

Just Look In The Mirror



HEINZ DINTER, PhD

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This booklet is not a work of fiction. However, names, characters, places and incidents are either the product of the author's imagination or are used fictitiously. Any resemblance to actual events or locales or persons, living or dead, is entirely coincidental. Of course, exempted are those to whom credit is given for their wisdom, able reasoning and compassion.

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WE HELP THOSE WHO HELP THEMSELVES

Alcoholism is a progressive disease



Normal Liver → Fatty Liver → Cirrhosis

The Issue is Health and Happiness

This booklet is dedicated to
all who do not turn their back
on the Julies of this world

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What It's All About

- **Alcoholic**

Of or pertaining to alcohol, or partaking of its qualities; derived from, or caused by, alcohol; containing alcohol; as, alcoholic mixtures; alcoholic gastritis; alcoholic odor. A person given to the use of alcoholic liquors. Suffering from alcoholism.

- **Alcoholism**

A diseased condition of the system, brought about by the continued use of alcoholic liquors.

- **Booze**

Hard liquor. An alcoholic beverage. A drinking spree. To drink alcoholic beverages excessively or chronically.

The quality of life is determined by its activities.

Aristotle (384-322 B.C.)

Greek philosopher

Dear Reader

Let me tell you about a true friend.

'Twas a sunny day — typical for a Florida mid-summer afternoon. I was headed south on U.S. 1, passing the University of Miami. Traffic was bumper to bumper but moving swiftly.

My right foot jammed on the brake instinctively, not realizing my action could cause a pile-up. There, just feet from where my car came to rest were two little doggies, Cocker Spaniels. One was lying there, lifeless, hugging the white stripe painted on the cold asphalt and separating the center lane from that on the right.

It's the scene still imbuing my memory after nearly two years: The victim's mate who looked at me with pleading and such sad eyes, unwilling to move from the struck companion's side. He is my hero because he didn't abandon a kin and friend.

Why am I telling you this story? It's those pleading eyes, the devotion to a kin, and the true friendship of the Cocker Spaniel who would not leave his buddy's side and braved the insurmountable dangers of the roadway — that's why. It's only an animal, we say. That pooch, however, confirmed what family commitment, friendship, love, compassion and duty for those in need is all about.

Immense gratitude goes to my grandchildren Devin, Megan, Alexander, Dustin, Richard, and Charles because without them I may have substituted writing this booklet with playing tennis or watching the moon over the *Magic City*.

Miami, Florida

HD

Fighting Alcoholism and Other Perils

This is a story of despair in pursuit of three objectives driven by hope:

- Awaken the one suffering and give that person enslaved by alcohol strength to help himself.
- Warn others who are at the brink of becoming enslaved to the life-destroying villain — alcohol.
- Expose the vultures who feast on the helpless — the elderly and infirm.

How true, practical and fair is the following? “You alone can do it, but you cannot do it alone.” It’s supposedly an awakening call for the one who’s facing demise.

It is downright the proclamation of the end if the one who’s suffering from the ugliness of alcoholism is neither physically nor mentally capable to make that prudent, life-saving decision. How can you expect someone with his hands tied behind his back shake your hand? That sufferer needs help, beginning with making that crucial decision.

Who are the ones that come to the sufferer’s aid? Who are the ones that will place family values or friendship ahead of selfishness, avarice, or “I don’t want to get involved”?

What about you?

Now let me tell you about you — yes, YOU — and Julie (I changed her name because to her

privacy is more important than saving her own life and living in a state of denial is paramount). We all commingled as “friends” whilst life was good, without dark clouds, with days of pleasurable encounters, and without the hardships of facing complications and responsibilities.

Then Julie’s life spun out of control; she did not do it on purpose. Two and three bottles of wine a day, sometimes more, left this beautiful human being vulnerable — vulnerable to an ugly, painful death; vulnerable to the greed of family; and vulnerable to the avarice of those hired to serve her. Julie found herself at the mercy of persons of a rapacious nature.

