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## 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 problematique bien avant d etre pretes a demander de l aide. Cette reconnaissance du probleme peut etre une premiere etape importante en vue d arreter de boire ou de reduire sa consommation d alcool. Toutefois, il est parfois difficile de determiner les autres etapes a franchir pour apporter des changements permanents. C est assez! presente un programme en plusieurs etapes visant a reduire la consommation d alcool ou a y mettre fin. L auteure Martha Sanchez-Craig (Ph.D.) a elabore ce programme au cours de son mandat de 22ans a la Fondation de la recherche sur la toxicomanie. L ouvrage peut etre utilise par les lecteurs comme guide d initiative personnelle ou comme supplement a des seances de counseling. Il s adresse aux personnes qui eprouvent des problemes en raison de leur consommation d alcool, mais qui ne sont pas aux prises avec un trouble grave lie a cette consommation. L efficacite du programme a ete mise a l essai lors de recherches et par...



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