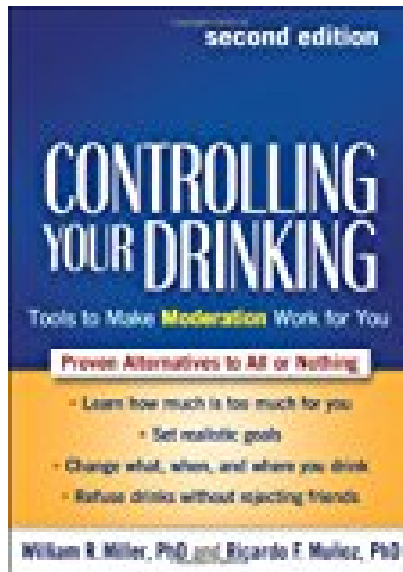


# Controlling Your Drinking Second Edition Tools to Make Moderation Work for You

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## BOOK DETAILS

- Author : William R. Miller PhD
- Pages : 290 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 146250759X

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## **BOOK SYNOPSIS**

Interested in cutting down on your drinking without giving it up altogether? This encouraging, science-based book can help make that goal a reality. Distinguished clinician-researchers William R. Miller and Ricardo F. Muñoz have spent more than 40 years studying whether moderation works, who it works (and doesn't work) for, and how to achieve it. They give you tools to evaluate your alcohol consumption, decide what changes you want to make, and create a doable plan of action. Learn new ways to enjoy social events, defuse tension and stress, and cope with difficult emotions--with or without a glass in hand. The updated second edition incorporates the latest scientific data and features a new chapter on mindfulness. Helpful forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size.

### **CONTROLLING YOUR DRINKING SECOND EDITION TOOLS TO MAKE**

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