The risks of DUI apprehension, coupled with an unavoidable night in jail, cirrhosis of the liver or worse, killing innocent people on the road, are known to all.

Who cared? Who stepped forward to protect Julie from these dangers? No one! Not even those who are kin and not those who once used “friend” as a moniker.

Let me address Julie’s family: Why did you drag your feet and did not rush to her aid whilst you knew that time is of the essence? You knew that every additional day in which Julie drowned her senses and body in health-destroying, excessive volumes of alcohol would speed up the arrival of irreversible illness.

Let me address Julie’s friends: You continue to do nothing (aside from inquiring from time to time how Julie is and claiming to care without the

courtesy of calling her) and you may soon, very soon, confront the opportunity to visit Julie in the hospital. The odds are in favor of the intensive care ward.

Not even the words of a friend to whom Julie often turned for advice would bombinate and arouse the conscience of the family and friends:

Without “Baker Acting” her I don’t see much point in destroying her or ourselves. She did not benefit from that which she has attended, and apparently will not or cannot help herself. Bottles of wine a day destroy brain cells, Julie is in a downward spiral. Left to her own devices she will eventually wind up hurting herself or others. Bringing her alcoholic drinks is only enabling the worst kind of behavior and preventing any hope of recovery. Friends don’t do that; for her sake she needs to totally dry out and be in a rehab program NOW.

Other perils

In the meantime, other abhorrent acts are committed that contribute to Julie’s misery.

Should she be lucky enough to survive, those material things needed for a life of contentment and peace of mind may then no longer be there for her. They will be spirited away and in the hands of others. What others?

First and foremost, there’s the family member who accepted to take care of Julie.

And then there is the maid who is paid handsomely to handle Julie’s housekeeping chores, but

whose cunning made her a confidant with access to Julie's possessions, including the monies in her bank account and other personal property. And then there are her precious pets — her affectionate companions who share Julie's loneliness. Will the maid's promise to care for Julie's beloved pets in the future protect the welfare of Julie's sole and tenderly cared for four-legged family?

Here's the conundrum: The family member who, living more than a stone's throw away and pursuing his career in a distant city, eagerly and without hesitation accepted the responsibility of taking care of Julie and save her, gave the maid carte blanche to care for the seriously ill divorcée.

Are we observing here a conspiracy propelled by, "Let's get it over with now. Why wait?" Where has honorificabilitudinitatibus gone? Do such despicable actions deserve honor and respect?

What about conscience?

Should I not be obligated — triggered by conscience — to address Julie's family?

As you well know, your aunt is very ill, rendering her incapable of making prudent decisions regarding her welfare and management of her affairs and physical assets.

My conscience no longer tolerates my waiting for efforts on your part to do what is right to save your aunt — a human being who is the subject of shameful abuse, categorized as the criminal exploitation of the elderly and infirm.

The abundance of predators serving them-

selves while volunteering as conservator for the helpless is well known; their conduct is unethical and unscrupulous.

And the worst peril is denial

What if the one being held prisoner by alcohol finds the courage to admit the addiction? It is the first significant step toward recovery.

Unfortunately, that step for some is more difficult than setting foot onto the moon's surface because for them admission of a flaw in one's life is impossible and unacceptable. Denial and continuing to hide under the cloak of "I'm fine, thank you" is how most of us want to look at life and ourselves. What a tragic mistake! Not only does this denial jeopardize reaching the goal of living a healthy and happy life again with peace of mind as a supreme bonus, there's one other factor that comes into play: blaming others and thereby causing pain and suffering for those who are so sought out and blemished. Such reckless efforts involve embarking on story telling not easily countered because emotions are used in support of the issues instead of facts. There's nothing for those targeted to gainsay the desperate whisper campaigns either. Being engulfed in denial triggers blindness toward the ugly addiction whilst the bright beam of targeting a scapegoat races like wildfire from ear to ear.

