



THE SOBERING TRUTH

What You Don't Know *Can Kill You*

SECOND EDITION

BOOK REVIEW BY MARY MOSES

DATA SHEET

Dr. Jeff Herten's book, *The Sobering Truth*, is a valuable and necessary addition to the thoughtful person's library. Too often in today's world, the perils of alcohol are over-looked, sneered at or dismissed.

We are bombarded with the glossy, manufactured image of the drinker surrounded by alluring members of the opposite sex, expensive or exotic locales or deliriously happy sports fans. The message is clear: consume our product and you, too, can have all this.

And, too often, the public buys into this image. What adult wouldn't want to achieve all those unfulfilled pipe dreams hidden away since adolescence? These false illusions dis-guise the deadly aftermath of the consumption of booze.

Binge drinking among college students has reached epidemic proportions, with several deaths by alcohol poisoning reported in the media. Ask those who live near off-campus housing or the local police about the problem.

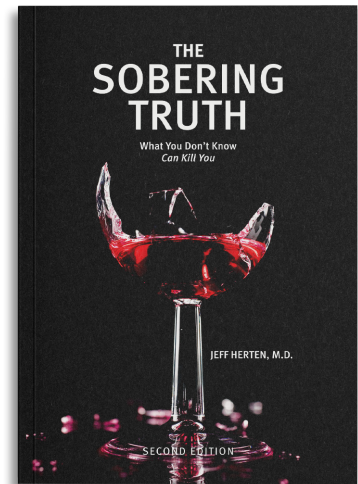
Carefully, logically and in clear language Dr. Herten ex-plains the insidious effects of alcohol on the human body—all of it. He relates the specific damage that occurs when the functions of particular organs are attacked and eroded by liquor. Carefully avoiding impossible-to-pronounce medical terms, he presents a compelling case for the need for everyone to recognize these dangers.

Jeff Herten brings two-fold expertise to the book: He is a highly respected dermatologist, dermatopathologist and medical school professor; and a former high-functioning alcoholic. His story of slipping into the hazy area of addiction is compelling and the reader can easily see danger hidden in the socially acceptable, even desirable, lure of the casual cocktail or beer.

Herten never whines, but rather presents in an honest and straightforward manner the sequence of his casual drinking that led to the recognition of his problem. The reader clearly understands how his condition was hidden from colleagues, family and self. Alcoholism, he says, often lies hidden, and always is the subject of fierce denial.

Dr. Herten not only presents the perils of drinking, but presents a path to recovery. His easy-to-read, *The Sobering Truth*, provides invaluable knowledge. It is an honest, courageous and well-written book.

Mary Moses, author of *The Mill and The Family*



A BOOK BY JEFF HERTEN, M.D.

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