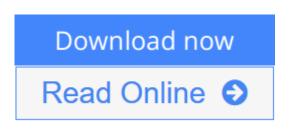


7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake

By Donna J. Cornett



7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett

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.

<u>Download 7 Weeks to Safe Social Drinking: How to Effectivel ...pdf</u>

Read Online 7 Weeks to Safe Social Drinking: How to Effectiv ...pdf

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

By Donna J. Cornett

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett

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.

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett Bibliography

- Sales Rank: #189503 in Books
- Published on: 2011-08-05
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .42" w x 6.00" l, .63 pounds
- Binding: Paperback
- 184 pages

<u>Download 7 Weeks to Safe Social Drinking: How to Effectivel ...pdf</u>

<u>Read Online 7 Weeks to Safe Social Drinking: How to Effectiv ...pdf</u>

Editorial Review

Users Review

From reader reviews:

Shannon Harvey:

This book untitled 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake to be one of several books that will best seller in this year, that's because when you read this guide you can get a lot of benefit into it. You will easily to buy this book in the book store or you can order it through online. The publisher on this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Cell phone. So there is no reason to your account to past this guide from your list.

Eloise Torres:

The particular book 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake will bring someone to the new experience of reading any book. The author style to clarify the idea is very unique. If you try to find new book you just read, this book very suited to you. The book 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake is much recommended to you to learn. You can also get the e-book in the official web site, so you can more readily to read the book.

James McDonald:

The e-book untitled 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake is the publication that recommended to you you just read. You can see the quality of the guide content that will be shown to you. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of investigation when write the book, therefore the information that they share for your requirements is absolutely accurate. You also could possibly get the e-book of 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake from the publisher to make you far more enjoy free time.

Curtis Miller:

This 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake is brand-new way for you who has intense curiosity to look for some information mainly because it relief your hunger details. Getting deeper you into it getting knowledge more you know or you who still having tiny amount of digest in reading this 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake can be the light food to suit your needs because the information inside that book is easy to get by means of anyone. These books acquire itself in the form which is reachable by anyone, yep I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this reserve is the answer. So

you cannot find any in reading a book especially this one. You can find what you are looking for. It should be here for a person. So, don't miss the item! Just read this e-book variety for your better life in addition to knowledge.

Download and Read Online 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett #W0UY5KP689L

Read 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett for online ebook

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett books to read online.

Online 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett ebook PDF download

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett Doc

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett Mobipocket

7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett EPub

W0UY5KP689L: 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake By Donna J. Cornett