

Controlling Your Drinking

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CONTROLLING YOUR DRINKING

TOOLS TO MAKE MODERATION WORK FOR YOU

PROVEN ALTERNATIVES TO ALL OR NOTHING

- Learn how much is too much for you
- Set realistic goals
- Change what, when, and where you drink
- Refuse drinks without rejecting friends



William R. Miller, PhD, and Ricardo F. Muñoz, PhD

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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.

作者介绍:

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