



Responsible Drinking: A Moderation Management Approach for Problem Drinkers

Frederick Rotgers, Marc F. Kern, Rudy Hoeltzel

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This book offers a real alternative to the 32 million Americans who are problem drinkers.

Based on extensive scientific literature supporting moderation as a resolution for drinking problems, **Responsible Drinking** is the only book with research-based techniques that will help non-alcoholic readers overcome their drinking problems. This revolutionary workbook by the leading voices of the Moderation Management treatment approach starts by providing readers with definitive tools to help them discover whether they are problem drinkers or alcoholics. Readers whose problems are less severe than alcohol dependence are then helped to make an informed decision about whether to pursue moderation or to turn to abstinence.

For readers who identify themselves as problem drinkers, the workbook goes on to help them then learn to moderate their drinking and develop a healthier lifestyle. By adopting goals specific to their needs, readers make a commitment, examine the negative effects of alcohol use, identify their own triggers, and learn to take control of their behavior. Inspirational words of more than fifty individuals who have faced and overcome the same problems offer guidance and support. Resources are also provided to help any reader who chooses to pursue abstinence as an objective at any stage of the program.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Brad Marcum:

Nowadays reading books be a little more than want or need but also get a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The details you get based on what kind of reserve you read, if you want drive more knowledge just go with knowledge books but if you want feel happy read one having theme for entertaining like comic or novel. The particular Responsible Drinking: A Moderation Management Approach for Problem Drinkers is kind of reserve which is giving the reader unstable experience.

Katherine Lee:

Information is provisions for folks to get better life, information presently can get by anyone with everywhere. The information can be a information or any news even restricted. What people must be consider if those information which is inside the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you receive the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen within you if you take Responsible Drinking: A Moderation Management Approach for Problem Drinkers as your daily resource information.

James Murray:

Playing with family in a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Responsible Drinking: A Moderation Management Approach for Problem Drinkers, you could enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

Laura Clark:

As a university student exactly feel bored in order to reading. If their teacher requested them to go to the library or even make summary for some book, they are complained. Just tiny students that has reading's heart or real their interest. They just do what the professor want, like asked to the library. They go to at this time there but nothing reading significantly. Any students feel that examining is not important, boring in addition to can't see colorful images on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this period, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Responsible Drinking: A Moderation Management Approach for Problem Drinkers can make you experience more interested to read.

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