

# how to get drunk without alcohol

How to Get Drunk Without Alcohol: Exploring Natural and Safe Alternatives

**how to get drunk without alcohol** might sound like a paradox, but it's a question many people ask for various reasons. Whether you're avoiding alcohol due to health concerns, personal preference, or recovery, or simply curious about alternative ways to feel a buzz, there are interesting methods and natural substances that can mimic the euphoric effects of alcohol without the downsides. In this article, we'll explore how to achieve a relaxed, lightheaded, or even euphoric state without reaching for a drink, all while keeping safety and wellbeing in mind.

## Understanding the Desire to Get Drunk Without Alcohol

Before diving into ways to feel "drunk" without alcohol, it's important to understand what getting drunk actually entails. Alcohol intoxication primarily affects the central nervous system, producing feelings of relaxation, lowered inhibitions, euphoria, and in higher amounts, dizziness or impaired coordination. When people look for non-alcoholic ways to get drunk, they're often seeking similar effects: a sense of lightheadedness, disinhibition, or mood lift.

However, replicating alcohol's effects without actually drinking can be tricky and should always be approached cautiously. Some natural substances and activities can promote relaxation or mild euphoria, but none perfectly mimic alcohol's complex impact on the brain and body. The good news is, there are safe, enjoyable ways to alter your mood and mental state without any alcohol involved.

## How to Get Drunk Without Alcohol: Natural Alternatives and Techniques

### 1. Herbal Supplements and Botanicals

Certain herbs have been used for centuries for their calming, mood-enhancing, or mildly intoxicating effects. These natural substances can offer a gentle buzz or relaxation that some might describe as "getting drunk" without the hangover.

- **Kava:** Kava root is well-known in Polynesian cultures for its relaxing and mildly euphoric effects. It acts on GABA receptors in the brain, similar to alcohol, producing a calming sensation and reducing anxiety. Kava tea or tinctures can offer a gentle buzz without impairing cognition too much.
- **Wild Dagga:** Sometimes called “wild cannabis,” this South African plant has mild psychoactive properties. Smoking or brewing wild dagga can induce light euphoria and relaxation.
- **Damiana:** Traditionally used as an aphrodisiac and mood enhancer, damiana leaves can be brewed into tea. It offers mild relaxation and uplifted mood.
- **Valerian Root:** While mostly used as a sleep aid, valerian root can also promote relaxation and reduce anxiety, creating a mellow state that some find enjoyable.

It's essential to consult with a healthcare professional before trying these herbs, especially if you're on medication or have underlying health conditions.

## 2. Breathing Exercises and Meditation for Euphoric States

Interestingly, certain breathing techniques can induce feelings of lightheadedness or mild euphoria, sometimes described as a natural “high.” These methods stimulate the nervous system and alter oxygen and carbon dioxide levels in the bloodstream, which can affect your mental state.

- **Hyperventilation Techniques:** Controlled hyperventilation, such as the Wim Hof Method or Holotropic Breathwork, involves rapid, deep breathing that can lead to altered states of consciousness, lightheadedness, and a sense of euphoria.
- **Meditation and Mindfulness:** Deep meditation can trigger the release of endorphins and dopamine, naturally lifting your mood and creating a sense of calm pleasure.

Practicing these techniques in a safe environment is crucial, as some breathing exercises can cause dizziness or fainting if done improperly.

### 3. Physical Activity and Its Natural High

Exercise is one of the safest and most natural ways to alter your mood and feel “buzzed” without any substances. The phenomenon often called the “runner’s high” is caused by the release of endorphins and endocannabinoids in the brain.

Engaging in vigorous physical activity such as running, cycling, swimming, or dancing can lead to feelings of euphoria, relaxation, and reduced anxiety. For those wondering how to get drunk without alcohol, exercise-induced highs can be a rewarding and healthy alternative.

### 4. Foods and Drinks That Mimic Alcohol’s Effects

Certain foods and non-alcoholic beverages can promote relaxation and mild euphoria, helping you achieve a state similar to being lightly intoxicated.

- **Non-Alcoholic Fermented Drinks:** Kombucha, kefir, and other fermented beverages contain trace amounts of alcohol but are mostly safe and can provide a tangy, fizzy sensation that some find satisfying.
- **Chocolate:** Dark chocolate triggers the release of serotonin and endorphins, which can elevate mood and provide mild stimulation.
- **Nutmeg (in small amounts):** Nutmeg in high doses has psychoactive properties, but it’s important to exercise caution because excessive consumption can be toxic. A small sprinkle may offer subtle relaxation effects.

