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IDÉES REÇUES SUR L'ADDICTION À L'ALCOOL

comprendre et sortir de la dépendance



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Understanding and overcoming addiction to alcohol.

The social pressures associated with alcohol often prevent us from seeing just how hard it can be to give up drinking. Yet, to effectively prevent the damage caused by alcohol addiction, we need to do more than just denounce and stigmatize alcoholism. With illuminating simplicity, Laurent Karila helps readers understand the mechanisms of this addiction and the means to cure it.
