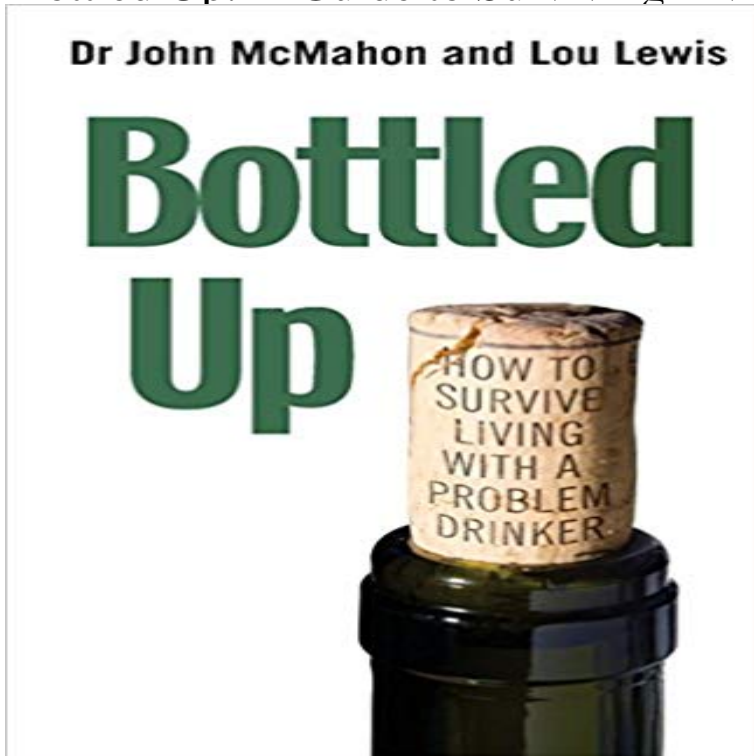


# Bottled Up: A Guide to Surviving Living with a Problem Drinker



Hazardous drinking in the UK is widespread: 24.2% according to a recent government survey. More severe alcohol dependence affects 5.9% of the UK population - that's 1.8 million people. But for each alcoholic there is usually a family - estimates suggest that at least 3 people per alcoholic suffer on this account. The loved ones of alcohol abusers are a neglected group, and this book is aimed at equipping them to care for themselves so that they can survive the difficulty before them. Written by a husband-and-wife team of an alcohol abuse expert and former alcoholic (John) and a former carer for an alcoholic (Lou), this helpful book is not only academically sound but also written with an empathy that flows from experience.

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