

Scarica libri Alcohol Explained

By William Porter



Books Details

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Books Descriptions

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism.

It explains how alcohol affects human beings on a chemical, physiological and psychological level, from those first drinks right up to chronic alcoholism. Alcoholism and problem drinking seems illogical to those on the outside, indeed it is equally perplexing for the alcoholic or problem drinker. This book provides a logical, easy to follow explanation of the phenomenon and detailed instructions on how to beat it.

Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For more information and to read the first 5 chapters for free please visit www.alcoholexplained.com. "This is an excellent book written by an inquisitive and educated author who during a period of his life suffered from alcoholism. The book explains in an easily understood language the various effects that alcohol has on our body. In my opinion the text would

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