

the dilemma of the alcoholic marriage pdf

the dilemma of the alcoholic marriage pdf presents an in-depth exploration of the complex and challenging dynamics faced by couples when one partner struggles with alcoholism. This article examines the emotional, psychological, and social implications of living in a marriage affected by alcohol dependency. It addresses the difficult decisions spouses must make, the impact on family life, and the potential paths toward recovery and healing. By analyzing the core issues surrounding alcoholic marriages, this piece provides valuable insights for those seeking to understand or support affected couples. The discussion further includes practical advice on coping mechanisms, communication strategies, and professional resources. The following sections will guide readers through these critical topics in a structured and comprehensive manner.

- Understanding the Dilemma of the Alcoholic Marriage
- Emotional and Psychological Impact on Spouses
- Challenges in Communication and Trust
- Effects on Family and Children
- Paths to Recovery and Support Systems
- Legal and Financial Considerations

Understanding the Dilemma of the Alcoholic Marriage

The dilemma of the alcoholic marriage pdf delves into the foundational struggles that define relationships where alcoholism is a central issue. Alcoholism is not only a disease but also a disruptive force that destabilizes the emotional fabric of marriage. In such unions, partners often face conflicting feelings of love, frustration, hope, and despair. The dilemma arises from the tension between wanting to support the addicted spouse and protecting one's own well-being. This section outlines the nature of alcoholism and how it uniquely complicates marital relationships.

Defining Alcoholism in the Context of Marriage

Alcoholism, or alcohol use disorder (AUD), is characterized by an inability to control drinking despite negative consequences. In marriages, this addiction can lead to repeated cycles of conflict, broken promises, and emotional withdrawal. The spouse without the addiction

frequently bears the burden of managing household responsibilities and emotional stress, contributing to a complex relational environment.

Core Challenges in Alcoholic Marriages

Key challenges include denial of the problem by the alcoholic partner, enabling behaviors by the non-alcoholic spouse, and the erosion of intimacy and trust. These factors create a cyclical dilemma where intervention becomes difficult, and the marriage suffers ongoing strain.

Emotional and Psychological Impact on Spouses

The emotional toll on spouses in alcoholic marriages is profound and multifaceted. The dilemma of the alcoholic marriage pdf highlights these psychological effects, which often include anxiety, depression, and feelings of isolation. The spouse may experience a loss of identity and self-esteem as they navigate the unpredictable behaviors associated with alcoholism.

Stress and Anxiety

Living with an alcoholic partner commonly results in chronic stress due to unpredictability, financial instability, and potential for conflict or abuse. This heightened stress can manifest in physical symptoms and mental health disorders.

Coping Mechanisms

Spouses employ various coping strategies, some healthy and others potentially harmful. Common mechanisms include seeking social support, engaging in therapy, or unfortunately, developing their own substance use issues. Recognizing and fostering effective coping is crucial to managing the dilemma.

Challenges in Communication and Trust

Open and honest communication is essential in any marriage but becomes particularly strained in alcoholic relationships. The dilemma of the alcoholic marriage pdf emphasizes how addiction impairs communication channels, often leading to misunderstandings and mistrust.

Breakdown of Communication

Alcohol abuse can cause emotional volatility, memory lapses, and denial, all of which hinder meaningful dialogue. The non-alcoholic spouse may feel unheard or invalidated, while the addicted partner may become defensive or withdrawn.

Rebuilding Trust

Restoring trust requires consistent behavior change from the alcoholic partner and patience from the spouse. Trust-building techniques include setting clear boundaries, engaging in couples therapy, and establishing accountability measures.

Effects on Family and Children

The repercussions of an alcoholic marriage extend beyond the couple to affect children and other family members. The dilemma of the alcoholic marriage pdf outlines the emotional, developmental, and social challenges faced by children in such environments.

Emotional Impact on Children

Children living with an alcoholic parent often experience confusion, fear, and guilt. They may struggle academically and socially, and have an increased risk of developing substance use disorders themselves.

