



Drinking

Laurence Pringle

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FACT: Alcohol is the number-one drug-abuse problem for American youth.

FACT: Nearly a thousand high school and college students die of acute alcohol poisoning each year in the United States alone.

Alcohol kills, yet social drinking is such an accepted part of modern life that many young people feel pressured to down a few brews -- and more. This thought-provoking book gives them the facts about alcohol and drinking so that they can make an educated decision about one of the most important health choices of their lives.

Award-winning author Laurence Pringle examines the serious physical, mental, and emotional effects of alcoholism, as well as the devastating impact this addiction has on society. He reveals how the alcohol industry uses advertising to downplay the risks of drinking and to lure new customers, many of them underage. And he takes a close look at the reasons the U.S. government's attempts to control alcohol abuse fail -- and may continue to do so.

This book also includes practical tips on drinking sensibly or not at all, strategies for saying no, guidelines for detecting a drinking problem, and sources of help.

What to do about alcohol is one of the toughest questions facing young people today. And with adolescent alcoholism and binge drinking on the rise, *Drinking: A Risky Business* is must reading for youngsters and their parents.

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