



First Steps Out of Problem Drinking

By John McMahon

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Problem Drinking, John McMahon, '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.



Reviews

Without doubt, this is the very best operate by any writer. This is for all those who statte that there was not a well worth reading through. I discovered this pdf from my dad and i suggested this book to find out.

-- **Dominique Huel**

If you need to adding benefit, a must buy book. It can be filled with knowledge and wisdom I am easily will get a pleasure of studying a composed publication.

-- **Trevor Greenholt DDS**