



Under the Influence: A Guide to the Myths and Realities of Alcoholism

James Robert Milam, Katherine Ketcham

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Ten of millions Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem, and that it can be cured by psychotherapy or sheer will power. Based on groundbreaking scientific research, *Under The Influence* examine the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the alcoholic.

How to tell if someone you know is an alcoholic.

The progressive stages of alcoholism.

How to get an alcoholic into treatment -- and how to choose a treatment program.

Why frequently prescribed drugs can be dangerous -- even fatal -- for alcoholics.

How to ensure a lasting recovery.

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