



Last Call - Understanding and Treating the Alcoholic Brain (Abuse, Alcohol, Alcoholic, Alcoholism, Alcohol Addiction, Dependence, Dependency)

C.K. Murray

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Before We Treat, We Must Understand

Staying Sober Is Hard

Millions of people suffer from alcoholism, and most of them don't even know it. Or perhaps, they just can't admit it. If you or somebody you know is suffering from alcoholism, it is important to act *immediately*. The effect of alcohol on the body and mind is significant. **Alcohol abuse and alcohol addiction are serious, potentially lethal conditions.**

When it comes to overcoming alcoholism and alcohol dependence, the hardest part is understanding *why*. Maybe we've heard the personal drug stories, maybe we've read the personal memoirs, but have we lived them?

Unless you yourself are an alcoholic, it's often difficult to understand. Why??

Why do alcoholics continue to destroy themselves? Given everything we know today about the neuroscience of addiction, about alcohol recovery and rehabilitation--why?

The truth is dark. Because at the end of the day, the alcoholic doesn't care. The alcoholic will refuse to quit drinking, even when alcoholism treatment could transform their life for the better. He or she will do anything to avoid sobriety, risking life and limb simply to acquire that next, comforting drink.

Until it's too late.

So don't wait. The worst part about alcohol and drug dependence is that it doesn't *just* affect the alcoholic. Alcoholism is a family destroyer. The family and friends of alcoholics may endure incredible hardship in the face of this debilitating disease. Alcoholism often leads to a dysfunctional family and a marriage on the rocks, worsening abuse and complicating recovery. And if this isn't bad enough, alcohol dependency can lead to years of post-traumatic stress. For adult children of alcoholics, the damage can be deep. Years of childhood abuse, neglect and broken families have damaged their psyches. Healing and recovery are hard to achieve, even for alcoholics from *good* environments.

But there is always hope. Healing the alcoholic brain--and those affected by it--is a process, just like anything in life. Step by step, alcoholism recovery can and does occur. Nothing can happen overnight, but with courage, and conviction, the addicted brain can finally rewire. Through relapse and relief, intervention

and rehabilitation, ending dependency is possible. By approaching the situation with the right tools and knowledge, the end of alcohol addiction is not only possible, but *probable*.

Part guide, part personal memoir, "Last Call" includes:

The terrible costs of alcoholism

How to identify alcoholism

Understanding the thought process (and neuroscience of addiction)

How to treat and empower the alcoholic

How to Help the alcoholic stay sober

Tags: abuse, alcohol, alcoholic, alcoholism, alcohol addiction, dependence, dependency

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