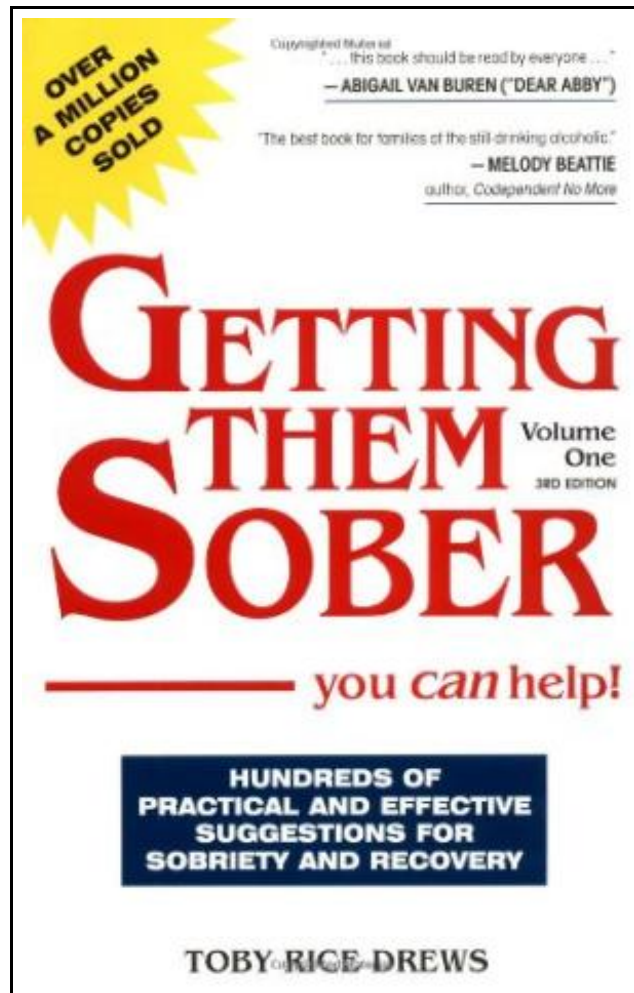


Getting Them Sober You Can Help



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Recovery Communications. Paperback. Book Condition: New. Paperback. 140 pages. Dimensions: 8.4in. x 5.4in. x 0.5in. ABOUT THE BOOK --Hundreds of practical and effective suggestions for sobriety and recovery. Over a million copies sold -- this book is endorsed by Dr. Norman Vincent Peale, by dear Abby (this book should be read by everyone), and by Melody Beattie (author of Codependent No More) who said Getting Them Sober is the BEST book for families of the still-drinking alcoholic. From the Introduction to the book --- While the alcoholic lies passed out, anesthetized, the family goes through the years of his drinking --- stark, raving sober. They believe lies, expect miracles, have him locked up, bail him out, wish he were dead, and pray that he gets home safely. If the spouse of the alcoholic changes his or her behavior, as outlined in this book, the alcoholic has an 80 percent better chance to get sober. CHAPTER TITLES INCLUDE--- No more taking the blame for someone elses drinking! Be gentle with yourself Dont worry about whether hes really an alcoholic Dont pour out the booze Learn to relax Dont be afraid of losing him because youre changing Stop arguing with him (it works!) Do one thing every day just for yourself Use tough love Dont ride with him when hes drunk Confront him! Walk away from abuse Accept yourself Dont believe Drunk Is Fun! Tell your families Only if you want to! Mean what you say and say what you mean Deal with his arrogance! Dont change your address! Hide the car keys You have the right to get sick too! Learn about blackouts Try to remember its a disease Let the crises happen No more lying to his boss! Start to get help---- Even though hes the alcoholic Stay with him or...



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