"Bold, addictive, and hauntingly beautiful . . . Stephen Beachy continues his dissection of the American landscape and character through these two finely crafted, thematically linked novellas" — R. ZAMORA LINMARK

SOME FOM PROMISE STEPHEN BEACHY

TWO NOVELLAS

Some Phantomno Time Flat Two Novellas

Chad Sweeney

Some Phantomno Time Flat Two Novellas:

Some Phantom/No Time Flat Stephen Beachy, 2013-02-18 A pair of novellas lyrical haunting and bleak that offer an unsparing yet emotionally rich vision of contemporary America In Some Phantom an unnamed woman arrives in a strange city fleeing a violent relationship She begins to explore the city and its inhabitants and takes a job teaching disturbed children but finds her own mental stability becoming more and more precarious A marriage of The Turn of the Screw and Carnival of Souls Some Phantom poses questions about the line between memory and madness between fantasy and abuse These questions are further elaborated in No Time Flat which follows Wade a boy living a somewhat isolated existence with his elderly parents on the American plains as he makes his way through a childhood marked by playground shootings and mysterious strangers Wade then becomes a wanderer himself inhabiting a sparse landscape of fleeting connections lost children and unformulated crimes The Advocate, 2006 boneyard Stephen Beachy, 2011-10-11 In this unusual collaborative novel Jake Yoder a precocious boy caught between Amish culture and the modern world sits in his middle school classroom writing stories at the behest of a stern but charismatic teacher Jake's stories feature children who are crushed imprisoned and distorted and yet somehow flailing around with a kind of bedazzled awe trying to find a way out His characters wander through Amish farms one room schoolhouses South American plains mental institutions exotic cities and prisons his sentences seem constructed to the beat of an obsessive internal rhythm and his prose is often haunting and beautiful The strange logic and disturbing shifts in Jake s tales reveal a young boy processing intense emotional experiences in the wake of his mother's suicide and his own proximity to the schoolroom shootings at Nickel Mines Pennsylvania in 2006 Jake imagines fantastic journeys magical transformations and rock stardom as alternatives it seems to his own grim reality and the limitations of his life among the Amish Novelist Stephen Beachy frames Jake s work with commentary from both himself and editor Judith Owsley Brown in which they offer their very different views on Amish culture literary context the use of psychoactive medications for children Stephen's own mental health and the reality of Jake Yoder's unverified existence

All Souls Michael Patrick MacDonald,2024-08-20 The anti busing riots of 1974 forever changed Southie Boston's working class Irish community branding it as a violent racist enclave Michael Patrick MacDonald grew up in Southie's Old Colony housing project He describes the way this world within a world felt to the troubled yet keenly gifted observer he was even as a child as if we were protected as if the whole neighborhood was watching our backs for threats watching for all the enemies we could never really define But the threats poverty drugs a shadowy gangster world were real MacDonald lost four of his siblings to violence and poverty All Souls is heart breaking testimony to lives lost too early and the story of how a place so filled with pain could still be the best place in the world We meet Ma Michael's mini skirted accordian playing usually single mother who cares for her children there are eventually eleven through a combination of high spirits and inspired getting over And there are Michael's older siblings Davey sweet artist dreamer Kevin child genius of scam and Frankie