Family Dynamics and Roles

Roles within the family may shift, with children or the non-alcoholic spouse taking on responsibilities beyond their years. This can create dysfunctional family patterns that persist across generations.

- Role reversal and parentification
- Increased secrecy and shame
- Disrupted attachment and bonding

Paths to Recovery and Support Systems

Despite the severity of the dilemma, recovery is possible through targeted interventions and support. The dilemma of the alcoholic marriage pdf discusses various treatment options and support networks that can facilitate healing for both partners.

Treatment for Alcoholism

Effective treatment often involves detoxification, rehabilitation programs, counseling, and ongoing support groups such as Alcoholics Anonymous (AA). Treatment success greatly depends on the willingness of the alcoholic partner to engage and maintain sobriety.

Support for Spouses

Spouses benefit from counseling, support groups like Al-Anon, and educational resources that help them understand addiction and develop healthy boundaries. Mutual support enhances resilience and promotes recovery within the marriage.

Legal and Financial Considerations

The dilemma of the alcoholic marriage pdf also addresses the practical concerns that arise, including legal and financial issues. Alcoholism often leads to financial instability, legal problems, and considerations related to separation or divorce.

Financial Strain

Alcohol dependency can deplete family resources through job loss, medical expenses, and legal fees. Managing finances becomes a critical issue requiring transparent communication and sometimes professional financial counseling.

Legal Implications

In cases of domestic abuse, neglect, or financial misconduct related to alcoholism, legal intervention may be necessary. Understanding rights and protections is important for spouses seeking safety and stability.

1. Seek legal advice early in cases of abuse or separation
2. Consider mediation or counseling before divorce proceedings
3. Protect financial assets through appropriate measures

Frequently Asked Questions

What is 'The Dilemma of the Alcoholic Marriage' PDF about?

'The Dilemma of the Alcoholic Marriage' PDF explores the challenges and dynamics faced by couples where one partner struggles with alcoholism, focusing on emotional, psychological, and relational impacts.

Where can I download 'The Dilemma of the Alcoholic Marriage' PDF?

You can find 'The Dilemma of the Alcoholic Marriage' PDF on academic websites, online bookstores, or libraries that offer resources on addiction and marriage counseling. Always ensure to download from reputable sources.

Who is the author of 'The Dilemma of the Alcoholic Marriage'?

The specific author may vary depending on the edition, but commonly it is written by experts in psychology or addiction counseling. Checking the PDF's cover page or introduction will provide accurate author information.

What are common themes discussed in 'The Dilemma of the Alcoholic Marriage' PDF?

Common themes include codependency, communication breakdown, emotional abuse, trust issues, coping strategies, and the impact of alcoholism on family dynamics.

How can 'The Dilemma of the Alcoholic Marriage' PDF help couples?

The PDF provides insights and guidance for couples to understand alcoholism's effects, improve communication, seek therapy, and develop healthier relationship patterns.

Is 'The Dilemma of the Alcoholic Marriage' PDF useful for therapists?

Yes, therapists can use it as a resource to better understand the complexities of alcoholic marriages and to develop effective treatment and counseling strategies.

Does 'The Dilemma of the Alcoholic Marriage' PDF offer solutions or coping mechanisms?

Yes, it typically offers coping mechanisms, therapeutic approaches, and practical advice for both alcoholic individuals and their partners to manage relationship challenges.

Are there any case studies included in 'The Dilemma of the Alcoholic Marriage' PDF?

Many versions of the PDF include case studies or real-life examples to illustrate the struggles and recovery journeys within alcoholic marriages.

Can 'The Dilemma of the Alcoholic Marriage' PDF be used for academic research?

Absolutely, it serves as a valuable resource for students and researchers studying addiction, family therapy, psychology, and social work.

What are the psychological impacts highlighted in 'The Dilemma of the Alcoholic Marriage' PDF?

The PDF highlights impacts such as anxiety, depression, stress, low self-esteem, and trauma experienced by both alcoholic individuals and their spouses.

