

On Drinking

The quality of drinking water is paramount for public health. Despite important improvements in the last decades, access to safe drinking water is not universal.

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The World Health Organization estimates that almost 10% of the population in the world do not have access to improved drinking water sources. Among other diseases, waterborne infections cause diarrhea, which kills nearly

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one million people every year, mostly children under 5 years of age. On the other hand, chemical pollution is a concern in high-income countries and an increasing problem in low- and middle-income countries.

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Exposure to chemicals in drinking water may lead to a range of chronic non-communicable diseases (e.g., cancer, cardiovascular disease), adverse reproductive outcomes, and effects on children's health (e.g.,

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neurodevelopment), among other health effects. Although drinking water quality is regulated and monitored in many countries, increasing knowledge leads to the need for reviewing standards and guidelines on a nearly permanent

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basis, both for regulated and newly identified contaminants. Drinking water standards are mostly based on animal toxicity data, and more robust epidemiologic studies with accurate exposure assessment are

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needed. The current risk assessment paradigm dealing mostly with one-by-one chemicals dismisses the potential synergisms or interactions from exposures to mixtures of contaminants, particularly at the

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low-exposure range. Thus, evidence is needed on exposure and health effects of mixtures of contaminants in drinking water. Finally, water stress and water quality problems are expected to increase in the coming years due

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to climate change and increasing water demand by population growth, and new evidence is needed to design appropriate adaptation policies. This Special Issue of International Journal of Environmental Research and

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Public Health (IJERPH) focuses on the current state of knowledge on the links between drinking water quality and human health.

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many

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of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and

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revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses

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clinked and the conversation flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then,

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like so many love stories, it fell apart. Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol.

Caroline had her first drink at fourteen. She drank through her years at an Ivy League college,

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and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays

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bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and

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deception that mark an alcoholic life. Praise for Drinking “Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold.”—Los Angeles Times Book Review

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“Filled with hard-won wisdom . . . [a] perceptive and revealing book.”—San Francisco Chronicle
“Eloquent . . . a remarkable exercise in self-discovery.”—The New York Times “Drinking not only describes triumph; it is

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one.”—Newsweek
Drinking and drunkenness have become a focal point for political and media debates to contest notions of responsibility, discipline and risk; yet, at the same time, academic studies have

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highlighted the positive aspects of drinking in relation to sociability, belonging and identity. These issues are at the heart of this volume, which brings together the work of academics and researchers exploring social and

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cultural aspects of contemporary drinking practices. These drinking practices are enormously varied and are spatially and culturally defined. The contributions to the volume draw on research settings from across the UK and beyond to

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demonstrate both the complexity and diversity of drinking subjectivities and practices. Across these examples tensions relating to gender, social class, age and the life course are particularly prominent. Rather

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than align to now long-established moral discourses about what constitutes 'good' and 'bad' drinking, sociological approaches to alcohol foreground the vivid, lived, nature of alcohol consumption and the associated

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experiences of drunkenness and intoxication. In doing so, the volume illuminates the controversial yet important social and cultural roles played by drink for individuals and groups across a range of social contexts.

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Abstract: A collection of papers addresses clinical services designed to meet the special needs of adolescents. Adolescent health is analyzed from a variety of perspectives, including health education and promotion,

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adolescent medicine, developmental psychology, research methodology, and education. Eight chapters discuss the issues: smoking, drugs, and alcohol, sexuality, coronary risk factors, health risk eating

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disorders, and chronic disease. A chapter on research on adolescent health promotion concludes the work. (kbc).

The Lost Weekend
Mindful Drinking
On Drinking

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Drinking Cultures in
Transnational and Comparative
Perspective
Everyday Drinking
Women and Drinking
Alcohol, Drinking, Drunkenness
Written by leaders of the

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Moderation Management movement, Responsible Drinking helps readers define the level of their alcohol use and decide whether moderation or abstinence is the best approach to recovery.

