



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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Matthew Venegas:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the e-book untitled Responsible Drinking: A Moderation Management Approach for Problem Drinkers can be great book to read. May be it is usually best activity to you.

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