
Betancourt Pulsan, Anselma (2018). **Anonymous alcoholics: a door to the hope. Editorial Guides.**

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The work reviewed addresses one of the diseases that the population suffers most today: alcoholism. It highlights the harmful effects caused by irrational alcohol consumption and recent statistical data related to alcohol consumption in some countries such as the United States, Spain and Mexico, revealing the damage caused to humans, their social environment and his country.

Similarly, it presents stories of men and women of different nationalities that reveal the importance of the Alcoholics Anonymous Group for the reach of a full life, without drugs. All this resulted from a detailed study by the author, who for many years has been dedicated to the investigation of issues related to addictions.

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The reviewed work is composed of two chapters. The first addresses theoretical references about alcohol in the history and culture of the people, as well as the definition of alcoholism and the historical evolution of the concept of alcoholism. Statistical data related to alcohol consumption in some countries, the medical and psychiatric complications of alcoholism,

vulnerable populations by age groups and the prevention and treatment of alcoholism are presented.

The aforementioned elements can be very useful for the treatment of the contents related to addictions and especially with alcoholism in the educational activities carried out in Basic Secondary Education and in Higher Secondary Education, for their treatment through of the circles of interest and scientific societies, where it should always be kept in mind that the irrational consumption of alcohol must be eliminated, as it constitutes a gateway to other addictions that represent a serious danger to the life of the human being.

Regarding the university level, the reviewed text has vast possibilities of use, since it allows its implementation as part of own course programs for specific careers such as the Bachelor of Education in Biology (it can be a subject in the subject of Health Education), and as part of elective curriculum subjects for all careers.

On the other hand, in the second chapter, several specialists' criteria on the harmful consequences of alcoholism are presented, below are testimonies of several alcoholics and close the chapter with some useful tips to deal with alcoholism and some recommendations to drink less.

The above has great value for educational work with students of different educational levels, parents, community members and all those interested in not being victims of addictions and protecting their health.

In this sense, the information for the development of educational actions in the University Student Residence is very useful, since in it the students who study different university careers and come from different places, with different habits and customs. In addition, since they are young, they need the accompaniment of adults, since they are vulnerable to negative influences, so they must be taken care of in a preventive way, through both promotion and health education actions based on achievement of healthy lifestyles that contribute to raising their quality of life.

The contents of the book can also be used in the work that is developed in the schools of parents and community talks, with the purpose of establishing links with each of the factors that should be involved in the fight against addictions. In this way, the actions would be

linked to socio-cultural projects that radiate the work of the University towards the whole society, promoting multisectoral participation to involve everyone in the eradication of a problem that affects not only the individual, but the family and all the society.

The testimonies are the reflection of real situations that people from different school levels and social strata have gone through, so they contribute to raising awareness with the subject and any member of the university community can be reflected in them. They constitute the "door to hope" referred to in the title of the book.

In general, it is considered a work of great recognition for the detailed information. The author demonstrates, through the testimonies of different alcoholics, the damage caused by this addiction not only to personal health, but to the family and interpersonal relationships with other members of society. In this direction, it shows how you can beat the disease and recover your health to a great extent by seeking specialized help.

However, given the importance of the subject and considering that alcoholism is a disease that affects an important part of the world's population, increasingly younger, and that the Guantanamo province is not exempt from it, it would have been appropriate, refer to statistical data on alcohol consumption in Cuba. In this way, knowing that information, people would feel more identified with the problem, knowing that they are not excluded from suffering from the disease if they consume alcoholic beverages without moderation, and the actions for their treatment were more effective.

Likewise, based on the testimonies presented, the author could have referred some health prevention and promotion actions that can be carried out not only in families but in schools and communities, with the participation of several social factors. This would help to avoid, or at least reduce, the harmful habit of the irrational consumption of alcohol that leads to alcoholism and thus, to increase the quality of life of the population for the achievement of well-being.