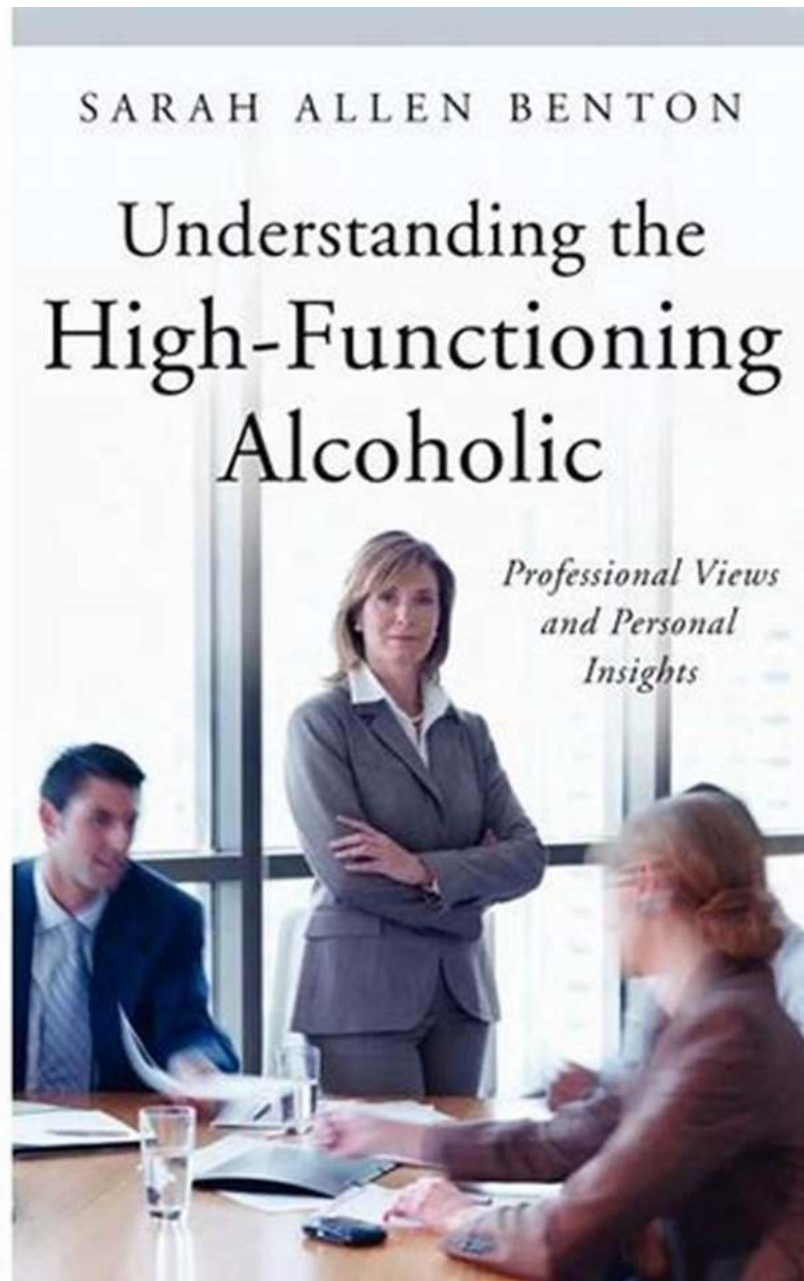


Professional Views And Personal Insights: The Praeger on Contemporary Health And



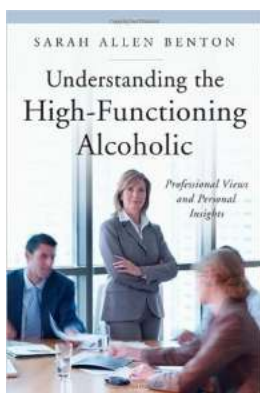
In the modern world, health has become a significant concern for individuals of all backgrounds. Every day, people look for insights and expert opinions to navigate the complex landscape of contemporary health. The Praeger is a renowned platform that offers professional views and personal insights on various health

topics. In this article, we will delve into the valuable resources provided by The Praeger and how it can help people make informed health decisions.

Exploring The Praeger

The Power of Professional Views

When it comes to health, having access to professionals' opinions and expertise can make a world of difference. The Praeger acknowledges this and aims to provide a platform where experts from diverse medical fields can share their views on contemporary health issues. From renowned doctors to scientists and researchers, The Praeger brings together an esteemed panel of professionals who offer unique perspectives on various topics such as nutrition, mental health, fitness, and general well-being. By reading the professional views published on The Praeger, individuals can gain a deeper understanding of different health matters.



Understanding the High-Functioning Alcoholic: Professional Views and Personal Insights (The Praeger Series on Contemporary Health and Living) by Sarah Allen Benton (1st Edition, Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 1855 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 220 pages



The Value of Personal Insights

In addition to professional views, The Praeger also emphasizes the significance of personal insights in the realm of health. Every individual's journey and experiences contribute to a collective understanding of well-being. The platform encourages individuals to share their personal insights, stories, and struggles related to health. These personal accounts offer a human touch to the information provided, helping readers connect with real-life experiences and fostering empathy. The Praeger believes that personal insights play a crucial role in shaping the contemporary health conversation.

