

Understanding Drugs and Alcohol: A Comprehensive Guide to Substance Use and Addiction

By Justin Gass

Substance use and addiction are complex issues that affect millions of people around the world. In the United States, for example, an estimated 20 million people aged 12 or older have a substance use disorder. Addiction can have a devastating impact on individuals, families, and communities, and it can lead to a range of health problems, including overdose, liver disease, and HIV/AIDS.

Understanding Drugs and Alcohol is a comprehensive guide to substance use and addiction, providing readers with the information they need to make informed choices about their own drug and alcohol use, and to help others who are struggling with addiction.



Understanding Drugs Alcohol by Justin T. Gass

★★★★★ 5 out of 5

Language : English

File size : 2896 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 119 pages



The book covers a wide range of topics, including:

- The different types of drugs and alcohol
- The effects of drugs and alcohol on the body and mind
- The signs and symptoms of addiction
- The different types of treatment for addiction
- The role of family and friends in recovery

Understanding Drugs and Alcohol is written in a clear and concise style, and it is packed with up-to-date information. The book is also illustrated with helpful charts and graphs.

Whether you are struggling with addiction yourself, or you are concerned about a loved one who is, Understanding Drugs and Alcohol is an essential resource. The book provides the information you need to understand addiction and to make informed choices about treatment.

Reviews

"Understanding Drugs and Alcohol is a comprehensive and well-written guide to substance use and addiction. The book provides readers with the information they need to make informed choices about their own drug and alcohol use, and to help others who are struggling with addiction." - **Dr. Nora Volkow, Director of the National Institute on Drug Abuse**

"Understanding Drugs and Alcohol is an essential resource for anyone who wants to understand addiction. The book provides a clear and concise overview of the different types of drugs and alcohol, the effects of these substances on the body and mind, and the different types of treatment

available for addiction." - **Dr. Charles O'Brien, Professor of Psychiatry at the University of Pennsylvania School of Medicine**

About the Author

Justin Gass is a licensed clinical social worker and certified addiction counselor with over 15 years of experience working with individuals and families affected by addiction. He is the author of several books on addiction, including *The Recovery Workbook* and *The Addict's Guide to Recovery*.

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