



# Contents

Dedication	ix
Acknowledgments	xi
Foreword by David Sinclair, PhD	xv

## SECTION ONE

### Alcoholism: Who Says It's Incurable?

1. Introducing Yourself to the Cure	3
2. The Genesis of the Cure for Alcoholism	13
3. The Hard Evidence Behind the Cure	43
4. Why Haven't I Already Heard of the Sinclair Method?	57

## SECTION TWO

### Five Steps to Curing Alcoholism

5. An Introduction to the Five Steps—How to Drink Your Way Sober	77
6. Step One: Understanding the Cure	79

7. Step Two: Self-Assessment—Do I Need Help?	93
8. Step Three: Your Prescription for Naltrexone	101
9. Step Four: Charting Reduced Craving and Drinking	111
10. Step Five: The Golden Step—Staying Cured	125

SECTION THREE

**Real Stories of Real Cures**

11. Julia's Story: Sinclair "Deluxe" Treatment	131
12. Richard's Story: The Sinclair "Lite" Method— Same Great Success, Less Intensive	143
13. David's Story: A Relapsing Patient Is Successful	151
14. Pete's Story: A Troubled, Relapsed Alcohol and Cocaine Addict Until He Got a Prescription for Naltrexone	155

SECTION FOUR

**A Sober, Happier Future**

15. The Sinclair Method as a Blueprint for Treating Other Addictions (Heroin, Cocaine, Amphetamine, Sex, Gambling, Chocolates, Smoking, Computer Hacking, and Pathological Thrill-Seeking)	165
16. The Human Costs of Alcoholism	191
17. For Medical Professionals	203
Appendices	233
References	283
Endnotes	301
Index	311
About the Author	320