

Myriam Bruyninckx  
& Philip Muls

# DRINKT U IETS?

Een onverbloemde  
kijk op verslaving  
en therapie



Lannoo

# Minder Drinken Zelfhulpboek Voor Mensen Die Van Hun Drankverslavingwillen Afkomen

**RD Boyd**



## **Minder Drinken Zelfhulpboek Voor Mensen Die Van Hun Drankverslavingwillen Afkomen:**

STOP ACNE NU! Natuurlijke oplossingen voor een gave huid Marjo Horn, 2008 Praktische informatie voor jongeren en volwassenen met een huidprobleem met een 21 daagse kuur **Stop nu met drinken! Alcoholverslaving die vernedert, vernietigt en doodt** Adriano Leonel, 2024-05-27 Stop nu met drinken Alcoholverslaving die vernedert verslaat en doodt Alcohol is een stille vijand die gezinnen dromen en levens vernietigt Stop nu met drinken De alcoholverslaving die vernedert verslaat en doodt is meer dan een boek is een schreeuw om hulp een licht aan het einde van de tunnel voor degenen die de strijd tegen verslaving aangaan In dit krachtige en ontroerende verhaal deelt Adriano Leonel een reis vol pijn lijden en uiteindelijk verlossing Door middel van waargebeurde verhalen ontroerende getuigenissen en diepgaande reflecties legt dit boek de verwoestende gevolgen van alcoholisme bloot en biedt het een pad van hoop en herstel Uitgelichte hoofdstukken Impact op het gezin Begrijp hoe verslaving de vrede aantast en de harmonie in het gezin vernietigt Psychologische schade Ontdek het trauma dat alcoholisme bij kinderen en volwassenen achterlaat Overaction Stories laat je inspireren door getuigenissen van mensen die hun verslaving hebben overwonnen en hun leven hebben getransformeerd Spiritualiteit en geloof Ontdek hoe geloof een krachtige bondgenoot kan zijn bij herstel Hulpbronnen en hulpmiddelen Vind steungroepen professionals in de gezondheidszorg en lezingen die voortdurende ondersteuning bieden Adriano Leonel legt niet alleen de brutale realiteit van alcoholisme bloot maar belicht ook het pad naar herstel en verlossing Als boodschap van geloof doorzettingsvermogen en onvoorwaardelijke liefde is dit boek een oproep tot actie voor iedereen die zijn leven wil transformeren en degenen van wie hij houdt wil helpen Waarom dit boek lezen Persoonlijke transformatie Leer de tekenen van verslaving herkennen en zoek hulp Spirituele ondersteuning Gebruik geloof als een krachtig instrument tegen verslaving Aanmoediging en hoop ontvang een boodschap van hoop die uw leven kan veranderen Ontvang Stop nu met drinken De alcoholverslaving die vernedert verslaat en doodt en begin vandaag nog aan uw reis van genezing en vernieuwing Leven met een alcoholprobleem J.E. Fox-Gorter, M.F. Zinn, 2004-02-26 Veel drinken is zelden alleen maar lekker en gezellig Het kan leiden tot flink wat last voor jezelf en voor anderen Regelmatig grote hoeveelheden alcohol drinken kan je leven behoorlijk ontwrichten Hoe langer je regelmatig drinkt des te meer problemen zich kunnen ontwikkelen Wie echter een dreigend alcoholprobleem tijdig onderkent heeft nog volop mogelijkheden om het alcoholgebruik te veranderen Het werken aan een alcoholprobleem kan soms een hele worsteling zijn Mensen die besluiten hun probleem te lijf te gaan komen echter vaak sterker en prettiger in het leven te staan en beleven meer plezier aan hun bezigheden en contacten Dit zelfhulpboek biedt handige tips en nuttige suggesties voor iedereen die zijn alcoholprobleem wil aanpakken maar niet goed weet hoe te beginnen Leven met een alcoholprobleem verschijnt in de reeks Van A tot ggZ Morgen stop ik echt! Paul Smit, Esther ten Hove, 2021 Een must read voor iedereen die tijdelijk wil stoppen met het drinken van alcohol Deze fles wijn drink ik nog even leeg want het is zonde om weg te gooien Maar morgen stop ik echt Je kent het wel al die mooie intenties en goede