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Resources and personal stories are included that help readers determine if they are problem drinkers and what can be done about it. 30 worksheets are included.

Includes sections

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"Activities of the Research Council on Problems of Alcohol" and "Current literature."

The Drinking Water Book takes a level-headed look at the serious issues surrounding America's

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drinking water supply. In the completely revised comprehensive guide to making tap and bottled water safer, you'll find unbiased reporting on what's in your water and how to drink safely. Featuring the latest

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scientific research, Ingram evaluates the different kinds of filters and bottled waters and rates specific products on the market. The Drinking Water Book: . Honestly and thoroughly tackles a subject vital to

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ongoing environmental,
health, and safety concerns
· Shows how to avoid bogus
safety tests, scams, and
unnecessary expenditures ·
Explains the toxins in our
water, how to test for them,
and how to get rid of them ·

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Details which toxins aren't regulated by federal and state water standards

The main purpose of this book is to describe the variety of drinking occasions that exist around the world, primarily in

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modern, industrialized countries. As such, it celebrates the diversity of normal drinking behavior and illustrates a wide range of beneficial drinking patterns. Attention is also paid to the relations

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between drink and culture that prevail in non-Western societies and in developing countries. The aims of the book are twofold: to deal directly with the challenge of how to define responsible drinking in the face of the

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world's many different drinking styles, and to portray the many ways in which people have thought about or used alcohol as an integral part of their culture

Take Control of Your

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Drinking
Drinking Water Quality and
Human Health
Report on the National
Conference for Youth on
Drinking and Driving,
Washington, D.C., April
27-30, 1984

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**Alcohol Flows Across
Cultures**

**A Guide to Creating a Sober
Life You Love**

Not Drinking Tonight

**The Power of Positive
Drinking Coloring and
Cocktail Book**

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*READ STOP DRINKING NOW
AND BECOME A HAPPY
NONDRINKER FOR THE REST
OF YOUR LIFE. Allen Carr's
Easyway a global phenomenon. It
has helped millions of smokers
from all over the world. Stop
Drinking Now applies Allen*

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Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT

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*REQUIRE WILLPOWER •
REMOVES THE DESIRE TO
DRINK ALCOHOL • STOP
EASILY, IMMEDIATELY AND
PAINLESSLY • REGAIN
CONTROL OF YOUR LIFE* What
people say about Allen Carr's
Easyway method: "The Allen Carr

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program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence" The Sunday Times
This book maps changing

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patterns of drinking. Emphasis is laid on the connected histories of different regions and populations across the globe regarding consumption patterns, government policies, economics and representations of alcohol and drinking. Its transnational

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perspective facilitates an understanding of the local and global factors that have had a bearing on alcohol consumption and legislation, especially on the emergence of particular styles of 'drinking cultures'. The comparative approach helps to

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identify similarities, differences and crossovers between particular regions and pinpoint the parameters that shape alcohol consumption, policies, legal and illegal production, and popular perceptions. With a wide geographic range, the book

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explores plural drinking cultures within any one region, their association with specific social groups, and their continuities and changes in the wake of wider global, colonial and postcolonial economic, political and social constraints and exchanges.

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Kingsley Amis was one of the great masters of comic prose, and no subject was dearer to him than the art and practice of imbibing. This new volume brings together the best of his three out-of-print works on the subject: Kingsley Amis in Drink, Everyday

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*Drinking and How's Your Glass?
In one handsome package, the
book covers a full shelf of the
master's riotous and erudite
thoughts on the drinking arts:
Along with a series of well-tested
recipes (including a cocktail
called the Lucky Jim) are Amis's*

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musings on The Hangover, The Boozing Man's Diet, The Mean Sod's Guide, and (presumably as a matter of speculation) How Not to Get Drunk - all leavened with fun quizzes on the making and drinking of alcohol all over the world. Mixing practical know-

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how and hilarious opinionation, this is a delightful cocktail of wry humour and distilled knowledge, served by one of our great gimlet wits.

