



# Sober...and Staying That Way: The Missing Link in The Cure for Alcoholism

*Susan Powter*

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*Stop the Insanity!*, Susan Powter's first bestselling book, changed the way millions of people look at the diet-and-fitness industry and helped them get lean, strong, and healthy. Now, *Sober...and Staying That Way*, Susan once again shares a practical and proven program: the missing link in the treatment for alcoholism. This book isn't written just for alcoholics. It is written for everyone who wants to participate in the solution to a problem that affects us all. Alcoholism is the number-one killer of young adults in the United States, and the third-largest killer in our country. If you are interested in the missing link, you must:

- \* **Make the alcoholism-and-disease connection**
- \* **Understand the biochemistry of alcoholics**
- \* **Make the political, profit, and powerful lobby connections to you and your sobriety**
- \* **Wipe out the morality, weakness-of-will, and powerlessness thinking of current recovery programs**

You will be able to:

- \* **Heal the damage that's been done**
- \* **Support the biochemical environment for sobriety**
- \* **Balance your glucose-deprived brain**

*Sober...and Staying That Way* will show you how to get away forever from the shame-based sobriety programs, and how to work toward integrating nearly four decades of well-established research with information that is now available to you and to those you love for the treatment of the disease of alcoholism.

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