Golden Gloves boxer and neighborhood hero whose lives are high wire acts played out in a world of poverty and pride But too soon Southie becomes a place controlled by resident gangster Whitey Bulger later revealed to be an FBI informant even as he ran the drug culture that Southie supposedly never had It was a world primed for the escalation of class violence and then with deadly and sickening inevitability of racial violence that swirled around forced busing MacDonald eight years old when the riots hit gives an explosive account of the asphalt warfare He tells of feeling part of it all part of something bigger than I d ever imagined part of something that was on the national news every night Within a few years a sequence laid out in All Souls with mesmerizing urgency the neighborhood s collapse is echoed by the MacDonald family s tragedies All but destroyed by grief and by the Southie code that doesn't allow him to feel it MacDonald gets out His work as a peace activist first in the all Black neighborhoods of nearby Roxbury then back to the Southie he can thelp but love is the powerfully redemptive close to a story that will leave readers utterly shaken and changed Days I Moved Through Ordinary Sounds Chad Sweeney, 2009-01-18 Days I Moved Through Ordinary Sounds documents 15 years of an amazingly successful experiment asking accomplished writers to teach creative writing workshops in juvenile detention facilities homeless shelters inner city schools and centers for newly arrived immigrants The National WritersCorps program with branches in San Francisco Washington D C and New York was founded in 1994 as a new model of community activism and engagement where creative writers are trained and employed to provide literacy skills and artistic empowerment to young people in need The skills and insights gained by these teaching artists have often combined to create a watershed experience in their own career trajectory Here is a collection of work both poetry and prose from many of the talented people who have formed the ranks of WritersCorps teachers over the years along with personal essays in which they share their experiences of entering a classroom for the first time teaching sestinas and hip hop beats and forging relationships with young people from diverse ethnicities ages and backgrounds In the words of one writer teacher Writing in community gathers us around the proverbial campfire and reminds us why we do this because hearing stories helps us make sense of the world and because telling them helps us make sense of ourselves In Days I Moved Through Ordinary Sounds readers follow these teaching artists on their journey into the halls and streets of America's diverse neighborhoods as they enrich the lives and creativity of their students and find their own voices changed in the process The collection includes contributions by Ishle Yi Park Thomas Centolella Will Power Stephen Beachy and Jeffrey McDaniel For more information about the teachers included in this collection check out the WritersCorps site Praise for WritersCorps It has been so exciting for me to read what WritersCorps has been writing those who are going to carry poetry in the future Tille Olsen author of Tell Me A Riddle I am in love with WritersCorps Robert Hass Poet Laureate of the United States This anthology is more than a record of WritersCorps It is a chronicle of our times Mart n Espada author of The Republic of Poetry Chad Sweeney is the author of three poetry collections his poems and translations have appeared widely including in Best American Poetry 2008 Sweeney is co editor of Parthenon West Review a

