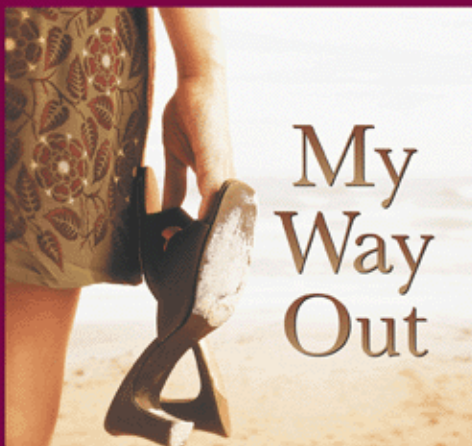


# Someone in the room needs My Way Out

## My Way Out

One Woman's Remarkable Journey in  
Overcoming Her Drinking Problem and  
How Her Innovative Program Can Help  
You or Someone You Love



One woman's remarkable journey in overcoming her  
drinking problem and how her innovative program can  
help you or someone you love

ROBERTA JEWELL

with a foreword by

LINDA GARCIA, M.D.

"A must read for anyone who's been  
unsuccessful in beating a drinking  
problem. Jewell weaves her personal  
story, clinical research and well laid-out  
system in this one-of-a kind book."

-Richard Cobden, MD

The next time you look around at the co-workers in your office, as you wait in a reception area for an appointment, or when you dine at a local restaurant, consider this: more than likely, one out of thirteen people there with you suffers a drinking problem.

You may never know who they are. But they are probably desperate for help and reluctant to seek it through conventional means.

Finally, a program is available for them. A program that gives physicians an opportunity to provide patients a choice between abstinence and moderation. In this one-of-a-kind book, Capalo Press introduces Roberta Jewell, a former highly functional problem drinker. Driven to release herself of her uncontrollable addiction, she called upon the work of experts in pharmacology, hypnotherapy, nutrition, diet, and exercise, and crafted a program that works.

This first-person account provides a fascinating behind-the-scenes look into how Jewell put the system together and how readers, working closely with qualified health care providers, can use it to transform their own lives.

Those who have tried the program described in My Way Out declare with conviction that it curbs the craving and will be highly sought after by others who relish an opportunity to confront and control their addiction in the privacy of their own homes.

Linda Garcia, MD, the author's collaborator, watched helplessly as her own alcoholic mother's life spiraled out of control. As she says to readers in her foreword, "My mother didn't have access to these tools, but my patients do. And with this book, so do you."

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