While these won’t replicate the full drunk feeling, they can contribute to a pleasant and relaxed mood.

### 5. Social Interaction and Laughter

One of alcohol’s biggest draws is how it lowers social inhibitions and boosts confidence. Fortunately, laughter and meaningful social connections can do the same naturally.

Spending quality time with friends, sharing jokes, and engaging in group activities releases oxytocin and endorphins, which promote feelings of happiness and connection. This natural mood lift can feel intoxicating in its own right, without any substances involved.

# **What to Avoid When Trying to Get Drunk Without Alcohol**

It's worth mentioning that some people might turn to unsafe or harmful methods to achieve intoxication without drinking alcohol, such as inhaling solvents or using unregulated substances. These practices are extremely dangerous and can cause serious health problems or death.

Always prioritize your safety and wellbeing. Natural methods like the ones discussed above are safer and healthier ways to alter your mood or mental state without risking harm.

## **Understanding the Mind-Body Connection in Achieving a Buzz**

The experience of being "drunk" is as much psychological as it is physical. Alcohol impairs judgment and lowers inhibitions partly because of how it affects brain chemistry. However, your mindset, expectations, and environment also play huge roles.

By setting a positive mood, engaging in enjoyable activities, and focusing on relaxation, you can trick your brain into feeling light and carefree without alcohol. For example, listening to music you love, dancing, or spending time outdoors can elevate your mood naturally.

## **Using Visualization and Mindfulness**

Visualization techniques can help induce feelings of lightness and euphoria. Imagine yourself in a carefree, joyful state, and allow your body to relax fully. Combining this with deep breathing or calming music enhances the effect.

Mindfulness practice keeps you grounded in the moment, reducing anxiety and promoting a peaceful, happy state that some find comparable to a mild intoxication.

## **Final Thoughts on How to Get Drunk Without Alcohol**

Exploring how to get drunk without alcohol opens a world of natural, safe methods to change your mental state and boost your mood. From herbal supplements and breathing exercises to exercise and social connection, there

are plenty of ways to enjoy a light, euphoric feeling without the risks associated with drinking.

Remember, the goal isn't to replicate alcohol exactly but to find enjoyable alternatives that promote relaxation, happiness, and a sense of freedom. By experimenting with these techniques and paying attention to how your body and mind respond, you can discover new ways to unwind and have fun without ever reaching for a bottle.

## **Frequently Asked Questions**

### **Can you get drunk without consuming alcohol?**

Technically, getting 'drunk' refers to the effects of alcohol intoxication, which cannot be replicated without alcohol. However, some substances and methods can cause altered states similar to drunkenness, but these come with different risks and effects.

### **What are some natural ways people feel 'drunk' without alcohol?**

Some people use techniques like deep breathing, meditation, or hyperventilation to induce light-headedness or euphoria. Others might use certain foods like nutmeg in large amounts, though this is not recommended due to potential toxicity.

### **Are there any legal substances that mimic the effects of alcohol?**

Certain herbal supplements and substances like kava or kratom are known to produce relaxing or mildly euphoric effects, somewhat similar to alcohol, but their effects differ and they may have side effects or legal restrictions depending on the location.

### **Is it safe to try to get drunk without alcohol using household items?**

No, attempting to get intoxicated using household items or substances not intended for consumption can be very dangerous and potentially life-threatening. Always prioritize safety and avoid risky behaviors.

### **Can consuming very sugary or carbonated drinks cause a feeling similar to being drunk?**

Sugary or carbonated drinks can cause a temporary feeling of light-headedness or a sugar rush, but this is not the same as alcohol intoxication and the

effects are usually mild and short-lived.

## **Are there any non-alcoholic drinks that simulate the taste and sensation of being drunk?**

Non-alcoholic beers, wines, and mocktails can simulate the taste of alcoholic beverages, and some contain ingredients like caffeine or herbs that may produce mild stimulating or relaxing effects, but they do not cause intoxication.

## **What mental or physical states can mimic drunkenness without alcohol?**

Conditions like low blood sugar, dehydration, or certain medications can cause dizziness, impaired coordination, or altered perception similar to drunkenness. However, these are medical issues and should be addressed by a healthcare professional.