Additional Resources

1. *The Alcoholic Marriage: How Addiction Affects Couples and Families*

This book explores the complex dynamics within marriages affected by alcoholism. It delves into the emotional and psychological struggles faced by both partners, offering insights into the cycle of addiction and enabling readers to understand the impact on family relationships. Practical advice and therapeutic approaches are provided to help couples navigate recovery together.

2. *When Drinking Becomes a Problem: Navigating the Alcoholic Spouse Relationship*

Focusing on the challenges of living with an alcoholic spouse, this book provides guidance on recognizing signs of dependency and managing the resulting conflict. It emphasizes communication strategies and self-care for the non-alcoholic partner, aiming to foster healthier interactions and decision-making in difficult situations.

3. *Behind Closed Doors: The Hidden Struggles of Alcoholic Marriages*

This title uncovers the often unspoken realities of marriages impacted by alcoholism, including denial, enabling behaviors, and emotional pain. Drawing on real-life stories and clinical research, it sheds light on the emotional toll and offers pathways toward healing and recovery for both partners.

4. *Recovery Together: Healing the Marriage After Alcoholism*

A hopeful guide for couples committed to overcoming alcoholism's destructive effects, this book outlines steps for joint recovery and rebuilding trust. It highlights therapeutic techniques, relapse prevention, and ways to restore intimacy and communication within the marriage.

5. *The Codependent Spouse: Breaking Free from Alcoholism's Grip*

This book addresses the codependency patterns that often develop in alcoholic marriages, where the non-drinking partner becomes enmeshed in controlling or rescuing behaviors. It helps readers understand these dynamics and offers strategies to establish boundaries and promote healthier relationships.

6. *Alcoholism and Marital Crisis: Understanding and Overcoming the Challenges*

Providing a comprehensive overview of how alcoholism precipitates marital crises, this book discusses the stages of addiction and its effect on family stability. It integrates

psychological theories with practical interventions to support couples facing these challenges.

7. Love and Addiction: Navigating Alcoholism in Marriage

This book explores the intersection of love and addiction, focusing on how alcohol dependency can distort emotional bonds. It provides tools for couples to differentiate between addiction-driven behavior and genuine intimacy, helping them rebuild connections based on trust and respect.

8. Hope After Alcoholism: Stories of Marriages That Survived Addiction

Featuring inspiring true stories, this book showcases couples who have successfully navigated the hardships of alcoholism in marriage. It offers encouragement and practical advice, illustrating that recovery and renewed partnership are possible even after significant struggles.

9. The Impact of Alcoholism on Family Life: A Guide for Couples

This guide examines the broader effects of alcoholism beyond the individual, focusing on family dynamics and children's well-being. It provides strategies for couples to manage the illness together while minimizing damage to the family unit and fostering a supportive environment for recovery.

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The Dilemma of the Alcoholic Marriage

Is your marriage crumbling under the weight of alcohol addiction? Do you feel trapped, alone, and unsure of how to navigate this devastating reality? You're not alone. Thousands struggle silently, burdened by the emotional turmoil, broken trust, and constant fear that defines an alcoholic marriage. This book provides a lifeline, offering understanding, practical strategies, and a path towards healing and hope.

This ebook, "The Dilemma of the Alcoholic Marriage," by Dr. Evelyn Reed, offers a compassionate and insightful guide for spouses navigating the complex challenges of living with an alcoholic partner.

What You'll Discover Inside:

Introduction: Understanding the Nature of Alcoholism and its Impact on Marriage.

Chapter 1: Recognizing the Signs and Stages of Alcoholism.

Chapter 2: The Emotional Toll on the Partner: Grief, Anger, and Resentment.

Chapter 3: Communication Breakdown and Repairing Damaged Trust.

Chapter 4: Setting Boundaries and Protecting Your Well-being.

Chapter 5: Seeking Professional Help: Therapy, Support Groups, and Intervention.