YOU ALONE CAN DO IT. Unfortunately, Julie, you don't.

BUT YOU CANNOT DO IT ALONE. Unfortu-

nately, we cannot do it because you don't.

Julie, You **MUST** do it. You must save your health, your life. You can do it with help. But who is there to help?

A postscript of significance

Look around you. How many of your family members, friends, or acquaintances suffer from the evils of alcohol addiction? Take a close look! How many? It's too many, is it not? Now count those whose life is no longer one of bliss:

- They don't get up in the morning feeling good.
- They don't make for good companionship.
- They don't live productive lives.
- They suffer health issues (often painful and devastating).
- They die long before they should (though some dodge the dilemma).

You can help. It simply takes compassion. Simply professing family loyalty or friendship will not suffice unless you are willing to face the pain our true friend faced on the cold asphalt of U.S. 1. Just do it. You will be glad you did.

*Here is the life that once was nice
For gracious Julie the vibrant player
Who now is face to face with her demise
Unless there's more than empty prayer.*

Let Julie be an inspiration for those whose life spells desperation.

Their Take on the Matter

Lady Nancy Astor (1897-1964)

British politician

*One reason I don't drink is that I want to know
when I am having a good time.*

Christopher Atkins (1961-)

American actor

*I became a very angry person
and it was all due to alcoholism.*

Bible

Sacred Scriptures of Christianity and Judaism

*Wine is a mocker, and strong drink is raging;
and who is deceived by it is not wise.*

Samuel Butler (1835-1902)

English novelist, essayist and critic

*If the headache would only precede the intoxication,
alcoholism would be a virtue*

Winston Churchill (1874-1965)

British statesman and author

*I have been brought up and trained to have the utmost
contempt for people who get drunk.*

Finley Peter Dunne (1867-1936)

American journalist and humorist

Alcohol is necessary for a man so that he can have a good opinion of himself, undisturbed by the facts.

Ralph Waldo Emerson (1803-1882)

American essayist and poet

There is this to be said in favor of drinking, that it takes the drunkard first out of society, then out of the world.

Epictetus (50-120)

Greek philosopher

He is a drunkard who takes more than three glasses though he be not drunk.

Henry Fielding (1707-1754)

British novelist and dramatist

Wine is a turncoat; first a friend and then an enemy.

Thomas Fuller (1608-1661)

British clergyman and author

A drinker has a hole under his nose that all his money runs into.

Wine hath drowned more men than the sea.

Mitch Hedberg (1968-2005)

American comedian

Alcoholism is a disease, but it's the only one you can get yelled at for having. Goddamn it Otto, you are an alcoholic. Goddamn it Otto, you have Lupis ... one of

those two doesn't sound right.

Ernest Hemingway (1898-1961)

American writer

*Always do sober what you said you'd do drunk.
That will teach you to keep your mouth shut.*

George Herbert (1593-1632)

British metaphysical poet

*Drink not the third glass, which thou canst not tame,
when once it is within thee.*

Washington Irving (1783-1859)

American author

They who drink beer will think beer.

William James (1842-1910)

American psychologist and author

*If merely "feeling good" could decide, drunkenness
would be the supremely valid human experience.*

Jean Kerr (1923-)

American author and playwright

*Even though a number of people have tried, no one
has ever found a way to drink for a living.*

Robert E. Lee (1807-1870)

American confederate army commander

I like whiskey.

I always did, and that is why I never drink it.

My experience through life has convinced me that, while moderation and temperance in all things are commendable and beneficial, abstinence from spirituous liquors is the best safeguard of morals and health.

Gotthold Ephraim Lessing (1729-1781)

German dramatist and critic

*One can drink too much,
but one never drinks enough.*

Joe E. Lewis (1902-1991)

American comedian

*A man is never drunk if he can lay on the floor
without holding on.*

I drink to forget I drink.

