



Cool, Hip & Sober: 88 Ways to Beat Booze and Drugs

Bill Manville

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In a refreshingly clear-headed and informed approach to addiction, Bill Manville, noted writer and radio host of the popular talk show "Addictions and Answers," has compiled a list of 88 questions and answers from, "a ton of plain and fancy drunks and dopers" and their family and friends. *Cool, Hip, and Sober* offers valuable advice and information from his guests: noted psychiatrists, psychologists, rehab counselors, MDs, academics and more.

Here, in first-person detail, are responses to the issues faced by alcoholics, addicts, and their loved ones, such as:

- * How can I stop for good today?
- * How can I tell if someone I love will relapse?
- * Alcoholism . . . addiction . . . and sex
- * Do interventions really work? And how do I set up one?
- * How do I find the best rehab for me?
- * The many faces of denial
- * Is alcoholism inherited?
- * And much, much more . . .

A brave, transformational look at the treatment of chemical dependency, *Cool, Hip & Sober* is a captivating, insightful and essential handbook for overcoming denial and achieving a peaceful, long-term recovery.

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