



# Alcohol & Your Health: A Comprehensive Reference Guide

*David K. Downing*

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**Alcohol & Your Health: A Comprehensive Reference Guide** David K. Downing

Alcohol & Your Health: A Comprehensive Guide, provides an in-depth, easy-to-read reference guide for the effects that alcohol has on your health. Including such topics as the short term effects of alcohol, the long term effects, abuse issues, cancers, diseases, the effects on the brain & memory, AA, Dry January, and many other alcohol & health related topics. This edition serves as an excellent reference guide & resource.

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