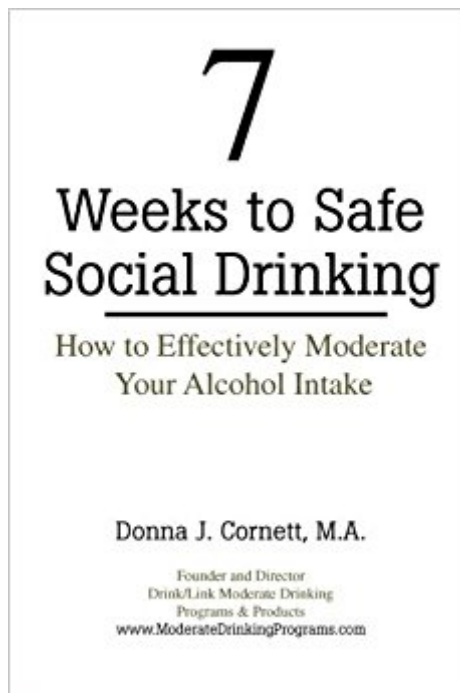




The book was found

7 Weeks To Safe Social Drinking: How To Effectively Moderate Your Alcohol Intake



Synopsis

Drink less, crave less and prevent alcoholism in the comfort and privacy of your home with the Drink/Link Moderate Drinking Program! Established in 1988, Drink/Link has helped thousands of drinkers worldwide to cut back on their alcohol intake. Over 80% of the drinkers who have completed the program have significantly reduced their alcohol consumption and no meetings, drugs, belief in a higher power or professional help are required for you to succeed! First, you learn five safe-drinking guidelines, then, each week you learn clinically-proven behavioral, cognitive, motivational and lifestyle strategies and techniques to help you stay within those guidelines. The result? You enjoy controlled drinking and no problems. It's an easy, commonsense moderate drinking program that works! Learn what triggers your alcohol craving and how to manage it, how to slow down and pace your drinking, how to pre-plan for drinking occasions, how to master the art of social drinking and how to make alcohol less important in your life so you drink less naturally. Drink/Link is registered with both the California Department of Alcohol and Drug Programs and the United States Department of Health and Human Services.

Book Information

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Customer Reviews

Donna Cornett, founder of Drink/Link Moderate Drinking Programs, is a former problem drinker and holds an MA and California College Teaching Credential in psychology. She was in her 30's when she started worrying about her drinking.Â Even though she wasn't suffering fromÂ any alcohol-related problems, she was health conscious andÂ concernedÂ she might become an alcoholic if she didn't doÂ something about it early on. At the time her only options were abstinence

and AA which didn't work for her because she didn't think her drinking was serious enough to stop altogether. As a result, she started counseling drinkers in 1985 and after much research, developed the Drink/Link Moderate Drinking Program in 1988. She no longer has a drinking problem, knows when to stop and never worries about her drinking as a result. Cornett has counseled thousands of drinkers, is an expert on substance use and abuse has been featured or consulted for articles in numerous publications, including Time Magazine, ABCNews.com, Esquire and WebMD. She is also the author of Moderate Drinking - Naturally!, Moderate Drinking Made Easy and Beat Binge Drinking.

If you want to explore a realistic way to help you regulate your drinking, this book is worth reading. Simple and rational guidelines are presented, but remember, you must do all the work; there is no magic! I highly recommend giving it a try.

Good book. Simple actionable. Easy to read and understand. I recommended this book for people who want to change from heavy drinker to moderate drinker.

Good book - good tricks and information to cut back - it's working for me.

This book is very helpful if you feel you would like to reduce your drinking to a more limited level. It provides a very complete list of recommendations and plans as to how to accomplish this. However, if you are a definite alcoholic or have serious alcohol dependency problems, I think this book would not work for you.

I have a favorite Nephew that enjoys drinking, but has reached an age where he needs to cut back a bit. While I don't think he is physically an alcoholic, the excess drinking of a young man needs to be limited at a point. He says he liked the book, and liked its reasoned approach.

Helpful

The other reviewers put it very well but I wanted to add to the list of reviews so that other readers can see that there are a number of people who found it a terrific methodology. I love to be social and have fun. Much of my social life involves food and drink. I had gone overboard too many times and caused problems as a result. I was very motivated because I did not want to have to give up

drinking. Fortunately Donna found a system that is very easy to follow. She presented it in a way which is easy to understand and provided a lot of pointers which help.

Good program to follow, but it was just a bit too "fluffy" for me. I prefer more down to earth approaches.

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