## **Why do some people want to get drunk without alcohol?**

Some individuals may avoid alcohol due to health, religious, or personal reasons but still wish to experience relaxation or euphoria. Others may seek alternatives to avoid hangovers or addiction risks. It's important to seek safe and healthy ways to achieve well-being.

## **Additional Resources**

How to Get Drunk Without Alcohol: Exploring Safe Alternatives and Their Effects

**how to get drunk without alcohol** is a question that has intrigued many individuals seeking the euphoric sensations typically associated with intoxication, but without the negative consequences of alcohol consumption. Whether due to health reasons, personal choice, or legal restrictions, the desire to experience a "buzz" without alcohol has led to the exploration of various substances and techniques that mimic the effects of being drunk. This article delves into the science behind non-alcoholic intoxication, examines popular alternatives, and discusses their safety, legality, and potential risks.

## **Understanding the Concept of Getting Drunk Without Alcohol**

To comprehend how to get drunk without alcohol, it is crucial to define what

“drunk” actually means. Intoxication generally refers to the impairment of cognitive and motor functions caused by the consumption of psychoactive substances, primarily ethanol in alcoholic drinks. The sensation of drunkenness is characterized by lowered inhibitions, altered perception, impaired coordination, and mood changes. Achieving these effects without alcohol requires substances or methods that influence the brain's chemistry similarly.

From a neurological perspective, alcohol affects neurotransmitters such as gamma-aminobutyric acid (GABA) and glutamate, resulting in sedative and euphoric effects. Non-alcoholic alternatives must interact with these or other neural pathways to produce comparable sensations. However, the challenge lies in finding safe and effective substitutes that do not carry the same health risks as excessive alcohol consumption.

## Natural Substances That Can Mimic Alcohol's Effects

Several natural compounds and herbal supplements are reputed to induce relaxation, mild euphoria, or altered states of consciousness akin to light drunkenness.

- **Kava:** Derived from the root of the *Piper methysticum* plant, kava has been traditionally used in Pacific Island cultures for its calming and sedative effects. Kava interacts with GABA receptors to promote relaxation and reduce anxiety without causing significant cognitive impairment.
- **Valerian Root:** Often used as a sleep aid, valerian root has mild sedative properties that can promote relaxation and reduce stress, contributing to a sense of calm similar to low-level intoxication.
- **Kraken Root (Wild Dagga):** This South African herb is known for mild euphoric effects and is sometimes smoked or brewed as tea to induce light mental alteration.

While these substances do not replicate the full spectrum of alcohol intoxication, they offer a legal and relatively safe way to experience some degree of relaxation and mood enhancement.

## Inhalants and Volatile Substances: A Risky Alternative

Some individuals have turned to inhaling substances such as nitrous oxide (commonly known as laughing gas) or solvents to achieve a rapid intoxication

effect without alcohol. Nitrous oxide is used medically and recreationally for its brief euphoric and dissociative effects. However, the use of inhalants carries significant health risks, including brain damage, oxygen deprivation, and even death.

It is important to emphasize that while such methods can produce sensations similar to drunkenness, they are often unsafe and illegal outside of controlled environments. The temporary “high” from inhalants is markedly different from alcohol intoxication and can lead to severe consequences.

## **Technological and Behavioral Methods to Simulate Drunkenness**

Beyond substances, there are psychological and behavioral approaches to mimic the subjective experience of being drunk.

### **Hypnosis and Altered States of Consciousness**

Some practitioners of hypnosis claim to induce altered states of consciousness that resemble intoxication. Through guided relaxation and suggestion, individuals may experience changes in perception, reduced inhibitions, or emotional shifts akin to being drunk. While evidence on the efficacy of hypnosis to simulate intoxication is limited, it represents a non-chemical approach worth noting.

### **Virtual Reality and Sensory Manipulation**

Innovations in virtual reality (VR) technology have enabled the simulation of impaired motor coordination and altered visual perception, mimicking the physical experience of drunkenness. For example, VR systems can distort spatial awareness and reaction times, offering users a safe way to understand the effects of alcohol without consumption.

These methods are primarily educational or recreational tools rather than means to produce genuine intoxication but illustrate how the sensation of drunkenness can be artificially recreated.

## **Legal and Health Considerations When Seeking Alternatives to Alcohol**

When exploring how to get drunk without alcohol, safety and legality must be



paramount. Many substances that can cause intoxication are regulated or banned due to their potential for abuse and harm. Herbal supplements like kava are legal in many countries but may have restrictions or warnings due to liver toxicity concerns.

