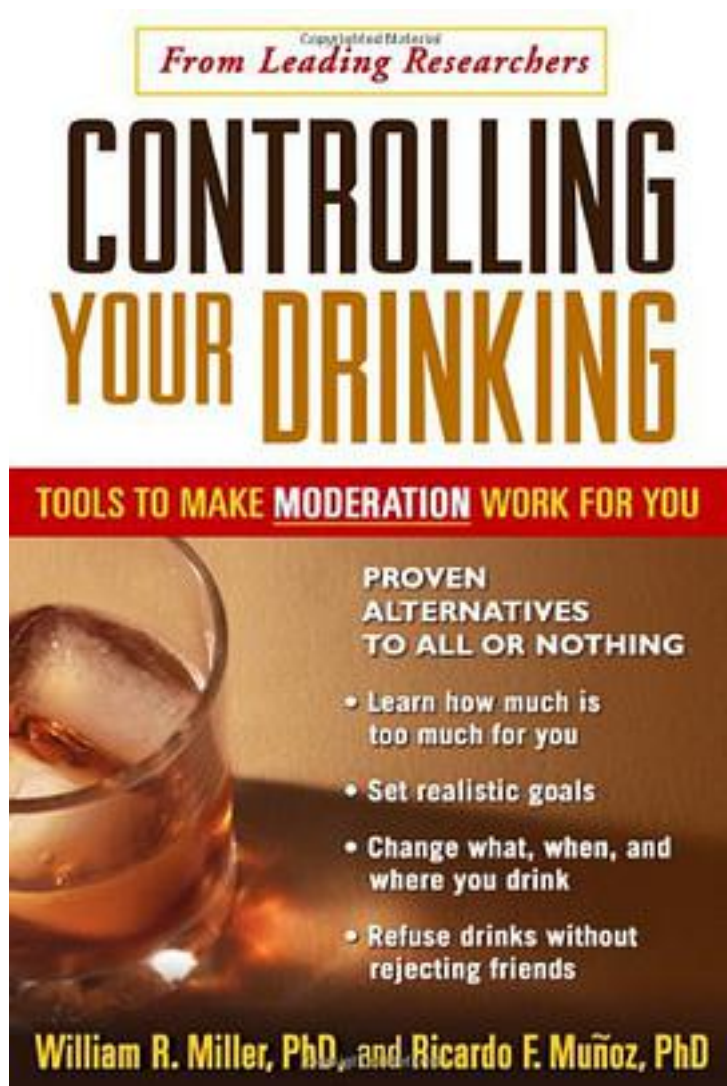


Controlling Your Drinking



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著者:Miller, William R./ Munoz, Ricardo F.

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Based on 30 years of research, Miller and Muoz argue that for many people, abstinence isn't the only healthy alternative. They show readers how to become moderate drinkers by making small changes in everyday behavior.

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