voornemens om te stoppen Waarom lukt dit meestal niet En hoe werkt het dan wel Met heldere neurowetenschappelijke inzichten en humor leer je in dit boek jezelf en jouw gedrag beter te begrijpen Het zet de ideeën die we over onszelf hebben en waarom we doen wat we doen volledig op zijn kop Een must read voor iedereen die tijdelijk wil stoppen met het drinken van alcohol Esther ten Hove is oprichtster van Sober in Life een platform waar mensen motivatie en inspiratie kunnen vinden op het gebied van een alcoholvrij leven Esther is ervaringsdeskundige en gaat inmiddels alcoholvrij door het leven Paul Smit studeerde af op de evolutie van het menselijk bewustzijn en schreef 12 boeken over filosofie psychologie en neurowetenschap Samen met neurowetenschapper Ayca Szapora ondersteunt hij het hersenonderzoek aan de Universiteit Leiden en Dresden Een leuk en verhelderend inzicht in verslavingsmechanismes met een simpel stappenplan om eruit te komen Jan Geurtz auteur van *o a De verslaving voorbij* en *Verslaafd aan liefde* Een must read voor mensen willen stoppen met alcohol maar ook voor mensen die iemand met een alcoholprobleem in hun omgeving hebben Michel Vos auteur van *Get your shit together* Een heel prettig geschreven praktisch en compact zelfhulpboek over een veelvoorkomend en lastig te behandelen medisch probleem Ronald van Kalmthout arts en ervaringsdeskundige Bron Flaptekst uitgeverinformatie *Alcohol onder controle* W.R. Miller,R.F. Munoz,2007-06-27 Hoeveel glazen wijn bij het eten kun je drinken zonder je dieet te verknoeien de kluts kwijt te raken of te veel geld uit te geven Als het om alcoholgebruik gaat vinden veel mensen het moeilijk om een grens te trekken tussen probleemloos genieten en jezelf aan drank te buiten gaan Uit onderzoek blijkt dat in Nederland 10% van de mensen tussen de 18 en 65 jaar meer drinkt dan goed voor hen is De auteurs William R Miller en Ricardo E Muñoz zijn bij uitstek deskundig op dit gebied en kunnen bogen op meer dan 30 jaar onderzoekservaring Ze verschaffen harde feiten en actuele gegevens die je kunt gebruiken om je alcoholgebruik en het effect ervan op je lichamelijke en geestelijke gezondheid tegen het licht te houden Gewapend met een frisse blik op je drinkgewoonten en de gevolgen ervan kun je beslissen of matiging iets voor jou is *Alcohol Addiction How to Stop Drinking and Recover from Alcohol Addiction* Charlie Mason,2021

**How to Be a Mindful Drinker** Laura Willoughby,Jussi Tolvi,Dru Jaeger,The Club Soda Community,2019-12-26 Change your relationship with alcohol for the better Are your hangovers getting worse Is drinking affecting your mood your health or your relationships Is it time to think about your drinking habits Club Soda the mindful drinking movement that has enabled thousands to change is here to help you cut down stop for a bit or quit When you drink mindfully you become more aware of how your body and mind are affected by alcohol Drawing on highly successful behaviour change tools and techniques How to Be a Mindful Drinker is designed to guide you towards more moderate drinking habits so that you can live the life you want and put alcohol in its place Alongside advice and guidance from Club Soda members the book includes tools to help you track your progress deal with triggers and social stresses and stay on track for the long term not just Dry January or Sober for October There are also support strategies for social situations that you can carry into the future so you can take control and discover how to change your drinking for good *The Small Book* Jack Trimpey,1989 **Recovery by Choice** Martin

Nicolaus,2001      Alcohol and You--How to Control and Stop Drinking Lewis David,2019 Alcohol and You includes everything you need to self diagnose alcohol problems and find the solution that is right for you The author is a therapist working in public health helping drinkers from all backgrounds His research with hundreds of clients showed the best ways to overcome alcohol issues In this landmark book he passes on that knowledge to you Alcohol and You does not judge you or preach at you Instead it treats you as the unique human being that you are calmly explaining the options that are open to you You can then choose the way forward that feels right for you which will produce the results you want Written in an uplifting and easy to follow format Alcohol and You clearly explains The best scientifically proven ways to reduce or quit drinking How to self diagnose alcohol dependence in minutes How to motivate yourself to change and enjoy the process How to decide whether cutting down or quitting is right for you Medications and strategies to help deal with cravings The best free support to help maintain your progress over time Alcohol and You will leave you feeling inspired fully informed and excited about your future Order this book today and say good bye to alcohol problems

Minder Drinken Zelfhulpboek Voor Mensen Die Van Hun Drankverslavingwillen Afkomen: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthraling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Minder Drinken Zelfhulpboek Voor Mensen Die Van Hun Drankverslavingwillen Afkomen : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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