



If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much

Lisa Frederiksen

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If You Loved Me, You'd Stop! What You Really Need To Know When Your Loved One Drinks Too Much combines current brain research on alcoholism and alcohol abuse with Lisa Frederiksen's 40 years experience in dealing with these family problems. By explaining this research from the perspective of someone who has personally survived the ravages of a loved one's drinking, Ms. Frederiksen offers fresh hope for the more than 50 percent of Americans (and the one in four children) who have a family member with a drinking problem. This book addresses a host of issues surrounding alcoholism and alcohol abuse, including co-addictions, DUIs, underage drinking, dual diagnosis, codependency, and, importantly, the characteristics that distinguish alcoholism from alcohol abuse (excessive drinking). Frederiksen's book targets those who know their loved one drinks too much and believe that if they can just get them to stop, life will return to normal.

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From reader reviews:

Valerie Israel:

Have you spare time to get a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a stroll, shopping, or went to the Mall. How about open or even read a book entitled If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much? Maybe it is to become best activity for you. You understand beside you can spend your time using your favorite's book, you can better than before. Do you agree with the opinion or you have various other opinion?

Augusta Wilson:

In this 21st century, people become competitive in every single way. By being competitive now, people have do something to make these survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that at times many people have underestimated that for a while is reading. Yep, by reading a book your ability to survive enhance then having chance to stand than other is high. For you personally who want to start reading some sort of book, we give you this particular If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much book as starter and daily reading guide. Why, because this book is usually more than just a book.

Joseph Mack:

Spent a free time for you to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the publication untitled If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much can be good book to read. May be it could be best activity to you.

Donna Canales:

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