



# Overcoming Alcohol Misuse: A 28-Day Guide

*Conor Farren*

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## **Overcoming Alcohol Misuse: A 28-Day Guide** Conor Farren

Addressing the alcohol misuser, their loved ones and addiction professionals, *Overcoming Alcohol Misuse* seeks to demystify the disease of alcoholism and the recovery process. It deals with a vital component of recovery, from identifying whether there is a problem, to understanding associated conditions such as depression and anxiety, realising the need for change, and the nuts and bolts of the recovery process. Each chapter contains learning points, individual real-life stories about alcohol misuse and an installment of 'Joe's Story', which is the day-to-day experience of one person as he journeys into sobriety over the crucial first twenty-eight days. Overall, the book's message is hopeful: people can overcome addiction to alcohol, and their personal and professional lives can be repaired and even enhanced. *Overcoming Alcohol Misuse* is an important aid in achieving this.

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