Moreover, the desire to achieve intoxication through non-alcoholic means may indicate underlying issues such as alcohol dependency or mental health challenges. In such cases, consulting with medical professionals is advisable.

## Comparative Risks and Benefits

- **Alcohol:** Widely consumed and socially accepted but associated with liver disease, addiction, impaired judgment, and accidents.
- **Kava and Herbal Alternatives:** Generally safer with mild effects but can cause liver damage if misused.
- **Inhalants and Volatile Substances:** High risk of acute and chronic health problems; not recommended.
- **Psychological Methods (Hypnosis/VR):** Safe and non-toxic but do not produce true intoxication.

Balancing the desire for intoxication with personal health and legal boundaries is essential.

## Emerging Trends and Research in Alcohol-Free Intoxication

The growing trend of sober curiosity and alcohol-free lifestyles has spurred innovation in the beverage industry and beyond. Companies are developing non-alcoholic drinks infused with botanicals and mild psychoactive compounds to mimic the social and sensory experience of drinking without the alcohol content.

Research into substances like delta-8 THC, low-dose psychedelics, and synthetic cannabinoids explores new frontiers in achieving altered states without traditional intoxication. However, these substances are often heavily regulated and require further study to ascertain their safety profiles.

# The Role of Mindfulness and Meditation

Some experts advocate for mindfulness and meditation practices as natural ways to alter consciousness and mood. Regular meditation can induce relaxation, euphoria, and altered perception of time, paralleling some effects of intoxication but without substance use.

Such approaches emphasize mental well-being and may serve as sustainable alternatives for those seeking the positive aspects of drunkenness without the risks.

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Navigating how to get drunk without alcohol involves a complex interplay of neuroscience, cultural practices, legal frameworks, and personal health considerations. While a variety of substances and methods can induce sensations reminiscent of intoxication, none perfectly replicate alcohol's effects without some level of risk or limitation. As interest in alcohol-free lifestyles continues to rise, ongoing research and innovation may offer new, safer ways to achieve the desired euphoric states while prioritizing well-being.

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**how to get drunk without alcohol:** *Mind* George Croom Robertson, George Frederick Stout, George Edward Moore, 1915 A journal of philosophy covering epistemology, metaphysics, philosophy of language, philosophy of logic, and philosophy of mind.

**how to get drunk without alcohol:** Stop Drinking. Start being happy Heliodoro Cuenca, 2020-09-04 The self-help method that can change your life. Even moderate regular drinking can stress you out, dull your senses and just have a general negative impact on your life. Alcohol is a well-known depressant, and is not uncommon, the day after, when you're not feeling like yourself, for anxiety and panic attacks to show up. This workbook can help you change those negative habits and learn to get rid of the stress on your own without drinking. I will allow you to embark on a new life adventure and to live the way you really want to live it. Activate yourself, not at some random point in the future, but now!

**how to get drunk without alcohol:** *The Nature of Existence* John McTaggart Ellis McTaggart, 1921

**how to get drunk without alcohol:** **Alcohol-free** Regina Toedter, 2024-03-13 A cold beer to cool down, a glass of red wine to relax - for many people this is quite normal. Drinking alcohol is an integral part of our culture. We drink because it tastes good and because (almost) everyone does it. However, we all too easily forget that even 0.3 per mille can lead to alcohol intoxication and have health consequences. Regina Toedter shows how easy it can be to consciously say no to alcohol with

Alcohol-free. The 50 best tips. It helps you to question your own drinking behaviour and provides a self-test for your individual status quo. Because being alcohol-free means feeling better and fitter, looking fresher and healthier, being more flexible and more alert. 2015 Original edition published by Trias Verlag Stuttgart by MVS Medizinverlage Stuttgart (Germany). 2nd edition reprinted in 2019 by Goldmann Verlag by Random House Munich (Germany).

