



Drug and Alcohol Abuse: The Authoritative Guide for Parents, Teachers, and Counselors (Language of Science)

Howard Thomas Jr. Milhorn

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The lure of drugs and alcohol is capturing today's youth in its fatal grip and may ultimately destroy our nation's future generations. The vicious cycle of abuse is one that parents, teachers, counselors, and other citizens decry on a daily basis. Dr. Thomas Milhorn, an expert on adolescent drug abuse, provides crucial information on all the major drugs of abuse - including depressants, narcotics, stimulants, cannabinoids, inhalants, steroids, and hallucinogens - and their lethal consequences. Dr. Milhorn contends that in order to confront the monster that is destroying our children's health and quality of life, we must first understand the psyche of drug and alcohol abusers and the natural progression of the disease of addiction. This respected physician and physiologist reveals the harmful combinations currently in vogue in the drug world and the shortand long-term effects they have on the body, and discusses ways to recognize and pinpoint the telltale signs of a user. He explores the question of why adolescents abuse drugs, as well as special issues affecting young female addicts. This powerful book also examines the fatal relationship between drugs and AIDS, and includes a brief history of AIDS, and lifesaving advice on AIDS prevention. Dr. Milhorn skillfully assesses the various inpatient and outpatient treatment choices. He realistically portrays the intense physical and emotional stages the user will pass through before becoming drug free, as well as the stresses placed upon families during the recovery process. As this valuable book relates, both parents and teachers have clearly defined roles, and each can use his or her own brand of influence to aid the adolescent on the journey back to a healthy mind and body. Finally, Dr. Milhorn presents a list of successful options available if a first treatment attempt should fail. We live in a society where 12-year-olds are budding alcoholics and children are bombarded in school hallways with solicitations to ex

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