Abraham Lincoln (1809-1865)

16th United States president

I believe, if we take habitual drunkards as a class, their heads and their hearts will bear an advantageous comparison with those of any other class. There seems ever to have been a proneness in the brilliant and warm-blooded to fall into this vice.

Dean Martin (1917-1995)

American entertainer

*I'd hate to be a teetotaler.
Imagine getting up in the morning and knowing
that's as good as you're going to feel all day.
If you drink, don't drive. Don't even putt.*

Liza Minelli (1946-)

American singer

*I mean, I inherited the disease of alcoholism, and I
learned early to get help when I needed it.*

Friedrich Wilhelm Nietzsche (1844-1900)

German philosopher and poet

*Where does one not find that bland degeneration
which beer produces in the spirit!*

P.J. O'Rourke (1947-)

American humorist, journalist
and political commentator

*If you are young and you drink a great deal it will
spoil your health, slow your mind, make you fat
— in other words, turn you into an adult.*

Samuel Pepys (1633-1703)

British diarist

*Thanks be to God. Since my leaving the drinking
of wine, I do find myself much better, and do
mind my business better, and do spend less money,
and less time lost in idle company.*

Titus Maccius Plautus (BC 254-184)

Roman comic poet

*This is the great fault of wine;
it first trips up the feet: it is a cunning wrestler.*

Bertrand Russell (1872-1970)

British logician and philosopher

Drunkenness is temporary suicide.

Sir Walter Scott (1771-1832)

British novelist and Poet

*Of all vices,
drinking is the most incompatible with greatness.*

John Selden (1584-1654)

British jurist and statesman

It's not the drinking to be blamed, but the excess.

Lucius Annaeus Seneca (4 B.C.-65)

Roman philosopher and playwright

Drunkenness is nothing but voluntary madness.

William Shakespeare (1564-1616)

English dramatist and poet

*A drunken man is like a drown'd man,
a fool, and a madman.
One draught above heat makes him a fool,
the second mads him, and a third drowns him*

*MacDuff: What three things does drink
especially provoke?*

Porter: Marry, sir, nose-painting, sleep, and urine.

*O God, that men should put an enemy in their
mouths to steal away their brains! That we should
with joy, pleasance, revel, and applause transform
ourselves into beasts!*

*O thou invisible spirit of wine, if thou hast no name
to be known by, let us call thee devil.*

Steven Soderbergh (1963-)

American film director

Lying is like alcoholism. You are always recovering.

Henry David Thoreau (1817-1862)

American essayist, poet and naturalist

Water is the only drink for a wise man.

Mark Twain (1835-1910)

American writer

Sometimes too much drink is barely enough.

Denzel Washington (1954-)

American actor

*I made a commitment to completely cut out
drinking and anything that might hamper me
from getting my mind and body together.
And the floodgates of goodness have opened upon me
— spiritually and financially.*

***Where You Find
More Information and Help***

Books

- Alcoholics Anonymous, *The Big Book Online* (Alcoholics Anonymous World Services, Inc., 4th edition, 2001), online at www.aa.org, no charge.
- Buxton, Bonnie, *Damaged Angels: An Adoptive Mother's Struggle to Understand the Tragic Toll of Alcohol in Pregnancy* (Carroll & Graf Publishers, 2005), 331 pages (paperback), \$15.95.
- Carr, Allen, *Allen Carr's Easy Way to Control Alcohol* (Arcturus Foulsham, 2002), 188 pages (paperback), \$13.33.
- Carr, Allen, *The Easy Way to Stop Drinking* (Sterling, 2005), 272 pages (hardcover), \$14.95.
- Cornett, Donna J., *7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake* (People Friendly Books, 2005), 184 pages (paperback), \$18.95.
- Cotter, Bruce, *When They Won't Quit: A Call to Action for Families, Friends and Employers of Alcohol and Drug-Addicted People* (Pathway Book Service, 2002), 159 pages (paperback), \$19.95.
- DeSena, James, Jeffrey A. Schaler and Joseph Gerstein, *Overcoming Your Alcohol, Drug & Recovery Habits: An Empowering Alternative to AA and 12-Step Treatment* (See Sharp Press, 2003), 224 pages (paperback), \$14.95.

