



# Heavy Drinking: The Myth of Alcoholism as a Disease

*Herbert Fingarette*

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## **Heavy Drinking: The Myth of Alcoholism as a Disease** Herbert Fingarette

*Heavy Drinking* informs the general public for the first time how recent research has discredited almost every widely held belief about alcoholism, including the very concept of alcoholism as a single disease with a unique cause. Herbert Fingarette presents constructive approaches to heavy drinking, including new methods of helping heavy drinkers and social policies for preventing heavy drinking and the harms associated with it.

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