



The Good News About Booze

By Tony Edwards

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The Good News About Booze By Tony Edwards

- A comprehensive guide to alcohol's overplayed perils and its underplayed benefits
- Based on fully referenced, high quality medical research
- How, what and how much to drink without fear or guilt.

Britain's leading cancer specialist, Professor Karol Sikora makes these comments about the book:

“Science writer Tony Edwards has gathered the evidence about the health effects of alcohol from medical journals and processed it in a very understandable way, and with a great sense of humour.”

“Whether you're teetotal, an occasional pint person or an avid wine buff, this book will be of considerable interest.”

“The most surprising feature of this book is the evidence of obvious benefit from alcohol.”

“Of course it will be labelled as ‘controversial’. But its value is that it could lead to a much better understanding of all the complex issues involved. Here you have the data you need to help you make your own decision about what and how much to drink.”

The Good News About Booze - a sober but sensational survey of the evidence about alcohol and health

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