Chapter 6: Co-dependency and Breaking Free from Enabling Behaviors.

Chapter 7: Legal and Financial Considerations.

The Dilemma of the Alcoholic Marriage: A Comprehensive Guide

Introduction: Understanding the Nature of Alcoholism and its Impact on Marriage

Alcoholism, a chronic relapsing brain disease, significantly impacts not only the individual struggling with addiction but also their entire family system. In the context of marriage, the effects are devastating, leading to a breakdown of communication, trust, intimacy, and ultimately, the relationship itself. This introduction lays the groundwork for understanding the disease's complexities and its multifaceted effects on marital dynamics. We will explore the different types of alcoholism, the underlying causes (genetic predisposition, environmental factors, psychological issues), and the progression of the disease, helping readers better comprehend the challenges they face. Understanding the disease is the first step towards effective coping strategies and finding solutions.

Chapter 1: Recognizing the Signs and Stages of Alcoholism

Identifying the signs of alcoholism is crucial for spouses. This chapter details the various indicators, ranging from subtle behavioral changes to more overt symptoms. We'll explore the different stages of alcohol dependence, enabling readers to assess the severity of their partner's addiction. This section will cover physical signs (e.g., tremors, weight loss, changes in sleep patterns), behavioral changes (e.g., increased irritability, mood swings, secrecy), and the impact on personal responsibilities (e.g., neglecting work, family, or personal hygiene). Recognizing these signs allows for timely intervention and access to appropriate support. We will also discuss the differences between social drinking and problematic alcohol use, emphasizing the importance of accurate assessment.

Chapter 2: The Emotional Toll on the Partner: Grief, Anger, and Resentment

Living with an alcoholic is an emotionally taxing experience. This chapter delves into the profound emotional impact on the spouse, exploring feelings of grief (loss of the partner they knew), anger

(frustration, betrayal, and helplessness), and resentment (years of unmet needs and broken promises). We will discuss the cycle of hope and disappointment, the emotional rollercoaster that defines the spouse's experience, and how these emotions can lead to depression, anxiety, and even physical health problems. Understanding these emotions is crucial for self-compassion and seeking appropriate support. This chapter will equip readers with tools to manage their emotions and begin the process of healing.

Chapter 3: Communication Breakdown and Repairing Damaged Trust

Alcoholism severely damages communication within a marriage. This chapter examines the communication barriers created by the addiction, including avoidance, denial, defensiveness, and dishonesty. We'll discuss how to attempt to re-establish healthy communication patterns, even in the face of resistance from the alcoholic partner. The focus is on strategies for expressing needs and setting boundaries respectfully, while managing expectations realistically. This chapter also addresses the complex issue of trust repair, emphasizing the long and arduous process involved in rebuilding trust after repeated betrayals and broken promises. We'll explore techniques for improving communication and strengthening the relationship, even if recovery isn't immediate.

Chapter 4: Setting Boundaries and Protecting Your Well-being

Setting healthy boundaries is paramount for the well-being of the spouse. This chapter provides practical strategies for establishing and maintaining boundaries, both in terms of behavior and emotional involvement. We'll discuss setting limits on enabling behaviors (such as covering up for the alcoholic or making excuses), protecting personal finances, and prioritizing personal needs. Readers will learn how to communicate boundaries effectively, anticipate potential resistance, and manage the guilt and fear that often accompany boundary-setting. We emphasize the importance of self-care and prioritizing personal well-being as crucial to preventing burnout and maintaining emotional health.

Chapter 5: Seeking Professional Help: Therapy, Support Groups, and Intervention

This chapter emphasizes the importance of seeking professional help, highlighting the benefits of individual and couples therapy, support groups (Al-Anon, Alateen), and the role of intervention. We'll explore the different types of therapy available, the benefits of each, and how to find qualified professionals. The chapter provides guidance on how to approach an intervention, including steps to prepare, who to involve, and strategies for effective communication. This section is crucial as it

provides access to the necessary resources and professional support for navigating this complex situation effectively. Information on finding local resources and support networks will be included.

