



# **The Alcoholic Man : What You Can Learn from the Heroic Journeys of Recovering Alcoholics**

*Sylvia Cary*

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The notions of alcoholism and of heroism seem diametrically opposed, but the recovering alcoholic understands the courage it takes to live a happy, productive life while dealing with the disease of alcoholism. The Alcoholic Man is a survey of recovering alcoholics with varying lengths of sobriety and the obstacles these individuals have had to overcome. These men share their battles with alcoholism and the adjustments they had to make down the road of recovery.

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