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

Author interview jeff herten the sobering

Q. What excites you most about your book s topic? Why did you choose it? A. I am excited about my topic because, suddenly, after millennia of alcohol use and abuse

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Dr. Jeff Herten, a native Californian, resides in rural San Luis Obispo with his wife, Debby. His past as a high-functioning alcoholic, his medical expertise, and his

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Jeff Herten is the author of The Sobering Truth (4.44 avg rating, 9 ratings, 2 reviews, published 2010) and An Uncommon Drunk (3.71 avg rating, 7 ratings)

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