Alcohol use by young people is extremely dangerous - both to themselves and society at large.

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Underage alcohol use is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, and other problem behaviors that diminish the prospects of future success, as well as health risks " and the earlier teens start drinking,

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the greater the danger. Despite these serious concerns, the media continues to make drinking look attractive to youth, and it remains possible and even easy for teenagers to get access to alcohol. Why is this dangerous behavior so pervasive? What can

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be done to prevent it? What will work and who is responsible for making sure it happens?

Reducing Underage Drinking addresses these questions and proposes a new way to combat underage alcohol use. It explores the ways in which may differ

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individuals and groups contribute to the problem and how they can be enlisted to prevent it.

Reducing Underage Drinking will serve as both a game plan and a call to arms for anyone with an investment in youth health and safety.

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Drinking Dilemmas

Anthropological Approaches

The Surgeon General's Call to

Action to Prevent and Reduce

Underage Drinking

Abstracts and Reviews

On Cats

Proceedings of the 10th

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*International Conference on
Alcohol, Drugs, and Traffic
Safety, Amsterdam, 9-12
September 1986*

(Dis)Orderly Spaces

**The first authoritative
guide to how the world
drinks, this reference**

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details alcohol use in different countries and cultures. Variation is striking, with alcohol sometimes a food, a sacrament, a symbol, a tool, a tranquilizer, a medicine, a

love potion, or an object of scorn--often with very different meanings and uses in a single country. This volume reveals multicultural and ethnic beliefs, practices, and

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attitudes about drinking around the world. An extensive introduction discusses the close link between alcohol and culture and provides a foundation for the rest of

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the book. Each of the following chapters is written by an expert contributor and discusses alcohol and culture in a particular country. Chapters discuss historical

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trends, drinking among ethnic and religious minorities, national policies, and social outcomes. Countries range from industrial nations known for their alcohol

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research, to developing nations and to places famous for drinking. A concluding chapter highlights important similarities and differences. Offers guidelines so readers

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can decide whether to try to moderate their drinking or to choose abstinence. He provides a contract for moderate drinking in which readers decide what they will drink, how often and

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**how much they will drink
and the situations they
need to avoid.**

**The definitive collection of
works on a subject that
inspired and haunted
Charles Bukowski for his**

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entire life: alcohol Charles Bukowski turns to the bottle in this revelatory collection of poetry and prose that includes some of the writer's best and most lasting work. A self-

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proclaimed “dirty old man,” Bukowski used alcohol as muse and as fuel, a conflicted relationship responsible for some of his darkest moments as well as some of his most joyful and

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inspired. In On Drinking, Bukowski expert Abel Debritto has collected the writer's most profound, funny, and memorable work on his ups and downs with the hard stuff—a topic that

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allowed Bukowski to explore some of life's most pressing questions. Through drink, Bukowski is able to be alone, to be with people, to be a poet, a lover, and a friend—though often

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at great cost. As Bukowski writes in a poem simply titled "Drinking,": "for me/it was or/is/a manner of/dying/with boots on/and gun/smoking and a/symphony music

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background.” On Drinking is a powerful testament to the pleasures and miseries of a life in drink, and a window into the soul of one of our most beloved and enduring writers.

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**A spirited new translation
of a forgotten classic, shot
through with timeless
wisdom Is there an art to
drinking alcohol? Can
drinking ever be a virtue?
The Renaissance humanist**

**and neoclassical poet
Vincent Obsopoeus (ca.
1498-1539) thought so. In
the winelands of sixteenth-
century Germany, he
witnessed the birth of a
poisonous new culture of**

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bingeing, hazing, peer pressure, and competitive drinking. Alarmed, and inspired by the Roman poet Ovid's Art of Love, he wrote The Art of Drinking (De Arte Bibendi) (1536), a how-

