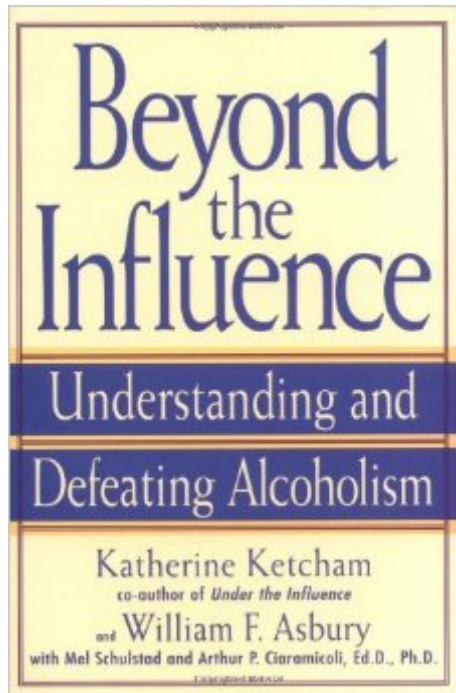


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# Beyond The Influence: Understanding And Defeating Alcoholism



## Synopsis

This invaluable work will contribute much to the battle against our number one disease."--from the Foreword by George McGovern, former senator and author of *Terry: My Daughter's Life-and-Death Struggle with Alcoholism*Alcoholism is a disease. It's time we started treating it like one.Science has offered undisputed proof that alcoholism is a disease rather than a weakness of character, yet millions of alcoholics continue to suffer due to inappropriate treatment.Â Â Now the co-author of the modern classic *Under the Influence* has teamed up with prominent alcoholism experts to provide new answers to this national epidemic.Based on the latest scientific research, *Beyond the Influence* clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not.Â Â It also spells out what needs to be done to treat alcoholism, including: Steps to take for an intervention How to find the right treatment program Which psychological approaches work best Why spirituality is essential to recovery New insights into relapse prevention What you should know about diet, exercise, and nontraditional treatments such as acupunctureProvocative and eye-opening, compelling and compassionate, *Beyond the Influence* is not only a message of hope for alcoholics--it is a blueprint for saving lives.BEYOND THE INFLUENCE explains that alcoholism is a disease of the body, not a weakness of character. Drawing on the latest scientific studies, the authors present new research on the central role of genetics and neurotransmitters in addiction. Continuing where the prior book left off, it also includes: Steps for diagnosis and intervention, plus ways to prevent relapsesVarious treatment models, including inpatient and out-patient programs and a review of new drug treatmentsThe most effective types of psychological counselingThe critical role of nutritionNon-traditional healing methods for recoveryThe importance of a spiritual component to recoveryThe authors also critique our nation's alcoholism policies, including education and prevention programs, efforts to curtail college bingeing and underage drinking, and the advertising and marketing strategies of the alcohol industry. -->

## Book Information

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## Customer Reviews

Beyond the Influence is an update and an elaboration of Katherine Ketcham and James R. Milam's Under the Influence (1981). Whereas the first book was an emergency crash course in alcoholism, this is the full curriculum. The main point the authors make is that alcoholism is a disease that anyone who has the susceptible internal chemistry can get, be he saint or sinner, tower of strength or shriveling weakling. It doesn't make any difference. Your personality or moral fiber are irrelevant. We tend to think that alcoholics are somehow immoral or possessed of a character flaw. But, as Ketcham, et al., demonstrate here, there is only one flaw that leads to alcoholism, and that flaw is one of internal chemistry and not of character. Furthermore, despite some Pollyannaish delusion to the contrary, there is only one cure and this book makes it clear exactly what that cure is. The updated material presented here (in the main, a greater appreciation of the power of Alcoholics Anonymous, a more in-depth discussion of the relevant chemistry, an elaboration of the spiritual aspects of recovery, an incisive attack on "The Booze Merchants," a clearer inventory of how alcoholics can be diagnosed before the onset of the latter stages of the disease, and a delineation of how recovery can be achieved) make this a very superior book and for the most part a worthy update. However these additions also make Beyond the Influence less accessible than UTI, which was more direct, and was smaller and weighed less. This last may seem a minor point, but I could pocket the old book while the new one needs to go into my backpack.

Citing the latest hard, cold facts of the most modern scientific discoveries, authors prove beyond the reasonable doubt, and state both loud and clear: Alcoholism is NOT a flaw of character, NOT a weakness of will, but the physiological disease, over which a person, stricken with it, has no control! And it's an equal opportunity disease, striking good people from all walks of life: blue collar workers as well as admirals and generals, senators and congressmen, farmers and sailors, high school dropouts and college professors, beggars and millionaires, idiots, geniuses and our neighbor, everyday common man and woman... (...) People are different, authors claim and prove in great detail. Some 10 to 15% of us have a gene, which creates different enzymes within our system, which in turn make highly addictive chemicals while processing the ingested alcohol within our bodies. Human brain is incapable to resist the craving for alcohol, caused by those chemicals,

which are never produced by the bodies of non-alcoholics. Therefore, alcoholics are not more guilty of having alcoholism, as cancer patients are guilty of having cancer, or diabetics being ill with diabetes. The only solution to the disease of alcoholism is professional, medical treatment, followed by warm and sensitive care of the family, support groups, and society. Punishment, consisting of creation of severe stress, humiliation and application of strong mental and spiritual pain won't work, only making condition worse. Much worse! Primitive and superficial psychological counseling won't work, either. Only complex, modern, professional treatment will. Great reading for anyone affected by or interested in the disease of alcoholism.

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