

I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment

By Vernon E. Johnson

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This bestselling recovery classic has helped untold thousands of alcoholics onto the road to recovery. Written by the founder of the Johnson Institute in Minneapolis, one of the country's most successful training programs for treatment providers, *I'll Quit Tomorrow* present the concepts and methods that have brought new hope to alcoholics and their families, friends, and employers. Abstinence is not the only objective of Johnson's breakthrough methods -- his therapy aims at restoring the ego strength of the victim to assure permanent recovery. Johnson outlines a dynamic plan of intervention and treatment that will block the progress of alcoholism and lead to a richer, more productive life.

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Editorial Review

From the Back Cover
This bestselling recovery classic presents the concepts and methods that have brought hope to alcoholics--whether active, potential, or recovering-- and to their families, friends, and employers.

About the Author
Vernon E. Johnson is founder and president emeritus of the Johnson Institute in Minneapolis.

Users Review

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