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**to manual for drinking with
pleasure and
discrimination. In How to
Drink, Michael Fontaine
offers the first proper
English translation of
Obsopoeus's text, rendering**

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his poetry into spirited, contemporary prose and uncorking a forgotten classic that will appeal to drinkers of all kinds and (legal) ages. Arguing that moderation, not abstinence,

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**is the key to lasting
sobriety, and that drinking
can be a virtue if it is done
with rules and limits,
Obsopoeus teaches us how
to manage our drinking,
how to win friends at social**

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gatherings, and how to give a proper toast. But he also says that drinking to excess on occasion is okay—and he even tells us how to win drinking games, citing extensive personal

experience. Complete with the original Latin on facing pages, this sparkling work is as intoxicating today as when it was first published. How to Eliminate Harmful Toxins from Your Water

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**Take Control of Your
Drinking...And You May Not
Need to Quit
Swimming with Crocodiles
Ideologies of Drinking
An Examination of the
Interrelations Between**

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**Social Ties and Patterns of
Alcohol Use Indicating
Their Functions with Life
Stresses and Strains
Quarterly Journal of Studies
on Alcohol
Reframing a Social Problem**

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/ Changing the Culture

Drinking is recognized as one of the most important problems confronting students on campus today, with major impacts on health and safety. This book answers crucial questions about why students drink, examines its complex links to campus crime and

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sexual assault, and offers new insights on how to address the issue. It differs from other studies of college drinking by dispelling the myth that the problem is universal. Dowdall's research reveals that the incidence of alcohol abuse varies enormously between colleges, and in doing so identifies

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interventions and policies that have been effective, and those that have failed. His study is also unique in looking “upstream” at the broader cultural, organizational and social forces that shape this behavior, where most studies focus only on “downstream” behaviors, well after

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students have selected their college and have started drinking. Students and parents can take action to lower the risk of binge drinking by following the book's recommendations, and consulting the data it provides about alcohol violations and crime at thousands of colleges. For

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administrators and student affairs personnel, it both defines and illuminates the issue, and outlines effective interventions.

Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many

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people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are less effective in providing such protection. And while alcoholism is a serious problem requiring medical and psychological treatment, for those who are not

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addicted, drinking alcohol is not necessarily a bad habit. The problem is to distinguish between drinking sensibly and drinking insensibly. Dasgupta clearly outlines what constitutes healthy drinking and its attendant health benefits, offers advice on how to drink responsibly, and

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provides insight into just how alcohol works on the brain and the body. After reading this book, readers will enjoy their next drink with a fuller and safer understanding of why they're enjoying it.

There is evidence that a distinct pattern of alcohol consumption is

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emerging across the world and is a cause for concern because of its relationship with a range of health and social problems. Its visibility, particularly its high involvement of young people, makes this not only an issue for public safety and order in many countries, but also a highly

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contentious and politicized subject. This book examines the rapid and heavy drinking behavior by young people, described in a number of countries, positioning it within its appropriate social, historical and cultural contexts. The book argues in favor of a new term, "extreme drinking,"

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to fully encapsulate the many facets of this behavior, taking into account the underlying motivations for the heavy, excessive and unrestrained drinking patterns of many young people. It also acknowledges the drinking process itself and accommodates greater focus on outcomes that are likely to follow. In

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many ways, “extreme drinking” is not so far removed from other “extreme” behaviors, such as extreme sports – all offer a challenge, their pursuit is motivated by an expectation of pleasure, and they are, by design, not without risk to those who engage in them, others around them and society

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as a whole. Edited by Marjana Martinic and Fiona Measham, Swimming with Crocodiles is the ninth volume in the ICAP Book Series on Alcohol in Society. The authors discuss the factors that motivate extreme drinking, address the developmental, cultural and historical contexts that have

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surrounded it, and offer a new approach to addressing this behavior through prevention and policy. The centerpiece of the book is a series of focus groups conducted with young people in Brazil, China, Italy, Nigeria, Russia, South Africa, and the United Kingdom, which examine their views