**how to get drunk without alcohol: Lost Without Him** Carol Scutt, 2018-10-29 In the summer of 1967, two teenagers from completely opposite kinds of upbringing met in Columbia City, Indiana. They both worked at the local Kroger grocery store. She worked as a cashier, and he worked as a night stocker. She was sixteen, and he was seventeen. This infatuation grew into a love stronger than the worst storms and more passionate than the words of Shakespeare. The first storm they endured as newlyweds was Paul being drafted and sent to Vietnam for fourteen months. Their journey was one of commitment and determination. Their love for each other and for Christ drew them together during all the difficult times. A time did come when they nearly divorced. How they dealt with the hurt and heartache is an inspiring lesson. Paul was a brilliant businessman and ended his career as a senior vice president with Kroger. That journey wasn't without its struggles. He made a vow to Carol in the first year of their marriage that he would see that she have everything she ever dreamed or imagined. He kept that vow even on the last day of his life.

**how to get drunk without alcohol: The Grim Reader** Miffie Seideman, 2024-01-16 Many authors draw from headlines or movies rather than personal experience to write drug-related scenes, and the result may be more fiction than fact. So, how can you craft a convincing scene involving accidental use of fentanyl-tainted pot or a murder attempt with grandma's pain pills? A much-needed resource, The Grim Reader details how to write medical scenarios that result in realistic page-turners. As drug inaccuracies multiply in screenplays, scripts, novels, and audio plays, Dr. Miffie Seideman, Pharm.D. provides writers (and editors) with the background and authenticity necessary to develop plausible plotlines, including: • Pertinent drug facts, tips, and symptoms • Symptom timelines • Tips for developing historically accurate scenes • Common street drug names and slang • Sample scenarios to demonstrate how to weave the information into a believable scene • Writing prompts to provide scene starters and offer practice Combining Seideman's pharmacology knowledge with her love for creative writing, The Grim Reader is the ultimate guide to help authors craft accurate drug scenes and avoid medical mistakes.

**how to get drunk without alcohol: The Owl Cries** Hye-young Pyun, 2023-10-03 From the Shirley Jackson Award-winning author of The Hole, a slow-burning thriller with a touch of horror and the uncanny A disappearance. A missing brother. A lawyer asking questions. And a vast forest in the mountains—the western woods—where the trees huddle close together emanating a crushing darkness and a chill dampness fills the air. The ranger, In-su Park, who lives nearby with his family, is a recovering alcoholic. He claims no knowledge of the man who disappeared, even though the missing man had worked as the ranger just before him. In the little village down the mountain, the shopkeepers will do the same and deny they ever saw or knew the man, though they're less convincing; and his former supervisor at the Forestry Research Center, Professor Jin, dismisses his importance. But when an accident and a death derail the investigation and someone attempts to break into his office, In-su Park finds himself conducting his own inquiry into the goings-on deep in the heart of the western woods—spurred by the mysterious words he discovers on a piece of paper beneath his desk: "In the forest the owl cries." The Owl Cries is a treat for fans of Stephen King, David Lynch, and the nightmare dystopias of Franz Kafka.

**how to get drunk without alcohol: How to Quit Alcohol in 50 Days** Simon Chapple, 2020-12-24 'AN INSPIRATIONAL MANIFESTO' - Annie Grace 'SIMON IS FABULOUS - YOU HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN!' - Clare Pooley Do you feel trapped by alcohol? Do you find yourself thinking about drinking too often? Do you put alcohol ahead of the most important things in your life? If so - here's some good news. You can quit drinking, and it's not as difficult as you think. Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In How to Quit Drinking in 50 Days he'll

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McTaggart's argument for the unreality of time, first published in 1908, set the agenda for 20th-century philosophy of time. Yet there is very little agreement on what it actually says—nobody agrees with the conclusion, but still everybody finds something important in it. This book presents the first critical overview of the last century of debate on what is popularly called McTaggart's Paradox. Scholars have long assumed that McTaggart's argument stands alone and does not rely on any contentious ontological principles. The author demonstrates that these assumptions are incorrect—McTaggart himself explicitly claimed his argument to be dependent on the ontological principles that form the basis of his idealist metaphysics. The result is that scholars have proceeded to understand the argument on the basis of their own metaphysical assumptions, duly arriving at very different interpretations. This book offers an alternative reading of McTaggart's argument, and at the same time explains why other commentators arrive at their mutually incompatible interpretations. It will be of interest to students and scholars with an interest in the philosophy of time and other areas of contemporary metaphysics.