- Drews, Toby Rice, *Getting Them Sober: A Guide for Those who Live with an Alcoholic* (Haven Books, 1980), 204 pages (paperback), \$7.99.
- Dorsman, Jerry, *How to Quit Drinking Without AA* (Three Rivers Press, revised 2nd edition, 1997), 336 pages (paperback), \$15.95.
- Ellis, Albert, and Emmett Velten, *When AA Doesn't Work For You: Rational Steps to Quitting Alcohol* (Barricade Books, 1992), 329 pages (paperback), \$15.95.
- Fanning, Patrick, and John Terence O'Neill, *The Addiction Workbook: A Step-By-Step Guide to Quitting Alcohol and Drugs* (New Harbinger Publications, 1996), 160 pages (paperback), \$18.95.
- Fletcher, Anne M., *Sober for Good: New Solutions for Drinking Problems — Advice from Those Who Have Succeeded* (Houghton Mifflin, reprint edition, 2002), 352 pages (paperback), \$14.95.
- Johnson, Vernon E., *Intervention: How to Help Someone Who Doesn't Want Help* (Hazelden, 1986), 132 pages (paperback), \$13.95.
- Ketcham, Katherine, William F. Asbury, Mel Schulstad and Arthur P. Ciaramicoli, *Beyond the Influence: Understanding and Defeating Alcoholism* (Bantam, 2000), 368 pages (paperback), \$16.00.
- Kulp, Liz, and Jodee Kulp, *The Best I Can Be: Living with Fetal Alcohol Syndrome-Effects* (Better Endings New Beginnings, 2000), 86 pages (paperback), \$12.95.
- Larsen, Joan Mathews, *Seven Weeks to Sobriety:*

The Proven Program to Fight Alcoholism through Nutrition (Ballentine Books, revised edition, 1997), 368 pages (paperback), \$13.95.

- Miller, Angelyn, *The Enabler: When Helping Hurts the Ones You Love* (Hats Off Books, 3rd edition, 2001), 132 pages (paperback), \$12.95.
- Peele, Stanton, *7 Tools to Beat Addiction* (Three Rivers Press, 2004), 288 pages (paperback), \$14.00.
- Pluymen, Bert, *The Thinking Person's Guide to Sobriety* (St. Martin's Griffin, 2000), 288 pages (paperback), \$13.95.
- Rubin, Charles, *Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children* (New Century Publishers, 2003), 176 pages (paperback), \$14.95.
- Schaler, Jeffrey A., *Addiction Is A Choice* (Open Court Publishing Company, 1999), 179 pages (paperback), \$19.95.
- Tate, Philip, *Alcohol: How to Give It Up and Be Glad You Did* (See Sharp Press, 2nd edition, 1996), 208 pages (paperback), \$14.95.
- Taylor, Jeffrey, *A Gentleman Drunk* (Executive-Caliber, 2004), 108 pages (paperback), \$14.95.
- Walters, Scott T., and John S. Baer, *Talking with College Students about Alcohol: Motivational Strategies for Reducing Abuse* (The Guilford Press, 2005), pages (paperback), \$28.00.
- Zailckas, Koren, *Smashed: Story of a Drunken Girlhood* (Viking Adult, 2005), 368 pages (hardcover), \$21.95.

