



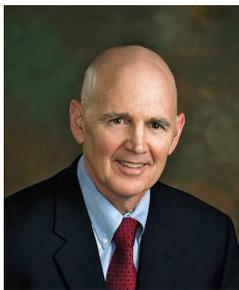
# THE SOBERING TRUTH

What You Don't Know *Can Kill You*

SECOND EDITION

## ABOUT JEFF HERTEN, M.D.

AUTHOR BIO

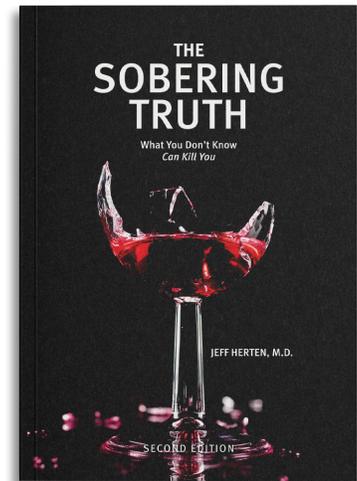


For over thirty years, author Dr. Jeff Herten was a high-functioning alcoholic—one who drinks every day, yet continues to lead a productive, successful life.

A native Californian, Jeff resides in rural San Luis Obispo with his wife, Debby. Jeff has a successful practice as a dermatologist, dermatopathologist and dermatologic surgeon. In addition, he has served as an assistant clinical professor at University of California Irvine Medical School for 30 years.

Upon achieving sobriety, Jeff began to research the health effects of alcohol and was astounded at what he discovered. His past as a high-functioning alcoholic, his medical expertise and his life experiences have uniquely equipped Jeff to expose the shocking physical, psychological and social effects of alcohol. He has dedicated the past 10 years of his sober life to sharing this important information with the public.

Jeff is a former long distance runner, having completed 50 marathons, and ultra marathons including three 100 mile races. In deference to his knees, he now enjoys endurance horseback riding.



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