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on extreme drinking, motivations behind it and the cultural similarities and differences that exist, conferring at once risk and protective factors. In this honest discussion of mental health, the founder of Therapy for Women explores our reasons for drinking alcohol—and the benefits of

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taking a break. When “retired party girl” and popular therapist Amanda White admitted she was an alcoholic, it wasn’t because she’d done something outrageous while under the influence, like land herself in jail or get married in Vegas. It was because she realized three things: 1. Alcohol was making

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her life worse. 2. Moderation wasn't helping. 3. She could not be a therapist if she continued to use alcohol to numb her life. Something needed to change—not just her relationship with alcohol, but her relationship with herself. Choosing not to drink can be daunting. It's everywhere in our culture,

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our socializing, and our destressing. And it can seem black or white: you drink, or you don't (and if you don't, people ask why). That's where Not Drinking Tonight comes in. Judgement-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: Find out why

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you drink. Whether it's a glass of wine after work or a weekly bar crawl, your drinking habits can be the result of everything from biology to trauma. Heal your relationship with alcohol.

Understand how your relationships have been affecting your life, and learn how to set boundaries and create true

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self care. Build the sober life you love. Learn what comes next—how to maintain your social life, navigate sex and relationships, and love yourself. Not Drinking Tonight isn't a program to stop drinking. It's the first book to help you address the root issues that cause you to reach for a drink, and create a

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life you love—one that is not perfect, but is messy and real and one you are fully present for.

*Public and Professional Ideas on
Drinking in Costa Rican Society
A Moderation Management Approach
for Problem Drinkers
International Handbook on Alcohol and*

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Culture

Alcohol in America

The Distilled Kingsley Amis

Drinking Distilled

A Dialog on Research and Practice

*'A cat is only ITSELF, representative of
the strong forces of life that won't let go'*

For Charles Bukowski there was

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something majestic and elemental about cats. He considered them to be sentient beings, whose searing gaze could penetrate deep into our being. Cats see into us; they are on to something. An illuminating portrait of one very special writer and a lifelong relationship with

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the animals he considered his most profound teachers, On Cats brings together Bukowski's reflections on the ruthless, resilient, indigent and endearing creatures he so admired.

With an easy three-step plan, Mindful Drinking: How To Break Up With

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Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-

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changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety.

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Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: How to

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Break Up With Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach

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to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

This book is useful for anyone who may find that they are drinking too much, for the loved ones of such people, and for clinicians who want to broaden their

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skills when working with people who struggle with alcohol.

In Teaching 'Proper' Drinking?, the author brings together three fields of scholarship: socio-historical studies of alcohol, Australian Indigenous policy history and social enterprise studies. The

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case studies in the book offer the first detailed surveys of efforts to teach responsible drinking practices to Aboriginal people by installing canteens in remote communities, and of the purchase of public hotels by Indigenous groups in attempts both to control sales

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of alcohol and to create social enterprises by redistributing profits for the community good. Ethnographies of the hotels are examined through the analytical lens of the Swedish 'Gothenburg' system of municipal hotel ownership. The research reveals that the

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community governance of such social enterprises is not purely a matter of good administration or compliance with the relevant liquor legislation. Their administration is imbued with the additional challenges posed by political contestation, both within and beyond the

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communities concerned. 'The idea that community or government ownership and management of a hotel or other drinking place would be a good way to control drinking and limit harm has been commonplace in many Anglophone and Nordic countries, but has been less

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recognised in Australia. Maggie Brady's book brings together the hidden history of such ideas and initiatives in Australia ... In an original and wide-ranging set of case studies, Brady shows that success in reducing harm has varied between communities, largely depending on

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whether motivations to raise revenue or to reduce harm are in control.’ —

Professor Robin Room, Director, Centre for Alcohol Policy Research, La Trobe University