Organizations and Information

- **About**

The starting place to find information, resources and the latest news about alcohol, alcoholism and recovery issues on the Internet.

www.alcoholism.about.com

- **Addictions.org**

Addictions.org has valuable information on addiction, recovery, and support groups.

www.addictions.org

- **Al-Anon/Alateen**

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems - based on the believe that alcoholism is a family illness and that changed attitudes can aid recovery.

www.al-anon.alateen.org

- **Alcoholics Anonymous (AA)**

An international organization that provides a support group for persons trying to overcome alcoholism

www.aa.org

- **American Council on Alcoholism (ACA)**

ACA is dedicated to educating the public about the effects of alcohol, alcoholism, alcohol abuse, and the need for prompt, effective, readily-available, and affordable alcoholism treatment.

www.aca-usa.org

- **Medline Plus**

A service of the U.S. National Library of Medicine and the National Institutes of Health

Offers extensive information about Alcoholism.
From the US National Library of Medicine.
www.nlm.nih.gov/medlineplus/alcoholism.html

- **Mothers Against Drunk Driving (MADD)**

MADD is not a crusade against alcohol consumption. MADD's mission is to stop drunk driving, support the victims of this violent crime and prevent underage drinking.
www.madd.org

- **The National Clearinghouse for Alcohol and Drug Information (NCADI)**

Drug and alcohol abuse, prevention, treatment.
www.health.org

- **National Organization on Fetal Alcohol Syndrome (NOFAS)**

NOFAS is dedicated to eliminating birth defects caused by alcohol consumption during pregnancy and to improving the quality of life for those affected individuals and families.
www.nofas.org

- **Save Our Selves International (SOS)**

SOS focuses on the ideas and methods of self help groups.
www.sossobriety.org

- **WebMD**

WebMD provides valuable health information, tools for managing your health, and support to those who seek information.
www.webmd.com

A-Z Health Guide: Support Groups

www.webmd.com/hw/health_guide_atoz/shc04.asp

***Tips to Help Promote
What You Do or Who You Are
With this Booklet***

- 1.** Use this booklet as a gift.
- 2.** Send this booklet to your family/clients/
patients/friends/neighbors to thank them
for their friendship/help/trust/business
and to stay in touch.
- 3.** Offer this booklet free with any purchase
during a specific time period, with a
specific purchase amount, or when
opening an account.
- 4.** Distribute this booklet to prospects at a
trade show or other gathering.
- 5.** Give this booklet to those who complete a
questionnaire or survey.
- 6.** Package this booklet as a value-added
bonus with a product you sell.
- 7.** Provide this booklet to people and organi-
zations who can refer business to you.
- 8.** Do it! It will make you feel good because
they will love you for it.

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ABOUT THE AUTHOR



Heinz Dinter raised his family and pursued his career as head of the computer company he founded, driven by dreams of a happy family and the challenges of capitalism.

Today he builds on memories and experiences — sharing and enjoying life with friends.

The author wants his twin children, Diane and Kenneth, and six grandchildren, Devin, Megan, Alexander, Dustin, Richard, and Charles, to experience a rewarding peace-of-mind lifestyle. That's reason enough for this booklet. And he lets it be fun.

Dr. Dinter received his B.S. in mathematics *cum laude*, M.A. in management, and Ph.D. in business administration and corporate finance from the University of Florida.

He's an avid pilot and enjoys sailing and playing tennis in Miami, Florida where he makes his home with Mia and Magic.

But he does miss Lolita, Heidi, Kitty and her brood.

*Life is mostly froth and bubble,
Two things stand like stone,
Kindness in another's trouble,
Courage in your own.
Adam Lindsay Gordon (1833-1870)
Australian Poet*

The Must-Read Book For Those Who Struggle With Alcoholism And Those Who Want To Help

Within these pages I give you cause to think about the true worth of life and caring for those in need.

As you turn the pages, I share with you my very sad and shocking experience trying to help someone who is in the clutches of this evil phenomenon called alcoholism and who refuses to see the abyss of miserable pain and suffering when the overabundance of alcohol has taken hold of what was once a body full of life.

In addition to telling a brutally honest and revealing story, I offer information to help understand and take the action necessary to slay the dragon and bring body and soul back to health and peace-of-mind living.

Here's inspirational reading that opens eyes wide and motivates hearts. There's no chuckle but much to think.

**Read real-life experiences
and thought-provoking messages.
They are for those who embrace the Golden Rule of life.**

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