



Höllentrip: Alkohol- und Medikamentenabusus (German Edition)

Alfred J. Schindler

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Der alkohol- und medikamentenabhängige Franz Uebermuth beschreibt in knallharten Worten seine persönliche Suchtkarriere, die er beinahe mit dem Leben bezahlt hätte. Er nimmt kein Blatt vor den Mund und berichtet von der Entstehung der Krankheit bis hin zum Stillstand. Und er zeigt in knapp 120 Leitsätzen WEGE AUS DER SUCHT.

Nur 4 % schaffen es, bis zu ihrem Lebensende trocken und clean zu bleiben. Und dazu möchte Herr Uebermuth gehören.

"Erst wenn der Leidensdruck stärker ist, als der Suchtdruck und man ganz am Ende ist, kann man kapitulieren. Vorher nicht." Das sind seine Worte.

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