

# Alcohol Companion: A must-read for anyone exploring their relationship with alcohol

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We all have a hard-wired attraction to alcohol, but none of us has hard-wired understanding of its effects. This often impacts on our mental and physical health.

Alcohol Companion (<http://philcain.com/alcohol-companion>), by Phil Cain, makes gaining valuable insight into a fascinating and entertaining journey.

Phil Cain's work has been featured by The Economist, Telegraph, Financial Times, Wall Street Journal, Observer, Al Jazeera, CBS and the BBC.

Some reviews:

- "This book opened my eyes in so many ways ... a must-read." (Alison Canavan, wellness advocate and supermodel)
  - "Enjoyable, witty and thorough." (5-stars)
  - "It's a great read, entertaining and eye-opening." (5-stars)
  - "The charming and effective writing style makes the reading more than interesting ... A must read!" (5-stars)
  - "Great book, easy to read, full of 'fun' facts." (5-stars)
  - "Phil Cain hits the right tone, not preachy or judgemental but not shying away from or sugar coating the facts either." (5-stars)
  - "I love Phil Cain's unique style and way to put things in perspective." (5-stars)
- Review copies are available. To request one, please email [phil@philcain.com](mailto:phil@philcain.com).
- Phil is also available for expert interviews about the book and news relating to alcohol +44 7902 901 969
- You can also pick up news tips and angles on his Twitter feed (<https://twitter.com/philcaincom>)