



How to Quit Drinking for Good and Feel Good: The New Alcoholism Story

By RN, PhD, Suka Chapel-Horst

Brainworks Publishing. Paperback. Book Condition: New. Paperback. 194 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. Much of what we thought we knew about alcoholism and substance abuse is now obsolete. Neuroscience and biochemistry have found the underlying cause of all addictions and thirty-plus years of experience have given us the recovery method that is getting up to 85 recovery rates. This book contains written tests to determine ones underlying biochemical imbalances and a step-by-step guide for gaining and maintaining lasting recovery without the symptoms that lead to relapse. Normal brain chemistry is restored with the natural building blocks of micronutrients and healthy nutrition. This program uses the most successful method of recovery available anywhere. Motivated and determined individuals can recover once and for all. Shame, blame, and guilt be gone. Anger and hurt can change to healing, compassion and forgiveness when the real cause of addictions is understood. Addictions are not caused by a mental illness, nor are they caused by a lack of will power, a character defect, or a moral weakness. Sobriety is not recovery. One day at a time struggling, white knuckling, dry drunk behaviors, depression, insomnia, anxiety, cravings, and other symptoms lead to relapse. With the new...



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