



# First Steps out of Problem Drinking (First Steps Series)

*John McMahon*

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Have you ever wondered at what stage drinking becomes a problem? Whether you've just asked the question for the first time or it's an issue with which you have been struggling for some time, this book will help. Unlike many books that take a clinical approach, First Steps out of Problem Drinking is written by an empathetic expert who was once dependent on alcohol himself. He explores the way alcohol works – how it affects your brain, your body, and your life – and what you can do to take steps towards a happier, healthier future.



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