



Thinkin Drinkin: From the Teen Years Forward: A Rational, Safe, Worry-Free Approach to Lifetime Alcohol Use or Abstinence

By Richard W. Thatcher

Balboa Press. Hardcover. Book Condition: New. Hardcover. 224 pages. Dimensions: 8.6in. x 5.7in. x 1.0in. While describing and even celebrating some of the many benefits of drinking wine, beer and spirits (hard liquor) in moderation, Richard Thatcher's Thinkin Drinkin also shares an abundance of ideas and scientific evidence that, when taken together, add up to a cautionary tale about careless drinking. The book is informed by Thatcher's own troubled, early, and long-sustained experience with alcohol and his subsequent success at getting the problem under control. In addition, he brings a wealth of professional expertise to his writing task. Dr. Thatcher draws upon various aspects of that accumulated knowledge to inform and provide guidance to help teens and young adults establish enjoyable, safe, worry-free approaches to drinking. These approaches can be readily adapted to any healthy lifestyle and can become good habits that last a lifetime. The author firmly believes that, if widely adopted, those good habits will save an enormous amount of heartache, emotional and physical injury, and many thousands of lives. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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