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If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much

Lisa Frederiksen

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If You Loved Me, You'd Stop! What You Really Need To Know When Your Loved One Drinks Too Much combines current brain research on alcoholism and alcohol abuse with Lisa Frederiksen's 40 years experience in dealing with these family problems. By explaining this research from the perspective of someone who has personally survived the ravages of a loved one's drinking, Ms. Frederiksen offers fresh hope for the more than 50 percent of Americans (and the one in four children) who have a family member with a drinking problem. This book addresses a host of issues surrounding alcoholism and alcohol abuse, including co-addictions, DUIs, underage drinking, dual diagnosis, codependency, and, importantly, the characteristics that distinguish alcoholism from alcohol abuse (excessive drinking). Frederiksen's book targets those who know their loved one drinks too much and believe that if they can just get them to stop, life will return to normal.

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