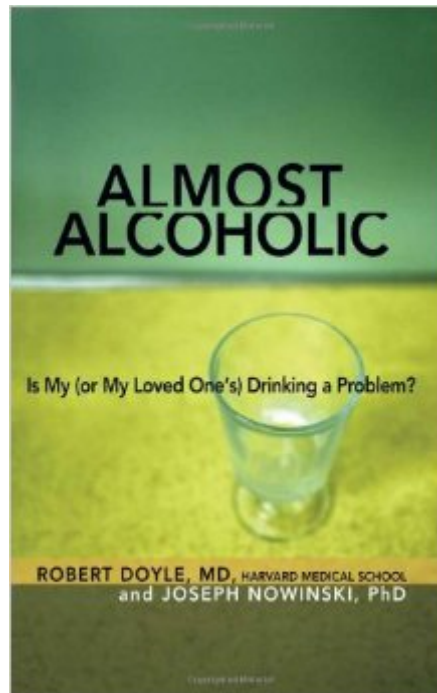


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# Almost Alcoholic: Is My (or My Loved One's) Drinking A Problem? (The Almost Effect)



## Synopsis

Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools to identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions about your next steps.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #173,298 in Books (See Top 100 in Books) #306 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #4024 in [Books > Self-Help > Personal Transformation](#)

## Customer Reviews

If you ever had a sneaking suspicion something wasn't quite right, nervously surveyed the roadside for police presence or left an unpleasant and lasting impression on the guests attending your cousin's wedding as a result of your alcohol consumption, this book is for you. After reading the *Almost Alcoholic* I am left asking myself some questions. Which is to say that I think the book serves the purpose in allowing the reader to self assess. I found the book very interesting and the idea of

raising awareness of the Almost Alcoholic concept inspired. I think the concept of the book is a huge leap forward in enlightening people of the dangers of drinking in what now may be described as "moderate" but could be dangerous for some. Without a doubt this book is a great and meaningful work that is sure to be recognized in opening up increased dialog and understanding on the subject. Overall the book offers considerable insight through the use of characterizations of relatable thorny, demoralizing and unaddressed emotional issues presented in an understanding, compassionate and non-judgemental way. Initially you might consider this is just another book by the medical community yet again denying us another one of our pleasures. But after reading the book a second time it almost seems like an entirely different book. The first time I blew through it on a weekend hoping to reassure myself that in fact I didn't have an issue with alcohol despite knowing that I had most definitely had my own slippery slope "Almost Alcoholic" experience over the course of the two years prior to my divorce. After abstaining for several months I was hoping for a reality check which in fact the book delivered.

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