
PDF Online Perfect Drinking and Its Enemies - PDF books

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PERFECT
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Book detail

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Book Synopsis

Honing your drinking skills can be more than fun--it also brings about health benefits and thrills the taste buds. Perfect Drinking and its Enemies helps you to perfect your drinking, be it water, coffee, tea, wine, beer, liquor or something else, however, the main focus is on alcoholic beverages, since many common beliefs on the effects of alcohol and alcohol policy are biased. You'll be surprised. Learn how to shun the enemies of perfect drinking. Protect yourself from moral panic, well-meant nannying and patronizing. Know the health risks. Avoid the dangers of alcoholism. Seek to oppose counterproductive alcohol policies. Author Kari Poikolainen is a doctor of medical science and adjunct professor in public health at the University of Helsinki, Finland. His research has focused on the causes and consequences of alcohol intake. He was the Research Director at the Finnish Foundation for Alcohol Studies before he retired to write this book.

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