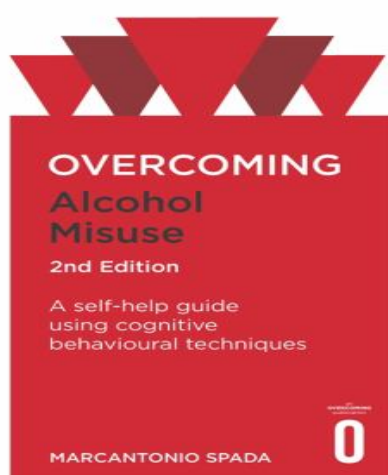


A Selection of Books on Drugs and Alcohol Addiction in Doncaster Libraries

For further information contact the Leisure Library at DRI
Tel: 01302 642890 or Ext. 642890; email dristaff@doncaster.gov.uk



Overcoming alcohol misuse

Spada, Marcantonio
Robinson, 2017 ISBN: 9781472138583
Shelfmark: 616.861065

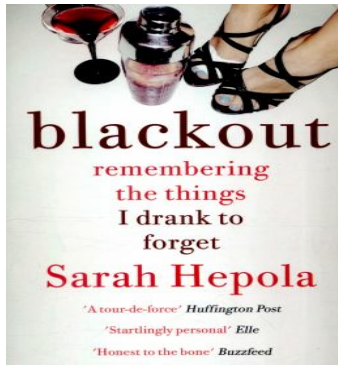
Up to a quarter of the UK population is currently believed to misuse alcohol. This first self-help book aimed specifically at problem drinking uses an approach based on real clinical practice, first to recognise alcohol misuse and then, using proven cognitive behavioural therapy (CBT) techniques, to show the drinker how to turn the tables and regain control of alcohol consumption.



Quit alcohol for a month

Foster, Helen
Vermilion, 2017 ISBN: 9781785041389
Shelfmark: 613.81

With over 2 million adults taking part in Dry January in 2016, not to mention Dryathlon, Stoptober, or plain old giving up the booze for Lent, more and more people are attempting a 'dry spell' every year. But how do you actually give up booze for more than a few days without falling off the wagon? The health benefits are obvious and if it was easy to quit we might all be teetotalers. The truth is, there are a lot of people who have trouble admitting how hard cutting out alcohol is and definitely need help to ease the transition. It's not about willpower alone - it's about changing habits and being ready for the multiple challenges that lie ahead.



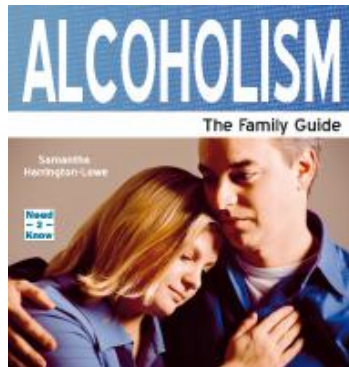
Blackout

Hepola, Sarah

Two Roads, 2016 ISBN: 9781473616103

Shelfmark: 362.2924092

'Blackout' is a raw, vivid and ultimately uplifting memoir of addiction and recovery.



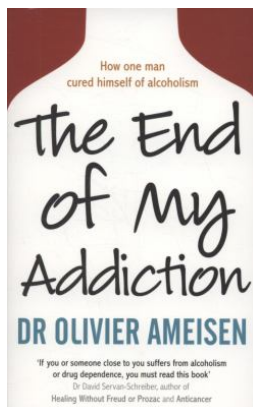
Alcoholism: the family guide

Harrington-Lowe, Samantha

Need2know, 2008 ISBN: 9781861440501

Shelfmark: 362.292

True alcoholism is one of the most destructive conditions possible for a family, causing disruption, sadness, violence and even financial predicament. But there are ways to help cope, whether it's you with the problem, or someone close to you. This guide will take you step-by-step through the facts.