journal of contemporary poetry and translation and is a PhD candidate in literature at Western Michigan University He taught for the San Francisco WritersCorps for seven years Queering Mennonite Literature Daniel Shank Cruz, 2019-01-27 Though the terms gueer and Mennonite rarely come into theoretical or cultural contact over the last several decades writers and scholars in the United States and Canada have built a body of gueer Mennonite literature that shifts these identities into conversation In this volume Daniel Shank Cruz brings this growing genre into a critical focus bridging the gaps between queer theory literary criticism and Mennonite literature Cruz focuses his analysis on recent Mennonite authored literary texts that espouse queer theoretical principles including Christina Penner's Widows of Hamilton House Wes Funk's Wes Side Story and Sofia Samatar's Tender These works argue for the existence of a queer Mennonite identity on the basis of shared values a commitment to social justice a rejection of binaries the importance of creative approaches to conflict resolution and the practice of mutual aid especially in resisting oppression Through his analysis Cruz encourages those engaging with both Mennonite and gueer literary criticism to explore the opportunity for conversation and overlap between the two fields By arguing for engagement between these two identities and highlighting the aspects of Mennonitism that are inherently queer Cruz gives much needed attention to an emerging subfield of Mennonite literature This volume makes a new and important intervention into the fields of gueer theory literary studies Mennonite studies and religious studies **American Book** Publishing Record, 2005 Vau Jennifer Fink, 2006 As the story unfolds monkeys mourn hats remember guns regret and Veronica's voice invades Henry's ears The voice perhaps the voice of loss perhaps the voice of God itself becomes a character mourning and desiring every bit as much as the characters it possesses V is based on a story legendary in the author's family about their mysterious Brazilian relatives and their lives in a postwar Sao Paulo Jewish community Like most family myths the story changes every time it is told BOOK JACKET 1998, Lipstick Eleven 60 GOTHIC CLASSICS - Boxed Set: Dark Fantasy Novels, Supernatural Mysteries, Horror Tales & Gothic Romances Edgar Allan Poe, Mary Shelley, Horace Walpole, William Thomas Beckford, Eliza Parsons, William Godwin, Ann Radcliffe, Matthew Gregory Lewis, Charles Brockden Brown, Jane Austen, Thomas Love Peacock, John William Polidori, Washington Irving, Charles Robert Maturin, James Hogg, Victor Hugo, Frederick Marryat, Nikolai Gogol, Charlotte Brontë, Emily Brontë, James Malcolm Rymer, Thomas Peckett Prest, Nathaniel Hawthorne, George Eliot, Wilkie Collins, Robert Louis Stevenson, Charles Dickens, Joseph Sheridan Le Fanu, Arthur Conan Doyle, Oscar Wilde, Guy de Maupassant, Anna Katharine Green, Charlotte Perkins Gilman, Arthur Machen, George MacDonald, John Meade Falkner, H. G. Wells, Richard Marsh, Henry James, Bram Stoker, W. W. Jacobs, Robert Hugh Benson, Gaston Leroux, Théophile Gautier, William Hope Hodgson, Grant Allen, 2018-10-12 This meticulously edited collection is formatted for your eReader with a functional and detailed table of contents Frankenstein The Orphan of the Rhine Nightmare Abbey The Tell Tale Heart The Fall of the House of Usher The Cask of Amontillado The Masque of the Red Death The Castle of Otranto Vathek The Castle of Wolfenbach Caleb Williams The Mysteries of Udolpho The Italian The Monk Wieland Northanger Abbey The Black Cat The Murders in the Rue Morgue The Vampyre The Legend of Sleepy Hollow Melmoth the Wanderer The Private Memoirs and Confessions of a Justified Sinner The Hunchback of Notre Dame The Phantom Ship St John's Eve Viy The Mysterious Portrait Jane Eyre Wuthering Heights Sweeney Todd the Demon Barber of Fleet Street The House of the Seven Gables Rappaccini's Daughter The Birth Mark The Lifted Veil The Woman in White Strange Case of Dr Jekyll and Mr Hyde The Mystery of Edwin Drood Carmilla Uncle Silas The Hound of the Baskervilles The Picture of Dorian Gray The Horla The Forsaken Inn The Great God Pan Lilith The Lost Stradivarius The Island of Doctor Moreau The Beetle The Turn of the Screw Dracula The Jewel of Seven Stars Original 1903 Edition The Monkey's Paw The Necromancers The Phantom of the Opera Clarimonde The Mummy's Foot The House on the Borderland The Boats of the Glen Carrig Wolverden Tower

Right here, we have countless book **Some Phantomno Time Flat Two Novellas** and collections to check out. We additionally present variant types and in addition to type of the books to browse. The gratifying book, fiction, history, novel, scientific research, as with ease as various supplementary sorts of books are readily straightforward here.

As this Some Phantomno Time Flat Two Novellas, it ends going on physical one of the favored ebook Some Phantomno Time Flat Two Novellas collections that we have. This is why you remain in the best website to look the incredible books to have.

https://dev.vn.se/results/book-search/fetch.php/complete_workbook_healing_trauma_guide.pdf

Table of Contents Some Phantomno Time Flat Two Novellas

- 1. Understanding the eBook Some Phantomno Time Flat Two Novellas
 - \circ The Rise of Digital Reading Some Phantomno Time Flat Two Novellas
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Some Phantomno Time Flat Two Novellas
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Some Phantomno Time Flat Two Novellas
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Some Phantomno Time Flat Two Novellas
 - Personalized Recommendations
 - Some Phantomno Time Flat Two Novellas User Reviews and Ratings
 - Some Phantomno Time Flat Two Novellas and Bestseller Lists
- 5. Accessing Some Phantomno Time Flat Two Novellas Free and Paid eBooks
 - o Some Phantomno Time Flat Two Novellas Public Domain eBooks