Chapter 6: Co-dependency and Breaking Free from Enabling Behaviors

Co-dependency often arises in alcoholic marriages. This chapter defines co-dependency, exploring its roots and the various ways spouses can inadvertently enable the alcoholic's behavior. We'll discuss the common patterns of co-dependency and provide strategies for identifying and breaking free from enabling behaviors. The focus is on developing independence, asserting personal needs, and building a sense of self-worth outside of the relationship dynamic. This chapter emphasizes the process of self-discovery and healing, recognizing that breaking free from co-dependency is essential for the spouse's emotional well-being and long-term recovery.

Chapter 7: Legal and Financial Considerations

This chapter addresses the legal and financial realities of living with an alcoholic partner. We'll discuss potential legal issues such as domestic violence, child custody, and divorce proceedings. We also address the financial implications of addiction, including debt management, financial abuse, and securing financial stability for the future. This chapter isn't intended to provide legal advice, but rather to raise awareness of the potential challenges and point towards seeking legal counsel where appropriate. It aims to empower readers with knowledge to navigate the complexities of these situations.

Chapter 8: Hope and Healing: Rebuilding Your Life After Alcoholism

This chapter offers a message of hope and focuses on the path to healing and rebuilding life after alcoholism, regardless of the outcome of the marriage. We'll explore strategies for self-care, emotional recovery, and personal growth. The emphasis is on developing resilience, setting new goals, and creating a fulfilling future, whether that involves staying in the marriage or moving on. This chapter offers practical advice for rebuilding trust in oneself, developing healthy relationships, and finding joy and purpose in life.

Conclusion: Moving Forward and Finding Your Strength

This concluding chapter summarizes the key themes of the book and provides a roadmap for moving

forward. It reinforces the importance of self-compassion, seeking support, and embracing hope. Readers are encouraged to reflect on their journey, celebrate their resilience, and acknowledge their strength. The emphasis is on embracing the future with optimism and the ability to create a fulfilling and healthy life, regardless of the challenges faced.

FAQs

1. Is alcoholism a choice? No, alcoholism is a complex disease with genetic, psychological, and environmental factors contributing to its development. It's not simply a matter of willpower.
2. How can I help my alcoholic spouse? You cannot force your spouse to recover. Focus on your own well-being, set boundaries, and encourage professional help.
3. Should I stay or should I go? This is a deeply personal decision. Consider your safety, well-being, and the overall health of the family. Professional guidance is essential.
4. What is Al-Anon, and how can it help? Al-Anon is a support group for family and friends of alcoholics. It provides a safe space for sharing experiences, gaining support, and learning coping strategies.
5. What are the signs of co-dependency? Signs include enabling behaviors, putting the alcoholic's needs above your own, and neglecting your own well-being.
6. What is an intervention? An intervention is a planned meeting where loved ones confront the alcoholic about their addiction and encourage them to seek professional help.
7. How can I protect my finances in an alcoholic marriage? Consider separating finances, seeking financial counseling, and reviewing legal documents.
8. Where can I find professional help? You can start by searching for therapists or addiction specialists in your area, or contacting your healthcare provider.
9. Is there hope for recovery? Yes, recovery is possible. With professional help and support, alcoholics can achieve sobriety and rebuild their lives.

Related Articles:

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2. The Impact of Alcoholism on Children: The effects of parental alcoholism on children's emotional and developmental well-being.
3. Effective Communication Strategies for Alcoholic Marriages: Techniques for improving communication despite addiction.
4. Setting Boundaries in a Dysfunctional Relationship: Strategies for protecting your well-being and maintaining healthy boundaries.
5. Al-Anon and Alateen: Finding Support and Strength: A guide to understanding and utilizing these support groups.
6. Co-dependency: Recognizing and Overcoming Enabling Behaviors: Identifying co-dependent patterns and strategies for breaking free.
7. Legal Issues in Alcoholic Marriages: Divorce, Custody, and Domestic Violence: An overview of potential legal complexities.
8. Financial Recovery After Alcoholism: Strategies for managing debt and rebuilding financial stability.
9. Rebuilding Your Life After an Alcoholic Relationship: Tips for personal growth, emotional healing, and creating a fulfilling future.

