



Responsible Drinking: A Moderation Management Approach for Problem Drinkers with Worksheet

By Frederick Rotgers

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. 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...



READ ONLINE
[6.54 MB]

Reviews

This pdf is fantastic. Sure, it can be engage in, nevertheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly merely after i finished reading through this publication where in fact transformed me, change the way in my opinion.

-- **Mr. Lee Simonis PhD**

Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book.

-- **Mrs. Alia Borer**