohol abuse

Drawing on the author's extensive experience—both professionally as a university lecturer in substance abuse and personally as a former alcoholic—this work explains, with passion and effectiveness, how a "problem drinker" can turn their life around for the better. It shows how to tell when drinking becomes a problem, the seriously adverse effects this can have on a problem drinker's life and health, and how it's never too late for them to shake free from addiction and change their lives for the better.

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