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Understanding Alcoholism As A Brain Disease (Rethinking Drinking Book 2)

UNDERSTANDING ALCOHOLISM AS A BRAIN DISEASE



RETHINKING DRINKING VOLUME 2

LINDA BURLISON



Synopsis

Understanding Alcoholism as a Brain Disease includes an in-depth explanation of how alcoholism works inside the brain; the stages of alcoholism identified by scientific researchers; and a list of clues to your genetic vulnerability. Written in plain English from a true medical perspective, even if you aren't a doctor or scientist, you'll find this book easy to read and understand. This is the second volume in the Rethinking Drinking series that emerged out of the authors first book, A Prescription for Alcoholics-Medications for Alcoholism. Alcoholics, care-givers and loved-ones ask, "Why does the alcoholic keep drinking or continue to return to drinking, despite all they continue to lose?", "What is wrong with them?" Alcoholics berate themselves and question why they keep drinking when they see the damage it causes. They ask, "What is wrong with me?" The answers to those agonizing questions are found in this book. You'll learn about alcoholism as a complex brain disease. This book will help you understand the disease in a way that provides a fresh new perspective on this devastating neurological condition.

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Customer Reviews

This book belongs in your bookshelf, if you know someone who is struggling with alcoholism or if you're going through it yourself. Learning about alcoholism from this author's perspective will give you a clear understanding of what alcoholism is and what it isn't. The content includes a rich multitude of research from several different reputable people, articles, and places. I appreciate how the author explains alcohol addiction in a way that everyone can understand because I am certainly not a science person. This book is very enlightening. I highly recommend.

Contains the best description for the laymen of the chemical and genetic underpinnings of alcohol dependence I've ever read, and I've read a lot on the subject. Sloppy editing in parts (e.g. effect instead of affect in many places) is distracting, but I still highly recommend a read, especially for anyone struggling with the idea that alcohol dependence is based somehow in immorality or character defects. It's not. This book explains why.

Good book explaining alcohol & the effects on brain chemistry & physical damage to the brain it's self. Eye opener

I found this book to be very helpful in understanding the science of addiction. It was written so no scientist could easily understand the material

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