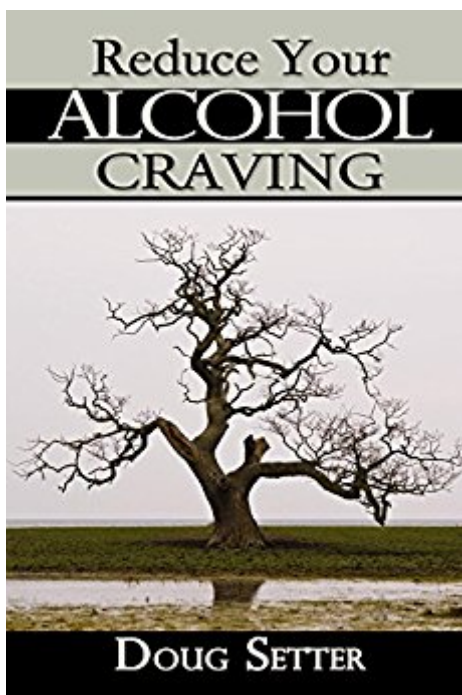


The book was found

# Reduce Your Alcohol Craving



## Synopsis

Are too many drinks hurting your home, work and health? Are you losing too many weekends? Would you like to learn how to: 1. Enjoy alcohol with less harmful side effects. 2. Rebuild and repair your health from years of alcohol damage? 3. Protect yourself from alcohol damage? 4. Minimize hangovers? 5. Learn how some people tolerate alcohol, while others become aggressive, giddy or sleepy? 6. Understand how genetics and medical conditions effect alcohol cravings. 7. Recognize if eating disorders encourage heavy drinking. 8. Minimize relapses in your drinking.

## Book Information

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Addiction & Recovery > Alcoholism

## Customer Reviews

Doug Setter's book "Reduce Your Alcohol Craving" consists of an interesting and unique approach to the health and social issues surrounding alcoholism. He begins with an attention grabbing story, a personal and anecdotal story of a sister who tragically succumbed to extreme alcohol consumption, eventually leading her to a life of addiction and illness. The book then changes tactics, using biology and science to explain how alcoholism can affect some groups of

people more than others. Although not every claim is backed up with a scientific citation of some kind many of the concepts come across as logical and sound. Almost every section of the book has anecdotal evidence provided by the author, making it more interesting to read but also giving the impression that the book is a personalized account. This does make it easier to consume than many other scholarly books. There is also a test section based off the research of a different scholar, in which you can measure your answers to a series of questions about alcohol use and family history against an answer key which purports to inform you of your alcohol biological type. I must be skeptical of any test which cannot take into account individual situations and overall health. However, many of the books suggestions for reducing your bodies craving for alcohol should be applied to most people in order to improve their overall health, such as reducing sugar intake and increasing fruit and vegetable intake, and so I therefore do not find the book's conclusions to be harmful or misinforming at all. Overall, I would recommend this book to anyone wishing to inform and educate themselves on potential ways to reduce or minimize their exposure to, and consumption of alcohol, as well as to anyone who was interested in looking at alternative ways of trying to avoid encountering alcoholism altogether.- Shannon Joy, Simon Fraser University

This book was really informative and very well written. The author tells us about the death of his sister because of alcoholism and states that it did not only affect her, but it affected everyone that loved her. Stories like these really put things in perspective for the outsiders. The rest of the book is information, ratios, statistics and real life information that is helpful in helping to reduce alcohol. To me it seems like it is a self-help book, because we can all read it and take some good points, advice and knowledge.

Effective escape from alcohol is possible  
No reader of this book can escape being affected by Doug Setter's description of his sister's destruction via alcohol. He turns her horrible death into some semblance of a positive by examining all aspects of the disease and those consumed by it. It's obvious that the only victim is not the alcoholic. As with suicide, the survivors suffer terribly as well. Discussed extensively are behavioral types of non-alcoholics versus alcoholics. There are even chemical differences in processing alcohol that put certain persons at risk. His test for predisposing situations is excellent and makes the reader rethink lifestyle habits. Cravings become self-fulfilling because alcohol replaces needed food. Need for nutrition spurs more craving. That's why a healthy food diet, low sugar, and multi-vitamin regimens help. Genetics also plays a role with certain groups tending toward alcoholism more easily. Processed foods and junk food only hurt. Sugar is "white

death" - and not only for alcoholics. Allergies can play a role. Essential fatty acids are critical to good health. He encourages people to eat while consuming alcohol and to eat healthy - period. Solid nutrition combats cravings. Some things we might not think of such as the presence of light affects drinking. Sleep deprivation further curses the alcoholic. Old habits fight change, but there are ways. Slow change is best. He uses the five-minute rule, self-rewards, and delaying tactics among others to facilitate needed change. It's hard to see how anyone reading this book could not learn a clearer pathway to a more normal life. It's your life to live well, and he tells you how from the "been there" perspective. **Method Weight Management: A Common Sense Approach to Weight Loss**

In the introduction, the author tells of his very moving and personal reasons for writing this book. It is quite stirring as we uncover the illness and eventual death of his sister. This is the take off point for everything you ever wanted to know about reducing and effectively dealing with alcohol cravings. From biochemistry, to psychology, sleep and eating disorders - a tremendous amount of material is dealt with in a very straightforward and helpful way. There is a great section on changing alcoholic behavior. It's filled with useful strategies such as the "5 minute rule" which I plan to implement in my own psychotherapy practice. Excellent book. Highly recommended!

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