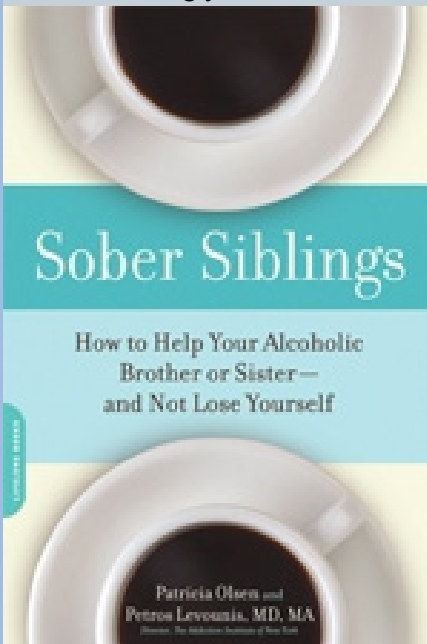


JOIN US FOR AN INTERVIEW WITH

Pat Olsen & Dr. Petros Levounis

SOBER SIBLINGS: HOW TO HELP YOUR ALCOHOLIC BROTHER OR SISTER - AND NOT LOSE YOURSELF

Watching your brother or sister ruin their health, destroy their marriage, neglect their children, lose job after job, and act in other self-destructive ways can be heart-breaking. Through Pat Olsen's personal experience, along with stories from other siblings of alcoholics, and aided by the wisdom of addiction specialist Dr. Petros Levounis, *Sober Siblings* explores the effects of alcoholism on the sibling relationship. Whether the alcoholic is in recovery or relapsed, in AA or therapy, *Sober Siblings* helps brothers and sisters gain greater awareness of their own situation, offering practical wisdom and suggestions on: feelings of shame, frustration, hopelessness, and anger; the difference between helping and enabling; setting boundaries; the nature of alcoholism; coaddictions; and how to help your sibling while not losing yourself.



ABOUT THE AUTHORS

Tune in to The Afflicted & Affected Internet broadcast for an interview with Pat Olsen and Petros Levounis, authors of *Sober Siblings: How to Help Your Alcoholic Brother or Sister-and Not Lose Yourself*.



Patricia Olsen is a health and business writer who writes for numerous publications, including The New York Times. She authors monthly columns for two trade magazines, and her features, essays and profiles have appeared in Forbes-Life Executive Woman, Corporate Leader, USA Weekend, Family Business, Financial Planning, Family Circle, More, Neurology Now, and Remedy, among others. She has a special interest in writing about addiction and recovery.

Ms. Olsen is a member of the American Medical Writers Association (AMWA), the Association of Health Care Journalists (AHCJ), the American Society of Journalists and authors (ASJA), and the Society of American Business Editors and Writers (SABEW).



Petros Levounis, MD, MA, is the director of The Addiction Institute of New York and chief of Addiction Psychiatry at St. Luke's and Roosevelt Hospitals in New York City. A graduate of Stanford University and the Psychiatric Institute of Columbia University, Dr. Levounis lectures extensively on addiction topics throughout the United States and abroad.

Dr. Levounis is a popular speaker and has been interviewed extensively on radio, for consumer magazines, and on TV. He chairs the Committee on Addiction Treatment of the American Psychiatric Association (APA) and co-chairs the Public Policy Committee of the American Society of Addiction Medicine (ASAM). In 2008, Dr. Levounis and the Addiction Institute received the coveted Coalition Leadership Award.

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