



## First Steps Out of Problem Drinking

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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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