



**Addiction: Bundle Box - Alcohol and Smoking Addictions (2 FOR 1 SPECIAL OFFER) - Drinking Abuse Treatment and Tobacco Addiction Cure (Binge Drinking and ... - Addictions explained for Beginners)**

*Craig Donovan*

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For many people, the facts about alcoholism are not clear. This short book will teach you the basics about Alcoholism and the following information explains both alcoholism and alcohol abuse, the symptoms of each, when and where to seek help, treatment choices, and additional helpful resources

Currently, nearly 14 million Americans-1 in every 13 adults-abuse alcohol or are alcoholic. Several million more adults engage in risky drinking that could lead to alcohol problems. These patterns include binge drinking and heavy drinking on a regular basis. In addition, 53 percent of men and women in the United States report that one or more of their close relatives have a drinking problem.

Nicotine addiction is the fundamental reason that individuals persist in using tobacco products, and this persistent tobacco use contributes to many diseases.

Tobacco addiction remains a substantial problem in the United States and worldwide. Of those individuals who have ever tried smoking, about one-third become daily smokers. Of those smokers who try to quit, less than 5 percent are successful at any one time. Although not all smokers become nicotine dependent, the prevalence of individuals diagnosed as nicotine dependent is higher than that for any other substance abuse disorder. Any efforts to reduce tobacco-related disease must take into account the addiction potential of a tobacco product.

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- Chapter 1: Why Do We Smoke?
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- Chapter 4: So you've finally decided to stop smoking?

## Book #2 Alcohol Addiction

- Chapter 1: How Alcohol Addiction affect your Health
- Chapter 2: Why is Alcohol addictive?
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