- Some Phantomno Time Flat Two Novellas eBook Subscription Services
- Some Phantomno Time Flat Two Novellas Budget-Friendly Options
- 6. Navigating Some Phantomno Time Flat Two Novellas eBook Formats
 - o ePub, PDF, MOBI, and More
 - Some Phantomno Time Flat Two Novellas Compatibility with Devices
 - Some Phantomno Time Flat Two Novellas Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Some Phantomno Time Flat Two Novellas
 - Highlighting and Note-Taking Some Phantomno Time Flat Two Novellas
 - Interactive Elements Some Phantomno Time Flat Two Novellas
- 8. Staying Engaged with Some Phantomno Time Flat Two Novellas
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Some Phantomno Time Flat Two Novellas
- 9. Balancing eBooks and Physical Books Some Phantomno Time Flat Two Novellas
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Some Phantomno Time Flat Two Novellas
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Some Phantomno Time Flat Two Novellas
 - Setting Reading Goals Some Phantomno Time Flat Two Novellas
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Some Phantomno Time Flat Two Novellas
 - Fact-Checking eBook Content of Some Phantomno Time Flat Two Novellas
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Some Phantomno Time Flat Two Novellas Introduction

In todays digital age, the availability of Some Phantomno Time Flat Two Novellas books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Some Phantomno Time Flat Two Novellas books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Some Phantomno Time Flat Two Novellas books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Some Phantomno Time Flat Two Novellas versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Some Phantomno Time Flat Two Novellas books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether youre a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in selfimprovement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Some Phantomno Time Flat Two Novellas books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Some Phantomno Time Flat Two Novellas books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and

educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Some Phantomno Time Flat Two Novellas books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Some Phantomno Time Flat Two Novellas books and manuals for download and embark on your journey of knowledge?

FAQs About Some Phantomno Time Flat Two Novellas Books

- 1. Where can I buy Some Phantomno Time Flat Two Novellas books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Some Phantomno Time Flat Two Novellas book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Some Phantomno Time Flat Two Novellas books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing,

- and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Some Phantomno Time Flat Two Novellas audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Some Phantomno Time Flat Two Novellas books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Some Phantomno Time Flat Two Novellas:

complete workbook healing trauma guide
psychological suspense spotlight
stories habit building planner
post apocalyptic story 2026 guide
paperback viral romance TikTok
romantasy saga hardcover
myth retelling novel quick start
spotlight picture book toddlers
witchcraft academy 2026 guide
Instagram book club global trend
dark romance thriller fan favorite
step by step creative writing prompts kids
framework self help mindset
phonics practice ultimate guide

children bedtime story fan favorite

Some Phantomno Time Flat Two Novellas:

Derivatives Markets (Pearson Series in Finance) ... derivatives concepts and instruments and the uses of those instruments in corporations. The Third Edition has an accessible mathematical presentation, and ... Derivatives Markets Relevant Excel functions are also mentioned throughout the book. WHAT IS NEW IN THE THIRD EDITION. The reader familiar with the previous editions will find the ... Derivatives Markets Jul 31, 2021 — The Third Edition has an accessible mathematical presentation, and more importantly, helps students gain intuition by linking theories and ... Derivatives Markets Derivatives Markets, 3rd edition. Published by Pearson (July 31, 2021) © 2012. Robert L. McDonald Northwestern University. Best Value. eTextbook. \$10.99/mo. Derivatives Markets. Robert L. McDonald ... derivatives concepts and instruments and the uses of those instruments in corporations. The Third Edition has an accessible mathematical presentation, and ... Derivatives Markets - Robert L. McDonald The 3rd Edition has an accessible mathematical presentation, and more importantly, helps students gain intuition by linking theories and concepts together with ... Derivatives Markets 3rd edition 9780321543080 Derivatives Markets 3rd Edition is written by Robert L. McDonald and published by Pearson. The Digital and eTextbook ISBNs for Derivatives Markets are ... Derivatives Markets by Robert L. McDonald (2012 ... Derivatives Markets by Robert L. McDonald (2012 Hardcover) 3rd Edition; by forcefielddome 0; Great quality and affordable. Great quality. Came still sealed in ... Robert McDonald Nov 21, 2020 — Derivatives Markets. Book-related resources. Links to Errata for Derivatives Markets · 1st and 2nd editions · 3rd edition. The Excel spreadsheet ... Derivatives Markets (Pearson+) 3rd edition Derivatives Markets (Pearson+) 3rd Edition is written by Robert McDonald and published by Pearson+. The Digital and eTextbook ISBNs for Derivatives Markets ... User manual Stannah 420 (English - stairlifts Below you will find the product specifications and the manual specifications of the Stannah 420. The Stannah 420 is a type of stairlift designed to provide ... 420 stairlift The options we've listed below are all covered in this guide, but if you need more information about any options that are not covered, please contact your local ... Stannah stairlift 420 installation manual by RuthThomas4460 Aug 1, 2017 — Read Stannah stairlift 420 installation manual by RuthThomas4460 on Issuu and browse thousands of other publications on our platform. Download User Manual for Stairlift Models Jul 19, 2018 — Do you have guestions about your stairlift? Find the user manual for your stairlift model here and browse the features of your stairlift. Stannah 420 Stairlift Product Support Stannah 420 troubleshooting · Check the chair is swivelled back to its travelling position · Check there is no obstruction to the safetly edges; if there is, ... Stannah 420 Straight Stair Lifts User Guide Nov 22, 2014 — Stannah 420 Straight Stair Lifts User Guide. Manual Stannah 420 Stairlift Manual for Stannah 420 Stairlift. View and download the pdf, find answers to frequently asked questions and read feedback from users. Stannah 420 Installation manual and query - Stairlifts Jan 20, 2021 — I

acquired a Stannah 420 and I am looking for installation manual or an independent fitter in the Farnham, Surry area to install it. Have you ... Stairlifts User Manual | Stair Chair User Guide Jul 17, 2018 — Do you have questions about your stairlift? Find the manual for your model here and browse the features of your stairlift to get the answers ... SAMHSA's National Helpline Jun 9, 2023 — Created for family members of people with alcohol abuse or drug abuse problems. Answers questions about substance abuse, its symptoms, different ... You Too Can Stop Drinking by Patten, George Zeboim Publisher, Exposition Pr of Florida; First Edition (January 1, 1977). Language, English. Hardcover, 256 pages. ISBN-10, 0682487333. How to Stop Drinking: Making a Plan That Works for You Jun 7, 2023 — There's really no right or wrong way to guit drinking, but these strategies can get you started on a solid path. 11 ways to curb your drinking - Harvard Health May 15, 2022 — These tips will help you curb your drinking. Cut back on drinking alcohol with a drinking diary and stress relief skills. How to stop drinking alcohol completely One in seven (14%) adults in the UK never drink alcohol, and more than half of them (52%) say they did previously drink.1. This guide has lots of practical tips ... How to Stop Drinking: Benefits of Quitting Alcohol A sober life has a many benefits, including improved physical and mental health. Quitting alcohol is a process, and it requires intentional strategies to ... Watch this if you're ready to STOP DRINKING. Quitting alcohol can be a lot easier than you think. In fact, you can do it in one day, just like I did almost six months ago and like ... 8 Benefits That Happen When You Stop Drinking Feb 7, 2023 — When you stop drinking alcohol, your physical and mental health improve. Better sleep, concentration, and weight loss are just the ... 16 Expert Tips For Reducing Your Alcohol Consumption Jun 29, 2023 — Drinking too much alcohol can lead to serious health problems. Forbes Health provides 16 tips for reducing alcohol consumption in this ... How can you reduce or guit alcohol? Jul 20, 2023 — It's a good idea to see your doctor first if you want to guit or stop drinking alcohol. They can help you to manage any withdrawal symptoms ...