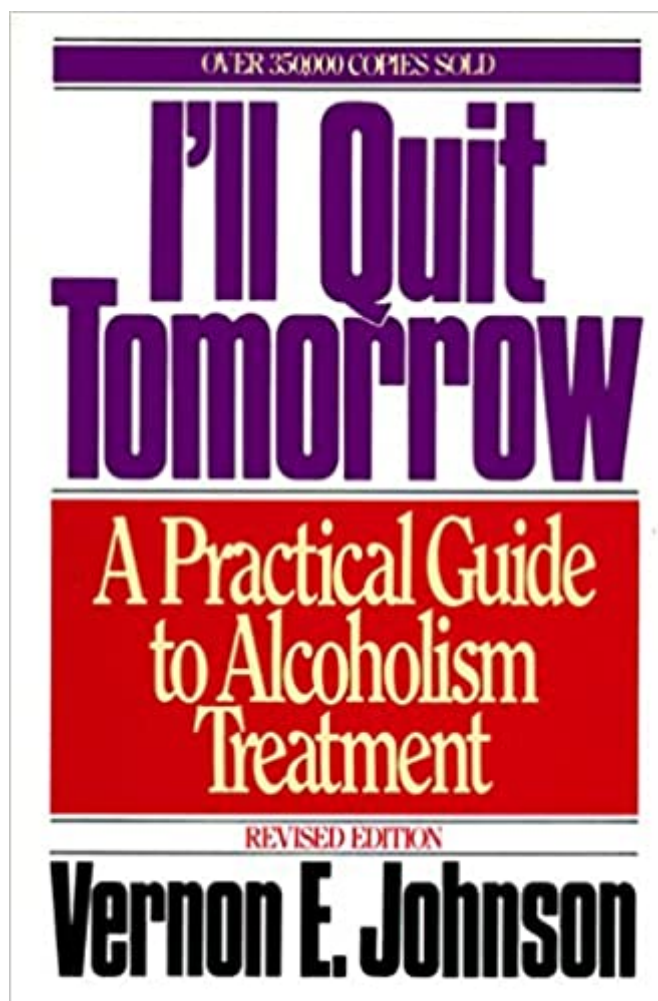


The book was found

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* present 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

Paperback: 192 pages

Publisher: HarperOne; Revised edition (September 28, 1990)

Language: English

ISBN-10: 0062504339

ISBN-13: 978-0062504333

Product Dimensions: 5.3 x 0.4 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 61 customer reviews

Best Sellers Rank: #60,672 in Books (See Top 100 in Books) #117 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #210 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #4670 in [Books > Politics & Social Sciences > Social Sciences](#)

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.

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions,

Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Quit Your Job and Move to Key West - The Complete Guide (Quit Your Job and Move to...) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Quit Your Job And Move To Southeast Asia: Vietnam, Laos, and Cambodia (Quit Your Job And Cost Of Living Guides Book 3) Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Economics: Today and Tomorrow, Student Edition (ECONOMICS TODAY & TOMORROW) Tomorrow, When the War Began (The Tomorrow Series #1) Under the Influence: A Guide to the Myths and Realities of Alcoholism Twelve Jewish Steps to Recovery (2nd Edition): A Personal Guide to Turning From Alcoholism and Other Addictions – Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) Hepatitis C Symptoms, Treatment and Cure: Survivor's true story of 12 week treatment and cure (Hepatitis C Symptoms Treatment and Cure Series) Nail Fungus Treatment: Cure Nail Fungus Naturally With This Fast Toenail Fungus Treatment and Toenail Fungus Cures (nail fungus cures, nail fungus treatment, nail fungus) Understanding Alcoholism as a Brain Disease (Rethinking Drinking Book 2) The AA Effect & Why You've Never Heard of the FDA-Approved Drugs that Treat Alcoholism (Rethinking Drinking Book 1) Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism through Nutrition The Cure for Alcoholism: The Medically Proven Way to Eliminate Alcohol Addiction

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)