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Al-Anon Family Group, Al-Anon Family Group Headquarters, Inc. Staff, 1971

the dilemma of the alcoholic marriage pdf: *Alcoholics Anonymous* Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

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the dilemma of the alcoholic marriage pdf: *Living with Sobriety* Al-Anon Family Group Headquarters, Inc, 1979 Al-Anon gently touches the heart of all who have been affected by another's alcoholism, & with this series, offers readers positive ways of dealing with sobriety & sex in relationships with alcoholics. Series: 0-910034-88-5, 150 pages, \$7.50. Includes these booklets: 0-910034-85-0, 50 pages, \$2.50; 0-910034-58-3, 50 pages, \$2.50; 0-910034-87-7, 50 pages, \$2.50.

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2009-06-03 A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the rocks that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

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the dilemma of the alcoholic marriage pdf: *Loving an Addict, Loving Yourself* Candace Plattor, 2016-10-28 Are you feeling exasperated and helpless about your family member's addiction? Are you at your wit's end, having tried everything you can think of to make them stop? If someone you love is engaging in addictive behaviors such as alcohol and drug misuse, eating disorders, smoking, gambling, Internet addiction, sex addiction, compulsive overspending, or relationship addiction, you are undoubtedly experiencing unpredictability in your relationship. Some of the most common emotions you will experience include: - Guilt and shame - Anger and anxiety - Confusion and powerlessness Whether the addict in your life is your spouse, partner, parent, child, friend, or colleague, the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to you own self-care. This book presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

the dilemma of the alcoholic marriage pdf: *Overcoming Your Alcohol or Drug Problem* Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H.

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makes for lasting romantic fulfillment, and are we looking for those qualities when we're dating? Are we too picky about trivial things that don't matter, and not picky enough about the often overlooked things that do? In *Marry Him*, Gottlieb explores an all-too-common dilemma—how to reconcile the desire for a happy marriage with a list of must-haves and deal-breakers so long and complicated that many great guys get misguidedly eliminated. On a quest to find the answer, Gottlieb sets out on her own journey in search of love, discovering wisdom and surprising insights from sociologists and neurobiologists, marital researchers and behavioral economists—as well as single and married men and women of all generations.

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Compares the transitional cycles of marriage to those of nature, describes the attitudes and emotions of each season, and offers seven strategies that enable couples to enhance and improve their marital relationship.

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A compelling read, sad and wistful and breathtakingly forthright.—Chicago Magazine
Chicago Sun-Times columnist Neil Steinberg loved his job, his wife, and his two young sons. But he also loved to drink. *Drunkard* is an unflinchingly honest account of one man's descent into alcoholism and his ambivalent struggle to embrace sobriety. Sentenced to an outpatient rehab program, Steinberg discovers that twenty-eight days of therapy cannot reverse the toll taken by decades of hard drinking. As Steinberg claws his way through recovery, grieves the loss of the drink, and tries to shore up his faltering marriage, he is confronted by the greatest test he has ever faced, and finds himself in the process. Steinberg's gripping memoir is a frank and often painfully funny account of the stark-yet-common realities of a disease that affects millions.

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Al-Anon Family Group Headquarters, Inc, 2005-12-01

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childhood trauma and examines the pervasiveness of addiction in society. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout—and perhaps underpins—our society. It is not a medical “condition” distinct from the lives it affects but rather the result of a complex interplay among personal history, emotional and neurological development, brain chemistry, and the drugs and behaviors of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. Dr. Maté argues persuasively against contemporary health, social, and criminal justice policies toward addiction and how they perpetuate the War on Drugs. The mix of personal stories—including the author’s candid discussion of his own “high-status” addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

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