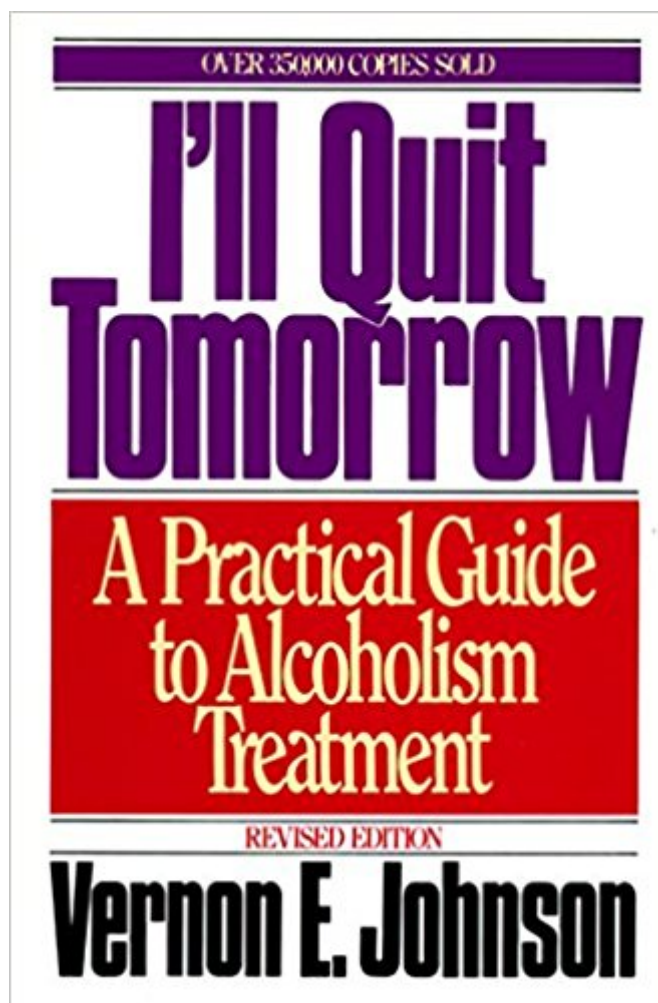


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# I'll Quit Tomorrow: A Practical Guide To Alcoholism Treatment



## Synopsis

This bestselling recovery classic has helped untold thousands of alcoholics onto the road to recovery. Written by the founder of the Johnson Institute in Minneapolis, one of the country's most successful training programs for treatment providers, *I'll Quit Tomorrow* presents the concepts and methods that have brought new hope to alcoholics and their families, friends, and employers. Abstinence is not the only objective of Johnson's breakthrough methods -- his therapy aims at restoring the ego strength of the victim to assure permanent recovery. Johnson outlines a dynamic plan of intervention and treatment that will block the progress of alcoholism and lead to a richer, more productive life.

## Book Information

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## Customer Reviews

This bestselling recovery classic presents the concepts and methods that have brought hope to alcoholics-- whether active, potential, or recovering-- and to their families, friends, and employers.

Vernon E. Johnson is founder and president emeritus of the Johnson Institute in Minneapolis.

Even though this book was written in the mid-70's, the information contained within is up to date. I learned that I have been believing myths about alcoholics and alcoholism, and I now feel that I understand alcoholism much more clearly. It's too bad that the text itself has not been updated, because it's so apparent that it was written for a different audience - even though the information is

still appropriate - and that may be a turn-off to a lot of people who might otherwise benefit.

This is a very informative book. It gives so much information on alcoholism. What makes up an alcoholic, how it starts and where it goes. Great information on treatment and care. I would highly recommend this book!

If you or anyone you know is struggling with the problem of someone's alcoholism, this is the book to buy. Author Vernon Johnson has written THE classic guide on how to cope, what to do and how to get help for the chemically dependent person.

Cheap book that I needed for my addiction studies class , it arrived super fast and I had no concerns with it . The product was in perfect conditions.

This book was recommended to me by a client. He said he read it and it made him quit drinking. It was written in the 70's but does not appear to be outdated. The information is disturbingly correct and great for anyone to read who is dealing with alcoholism, whether as a therapist, family member, lover or your self.

Very good book. It is dated but useful. Arrived promptly and in good condition.

Very practical guide, with positive steps to engage family members to help a loved one stop their addiction before having to "hit bottom".

The author describes signs of alcoholism and how growing patterns of addiction develop over time. He also describes the toll alcohol takes on the user and his/her loved ones, and offers solutions to becoming sober including the 12 step program of Alcoholics Anonymous.

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