*A Classical Guide to the Art of Imbibing
A Collective Responsibility*

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Taking Action to Prevent Abuse

*How Alcohol Affects Your Body and
Mind*

The Culture of Extreme Drinking

Promoting Adolescent Health

The Drinking Water Book

The Power of Positive Drinking

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Coloring Book from Galison is an irreverently upbeat collection of illustrations with a twist. Inside you will find coloring pages that serve up imagination and spirit with inspired illustrated libations, cocktail recipes, and

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hilarious quotations from the world's greatest drinkers.* 8.5 x 10" Paperback * 80 pages* Over 35 illustrations to color* Includes dozens of recipes for classic and not so classic cocktails* Over 25 amusing quotes* Designed and

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Printed in the USA

Alcohol is a killer--1 of every 13 deaths in the United States is alcohol-related. In addition, 5 percent of the population consumes 50 percent of the alcohol. The authors take a close

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look at the problem in a "classy little study," as The Washington Post called this book. The Library Journal states, ". . . [T]his is one book that addresses solutions. . . . And it's enjoyably readable. . . . This is an excellent

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review for anyone in the alcoholism prevention business, and good background reading for the interested layperson." The Washington Post agrees: the book ". . . likely will wind up on the bookshelves of counselors,

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politicians, judges, medical professionals, and law enforcement officials throughout the country."

While disciplines such as anthropology, sociology, politics, social policy and the health and

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medical sciences have a tradition of exploring the centrality of alcohol, drinking and drunkenness to people's lives, geographers have only previously addressed these topics as a peripheral concern.

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Over the past few years, however, this view has begun to change, accelerated by an upsurge in interest in alcohol consumption relating to political and popular debate in countries throughout the world. This book

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represents the first systematic overview of geographies of alcohol, drinking and drunkenness. It asks what role alcohol, drinking and drunkenness plays in people's lives and how space and place

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are key constituents of alcohol consumption. It also examines the economic, political, social, cultural and spatial practices and processes that are bound up with alcohol, drinking and drunkenness. Designed as a

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reference text, each chapter blends theoretical material with empirical case studies in order to analyse drinking in public and private space, in the city and the countryside, as well as focusing on gender, generations, ethnicity

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and emotional and embodied geographies.

An opinionated, illustrated guide for cocktail beginners, covering the basics of spirits plus making and drinking cocktails, written by celebrated craft cocktail

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bartender Jeffrey Morgenthaler. This easy-reading, colorful introduction for cocktail beginners, with approximately 100 succinct lessons on drinking culture, spirits, and cocktail making, is delivered in the pithy,

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wry style Morgenthaler is known for in his instructional videos and writing for beverage publications. Novices will learn how to order a drink, how to drink with the boss, how to drink at the airport, and more. Twelve perfect starter

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recipes—ranging from a Dry Gin Martini to a Batched Old-Fashioned (perfect for the flask)—plus thirty original illustrations round out this distillation for new enthusiasts. Stop Drinking Now

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Alcohol, Drugs, and Driving

Drinking Occasions

Drinking

A Love Story

How To Break Up With Alcohol

First statistical compendium on
alcohol and health

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Over the last decades quite a few studies have been devoted to drinking. Most of these were concerned with alcohol and written by social anthropologists. This book presents multidisciplinary aspects of the ingestion of liquids at large,

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addressing many of the overt and covert meanings of drinking: from satisfying biological needs to communicating with humans and the hereafter, attempting to reach a differential emotional state or seeking good health and longevity

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through the ingestion of appropriate beverages. It includes papers from both biological and social scientists and covers a fair range of societies from rural and urban environments, and in continents and countries ranging from Europe, Africa, and

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Latin America to Malaysia and the Pacific.

