



The Effective Way to Stop Drinking (Penguin Health Care & Fitness)

Beechy Colclough

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An alcoholic until the age of 34, he then became a highly trained counsellor on addiction and runs the Prom recovery centre in Kent, where he treats alcoholics, drug addicts and people with eating disorders. Thus he would say he's been in the business of alcoholism for 43 years - only the first 43 he was all for it.

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