

[Addiction: What gets us hooked?](#)

Consultant: [Dr William Shanahan](#)

The Independent, 9th August 2011, Kate Hilpern

It has always been a mystery how some people can drink like a fish for years and never become an [alcoholic](#), while for others, a triple or 10 can begin the slide into dependency? It's a question that has dogged professionals for decades.

[Dr William Shanahan](#), Executive Medical Director and Lead Consultant at Catio Nightingale Hospital, enlightens this long researched subject with his expert view.

[Dr. Shanahan](#) explains how you can avoid [addiction](#) even having it in your genetic component or within people around you. [Please read the article](#)

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