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Almost Alcoholic: Is My (or My Loved One's) Drinking a Problem? (The Almost Effect)

Joseph Nowinski, Robert Doyle

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Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives.

In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools to

- identify and assess your patterns of alcohol use;
- evaluate its impact on your relationships, work, and personal well-being;
- develop strategies and goals for changing the amount and frequency of alcohol use;
- measure the results of applying these strategies; and
- make informed decisions about your next steps.

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