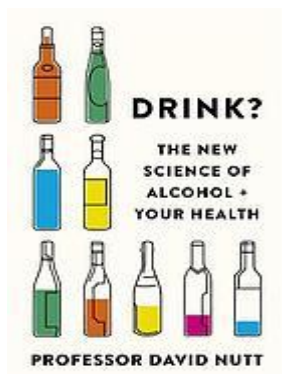


ADF Library Book Review.

Drink? The New Science of Alcohol and Your Health



Author: David J Nutt 1951-(Author)

Print Book 2021

Revised & updated second edition.

Reviewer Name: Keith G

Occupation Category: Health/Welfare/Medical workers

Rating: 5 being excellent



Overall impression:

Well written by someone who has both studied and worked in AOD treatment services. Prof. Nutt has done pretty well to take a complex subject and break it down into an informative and useful resource for the lay person. It is non-judgemental and addresses the reader's relationship with alcohol in a sensitive and supportive manner.

Favourite bit? :

I like that there are plenty of examples from personal experiences in treatment services that support the author's conversation with the reader about their own alcohol use.

Your recommendation and why?

Well written, doesn't get bogged down in the complexity of alcohol's impact.

Who do you think would like to use this book?

I found it useful in considering how I put together AOD information sessions.

People who are perhaps aware that their own alcohol use is having a negative impact on their lives could benefit from a deeper understanding of the science.