The classic tale of one man's struggle with alcoholism, this revolutionary novel remains Charles Jackson's best-known book—a daring autobiographical work that

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paved the way for contemporary addiction literature. It is 1936, and on the East Side of Manhattan, a would-be writer named Don Birnam decides to have a drink. And then another, and then another, until he's in the midst of what becomes a five-

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day binge. The Lost Weekend moves with unstoppable speed, propelled by a heartbreaking but unflinching truth. It catapulted Charles Jackson to fame, and endures as an acute study of the ravages of alcoholism, as well as an

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unforgettable parable of the condition of the modern man.

Covers substance use and abuse around the world, the effects of substance abuse on the abuser and family, addiction research, treatment programs, substance abuse laws,

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education and prevention efforts. Alcohol is the most widely used substance of abuse among America's youth. A higher percentage of young people between the ages of 12 and 20 use alcohol than use tobacco or illicit drugs. The physical

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consequences of underage alcohol use range from medical problems to death by alcohol poisoning, and alcohol plays a significant role in risky sexual behavior, physical and sexual assaults, various types of injuries, and suicide. Underage

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drinking also creates secondhand effects for others, drinkers and nondrinkers alike, including car crashes from drunk driving, that put every child at risk. Underage alcohol consumption is a major societal problem with enormous health and

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safety consequences and will demand the Nation's attention and committed efforts to solve. For the most part, parents and other adults underestimate the number of adolescents who use alcohol. They underestimate how early drinking

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begins, the amount of alcohol adolescents consume, the many risks that alcohol consumption creates for adolescents, and the nature and extent of the consequences to both drinkers and nondrinkers. Too often, parents are inclined to believe, “Not

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my child.” Yet, by age 15, approximately one half of America's boys and girls have had a whole drink of alcohol, not just a few sips, and the highest prevalence of alcohol dependence in any age group is among people ages 18 to

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20. This Surgeon General's Call to Action To Prevent and Reduce Underage Drinking was issued to focus national attention on this enduring problem and on new, disturbing research which indicates that the developing adolescent brain

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may be particularly susceptible to long term negative consequences from alcohol use. Recent studies show that alcohol consumption has the potential to trigger long term biological changes that may have detrimental effects on the

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developing adolescent brain, including neurocognitive impairment. Fortunately, the latest research also offers hopeful new possibilities for prevention and intervention by furthering our understanding of underage alcohol

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use as a developmental phenomenon—as a behavior directly related to maturational processes in adolescence. New research explains why adolescents use alcohol differently from adults, why they react uniquely to it, and why alcohol

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can pose such a powerful attraction to adolescents, with unpredictable and potentially devastating outcomes. Emerging research also makes it clear that an adolescent's decision to use alcohol is influenced by multiple factors. These factors

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include normal maturational changes that all adolescents experience; genetic, psychological, and social factors specific to each adolescent; and the various social and cultural environments that surround adolescents, including their

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families, schools, and communities. These factors—some of which protect adolescents from alcohol use and some of which put them at risk—change during the course of adolescence. Because environmental factors play such a significant role,

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responsibility for the prevention and reduction of underage drinking extends beyond the parents of adolescents, their schools, and communities. The process of solving the public health problem of underage alcohol use begins with an

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examination of our own attitudes toward underage drinking—and our recognition of the seriousness of its consequences for adolescents, their families, and society as a whole. Adolescent alcohol use is not an acceptable rite of passage but a

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serious threat to adolescent development and health, as the statistics related to adolescent impairment, injury, and death attest. A significant point of the Call to Action is this: Underage alcohol use is not inevitable, and schools,

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parents, and other adults are not powerless to stop it. The latest research demonstrates a compelling need to address alcohol use early, continuously, and in the context of human development using a systematic approach that spans

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childhood through adolescence into adulthood.

The Science of Drinking

Social Support, Life Strain and
Drinking

Encyclopedia of Drugs and Alcohol

Reducing Underage Drinking

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Responsible Drinking

An Enquiry Carried Out on Behalf
of the Department of Health and
Social Security

A Practical Guide to Alcohol
Moderation, Sobriety, and When to
Get Professional Help

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