



## Women under the Influence

*The National Center on Addiction and Substance Abuse at Columbia University*

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# Women under the Influence

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**Women under the Influence** The National Center on Addiction and Substance Abuse at Columbia University

This comprehensive and accessible book documents the physical and emotional effects of substance abuse in girls and women, explores the role of the advertising and entertainment industries in popularizing various substances of abuse, and discusses the way America responds to this enormous health problem.

Covering a broad range of substances—nicotine, alcohol, prescription and illicit drugs—the book addresses the unique reasons that girls and women smoke and abuse alcohol and drugs. It provides the most current information about the use of prescription and club drugs, key warning signs of addiction, and options for prevention and treatment. The book includes historical anecdotes and testimonies from recovering women.

Incorporating more than a decade of extensive research, *Women under the Influence* will help women, health care professionals, educators, and policy makers understand the scope of substance abuse in girls and women, the urgency of responding to the problem, the key points of intervention, and potential roads to recovery.



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