



## First Steps Out of Problem Drinking

By John McMahan

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Problem Drinking, John McMahan, 'First Steps' is a new series of short, affordable self-help on a range of key topics. In First Steps out of Problem Drinking, John McMahon draws on extensive experience, both professionally as a university lecturer in substance abuse, and personally as a former alcoholic. He explains what makes drinking 'a problem', how this can affect your life and your health, and how you can change things for the better. Other titles in the First Steps series include: Anxiety, Bereavement, Depression, Eating Disorders and Gambling.



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### Reviews

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**