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EMPOWERMENT



**The Self Improvement Show
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December 27th 2012: Alcohol and the Holidays**

The winter holidays are a time that most of us think of good cheer, but for many people the holidays are a very difficult time—and many of our holiday traditions involve alcohol and excess. And now New Year's eve is just around the corner when we drink champagne (or other kinds of alcohol) at the stroke of midnight—and perhaps on and off the stroke of other hours throughout the night. We will take a closer look at alcohol addiction and help for the person(s) who drink to excess. Dr. Philip Herschman will discuss common abuses of alcohol during the holiday season, tips for recovering alcoholics

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