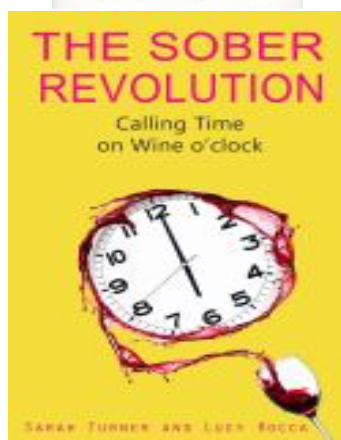
The end of my addiction

Ameisen, Olivier

Piatkus, 2009 ISBN: 9780749942250

Shelfmark: 616.861

'The End of My Addiction' is both a memoir of Dr Ameisen's struggle with uncontrollable addiction and a groundbreaking call to action for research that could help millions of addicts.



The Sober revolution

Rocca, Lucy

Accent Press Ltd., 2013 ISBN: 9781783752089

Shelfmark: 613.81082

Do you count down the minutes to wine o'clock on a daily basis? If you want to give up being controlled and defined by alcohol then now is the time to join the sober revolution. When it comes to alcohol, millions of people around the world find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and using more alcohol as a way of coping. 'The Sober Revolution' looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit.

<http://library.doncaster.gov.uk>



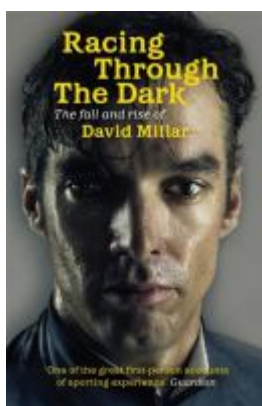
Your six week plan

Rocca, Lucy

Accent Press Ltd., 2013 ISBN: 9781783752058

Shelfmark: 613.81

If you have decided to quit drinking, 'Your 6 Week Plan' is for you. A diary specifically created for those at the beginning of their sober journey, 'Your 6 Week Plan' provides the opportunity to write your very own personalised plan for alcohol-free living.



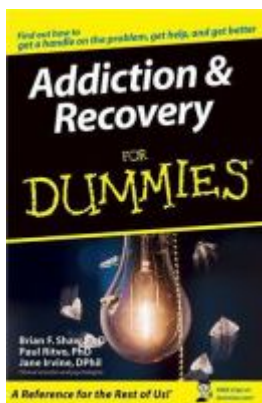
Racing through the dark

Millar, David

Orion, 2012 ISBN: 9781409120384

Shelfmark: 796.62092

Once tipped to be the next English-speaking Tour winner, David Millar's promising career was almost ruined when he succumbed to the temptation of performance-enhancing drugs. Now clean and reflective, David holds nothing back in this account of his dark years.



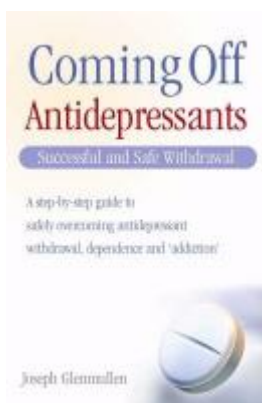
Addiction and recovery for dummies

Shaw, Brian F.

John Willey & Son, 2005 ISBN: 0764576259

Shelfmark: 362.29 SHA

Offering an overview of various treatment approaches and philosophies, this guide explains what addiction is, what substances and activities can be addictive, how people can determine if they have a problem, and how to get help.



Coming off antidepressants

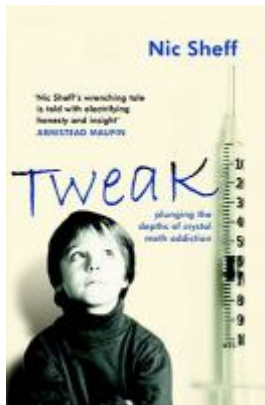
Glenmullen, Joseph

Robinson Publishing, 2006 ISBN: 9781845292560

Shelfmark: 616.8606

Joseph Glenmullen provides a five-step programme to safely coming off antidepressants. He explains and describes possible withdrawal symptoms, identifies the signs that a patient is ready to go off their medication and gives clear guidelines for tapering off to avoid unpleasant and dangerous after effects.

<http://library.doncaster.gov.uk>



Tweak

Sheff, Nic

Simon & Schuster, 2008 ISBN: 9781847391629

Shelfmark: 920 SHE

'Tweak' is a heartbreaking and powerful memoir of a young man's addiction to methamphetamine. Nic spares no detail in telling us the compelling and true story of his relapse and the road to recovery. He paints a picture for us of a person at odds with his past, with his family, with his substances, and with himself.