Exploring Contemporary Health Topics

Nutrition for Optimal Wellness



Good nutrition lies at the core of overall wellness. The Praeger recognizes the importance of nutrition and regularly features articles and expert views on this topic. From discussing the latest research on superfoods to exploring various dietary approaches, The Praeger offers comprehensive guidance for individuals looking to improve their eating habits. Whether it's understanding the benefits of a

plant-based diet or demystifying popular diet trends, readers can rely on The Praeger to provide insights backed by experts' opinions.

Mental Health and Well-being



Mental health is undeniably a critical aspect of overall well-being. The Praeger extensively covers topics related to mental health to provide support, guidance, and awareness. From addressing common mental health struggles to discussing the impact of stress and anxiety, The Praeger offers valuable resources to help individuals navigate their mental well-being. Through personal stories, expert advice, and informative articles, readers can find solace and practical strategies to maintain good mental health.

Physical Fitness and Exercise



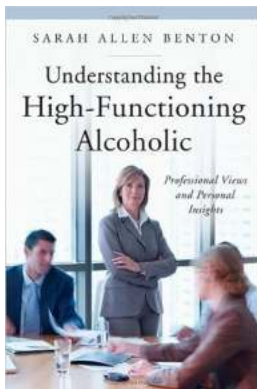
Staying physically fit and incorporating regular exercise into one's lifestyle can significantly impact overall health. The Praeger recognizes the importance of fitness and provides resources to motivate individuals towards an active lifestyle. Whether it's sharing workout routines, highlighting the benefits of different exercise modalities, or featuring success stories from individuals who have transformed their fitness, The Praeger serves as a valuable source of inspiration and guidance for readers looking to enhance their physical well-being.

The Praeger Community

The Praeger is more than just a platform for sharing information; it is a thriving community of individuals passionate about health and well-being. Through comment sections, discussion boards, and social media engagement, The Praeger fosters a space for readers to connect with experts and fellow health

enthusiasts. This sense of community allows individuals to share their journeys, ask questions, and find support. The Praeger community enhances the overall experience of engaging with health information and encourages individuals to take charge of their well-being.

Professional views and personal insights are invaluable when it comes to navigating the complex world of health and well-being. The Praeger provides a platform that caters to both aspects, offering a wealth of resources for individuals seeking expert opinions and relatable experiences. Through its commitment to exploring contemporary health topics, The Praeger has established itself as a go-to source for reliable information. By engaging with The Praeger, individuals can gain knowledge, find support, and make informed decisions that positively impact their health and well-being.



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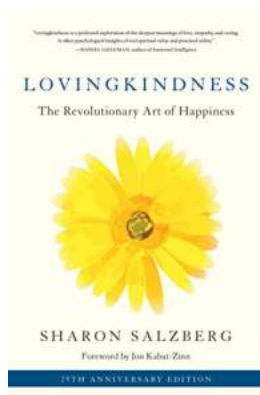
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Who is the typical alcoholic among the 12.5 million living in the United States now? Many, if not most of us when asked that question, would envision a skid row bum or someone at least out of work or with little education locked into a low-

skill, low-paying job. But that is not accurate, according to the results of a national study released in June, 2007 by the National Institutes of Alcohol Abuse and Alcoholism. The NIAAA determined that alcoholics in the United States really fall into five subtypes, including nearly 20 percent who are highly functional alcoholics, well-educated with good incomes. They include corporate presidents, powerful politicians, police, lawyers, doctors, scientists, and other highly-skilled, highly-educated people who are middle- to high-income and by most accounts successful. In this unprecedented book, mental health counselor Sarah Benton takes us into the worlds and minds of so-called high-functioning alcoholics, to understand how people so intelligent and achievement-oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers.

The book includes a look at celebrity alcoholics like singer Eric Clapton and actor/comedian Robin Williams, as well as alcoholics in high positions including Chris Albrecht, former Chairman and CEO of HBO. Other high-profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath. With her own story of alcoholism and her recovery woven into the text, Benton takes us into the lives and challenges of these well-educated and successful people, seeking to understand how, when, and why they became addicted, as well as the reasons their alcoholism is, for most, so hard to admit, cope with, and recover from.



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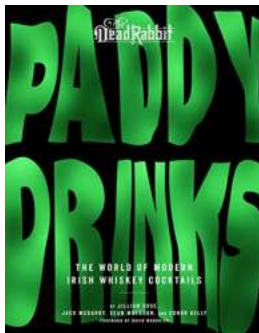
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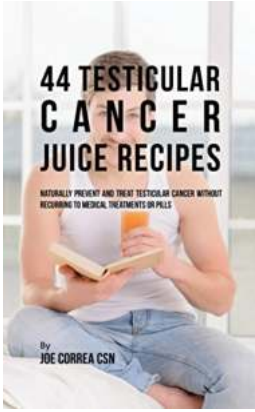
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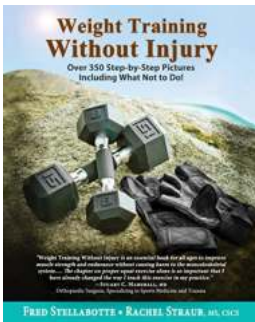
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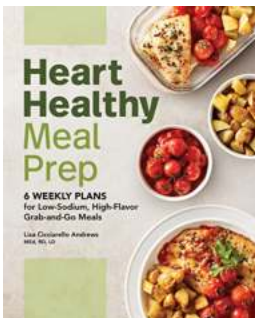
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