

Book review

Beat the Booze

A comprehensive guide to combating drink problems in all walks of life

by Edmund Tirbutt & Helen Tirbutt

Published by Harriman House

Beat the Booze is a great book written by a husband and wife team who have drawn on their own personal experiences in battling alcohol to produce a highly readable, very informative book. It begins by encouraging the reader to replace the word alcoholic with "drink problem" an interesting platform to begin on as many people do take issue with the use of the word "alcoholic".

The book is divided into two distinct halves; the first half is about you helping yourself, the second half altruistically is about you helping others. Appropriately for the twenty first century, the book covers both conventional and more alternative methods of combating problems with alcohol. There really is something for everyone.

It is interspersed with quotations, each chapter ending with a summary of key points. The chapter I found most useful for our work at LawCare was Chapter 9, Helping Employees who have a drink problem, with its crucial message that those in recovery tend to make very good employees.

Unusually the appendices, eighty pages in length, offer a genuine source of statistical analysis, sources of help, medical information, even details of a de-alcoholised drinks supplier. Even if you do not read the rest of the book this section is a useful resource to have to hand.

What I like most about this book is its accessibility to the layperson. I actually enjoyed reading it and was impatient to finish it and then read it again. It is written with enthusiasm, the occasional humorous quip, common sense and great understanding of human frailty.

I recommend it wholeheartedly.

Mary B Jackson

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