**how to get drunk without alcohol: *Flying Across America*** Daniel L. Rust, 2012-11-20  
Americans who now endure the inconveniences of crowded airports, packed airplanes, and missed connections might not realize that flying was once an elegant, exhilarating adventure. In this colorful history, Daniel L. Rust traces the evolution of commercial air travel from the first transcontinental expeditions of the 1920s, through the luxurious airline environments of the 1960s, to the more hectic, fatiguing experiences of flying in the post-9/11 era. In the beginning, flying coast-to-coast was an exciting yet uncomfortable journey of nearly forty-eight hours that required numerous stops and overnight travel by train. With time and technical innovation, passengers became increasingly removed both physically and psychologically from the raw experience of flying. Faster planes, pressurized cabins, onboard amenities, and stronger safety precautions made flying more convenient and predictable—but also less evocative and sensational. Prior to the 1980s, Americans dressed for air travel in their formal best and enjoyed such luxurious onboard amenities as delicious meals and ample cabin space. What made air travel glamorous, however, also made it more expensive. With deregulation in 1978, cost reductions reduced flying to a more tedious and, after 9/11, more regimented experience. Rust's narrative brims with firsthand accounts from such celebrities as Will Rogers and from ordinary Americans. Enlivened by more than 100 illustrations, including vintage brochures, posters, and photographs, *Flying Across America* reminds today's airline passengers of what they have gained—and what they have lost—in the transcontinental flying experience.

**how to get drunk without alcohol: *Would You Rather...? The Hilarious Game for All Ages*** Julian Flanders, 2021-10-15  
Would you rather smell numbers or taste colors? Would you rather be a master at origami or a master of slight of hand magic? *Would You Rather...?* is the hilarious game that everyone can join in with. Faced with two scenarios, who can come up with the funniest, wittiest or craziest answer to which they'd choose? The book contains more than 3000 questions, from the simple to the weird and just plain silly, all designed to be thought-provoking and laughter-inducing and to cover a wide range of topics. The game is perfect for playing at a party, or to pass the time on

long journeys. Gather your friends or family and enjoy some great screen-free time - you're sure to learn lots about yourself and your friends, and have loads of laughs along the way!

**how to get drunk without alcohol: Truth** , 1887

**how to get drunk without alcohol: Swimming with Crocodiles** Marjana Martinic, Fiona Measham, 2008-06-19 Edited by Marjana Martinic and Fiona Measham, this newest, ninth volume in the ICAP Book Series on Alcohol in Society examines extreme drinking among young people around the world. The authors explore the factors that motivate extreme drinking behaviour, cultural contexts, prevention and policy. Included are also results of focus groups conducted with young people in Brazil, China, Italy, Japan, Nigeria, Russia, South Africa and the United Kingdom

**how to get drunk without alcohol: *Bloody Loser*** Sumana Samanta, 2017-03-20 Once upon a time there was boy called Sami who lost his parents at a young age. When there was darkness and despair all over, he got a friend Sanju by his side as a ray of hope. When he was trying to stand up properly he lost another one who was very dear to him. Yet there was little life remaining which didn't reach its destination. When he became a successful cricketer in his life, a super model replaced his ray of hope. After all this when he tried to walk with her, she stopped midway. And this time when he tried to run he broke down in another unknown fear and pain. And when his last hope became fade also, he found himself lost in the crowd. Everyone went back on the promises that were made to him. Welcome to Bloody loser, a journey to complete despair. What happens when a person loses the game of life? What happens when a man forgets to cry? What happens when there is no hope left in someone's life? What happens when one deceives his own life? Will Sami survive anyway? Will he find his way to life?

**how to get drunk without alcohol: I've Got This Friend Who** Anonymous, 2010-07-08 Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems. This interactive book helps teens handle difficult issues: alcohol or other drug use, depression, eating disorders, and more. Personal stories, fast facts and self-tests help young readers recognize when a friend or family member is in trouble, identify and seek help for their own issues, and practice self-care to avoid feeling overwhelmed by others' problems.

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**how to get drunk without alcohol: *Adolescents and Substance Use*** Philip James, Catriona Kearns, Ann Campbell, Bobby nP. Smyth, 2013-09-30 Highly Commended, BMA Medical Book Awards 2014 This highly practical manual presents an ideal introduction to adolescent substance use. It offers invaluable guidance for all professionals involved with adolescents including social workers, health and social care professionals, youth workers, family support workers, teachers, counsellors, mental heal

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**how to get drunk without alcohol:** Seminar on Alcohol and Safety United States. National Highway Traffic Safety Administration, 1974

**how to get drunk without alcohol:** Kick the Drink...Easily! Jason Vale, 2011-03-01 There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

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