



## C Est Assez!: Comment Arrêter de Boire Ou Reduire Votre Consommation D Alcool (Paperback)

By Martha Sanchez-Craig

Centre for Addiction and Mental Health, United States, 2013. Paperback. Condition: New. 3rd. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Un grand nombre de personnes savent que leur consommation d'alcool est problématique bien avant d'être prêtes à demander de l'aide. Cette reconnaissance du problème peut être une première étape importante en vue d'arrêter de boire ou de réduire sa consommation d'alcool. Toutefois, il est parfois difficile de déterminer les autres étapes à franchir pour apporter des changements permanents. C'est assez! présente un programme en plusieurs étapes visant à réduire la consommation d'alcool ou à y mettre fin. L'auteure Martha Sanchez-Craig (Ph.D.) a élaboré ce programme au cours de son mandat de 22 ans à la Fondation de la recherche sur la toxicomanie. L'ouvrage peut être utilisé par les lecteurs comme guide d'initiative personnelle ou comme supplément à des séances de counseling. Il s'adresse aux personnes qui éprouvent des problèmes en raison de leur consommation d'alcool, mais qui ne sont pas aux prises avec un trouble grave lié à cette consommation. L'efficacité du programme a été mise à l'essai lors de recherches et par...

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