



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

By Donna J. Cornett

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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.

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