



Controlling Your Drinking, First Edition: Tools to Make Moderation Work for You

William R. Miller Phd, Ricardo F. Muñoz PhD

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How many glasses of wine can you have with dinner before blowing your diet, your cool, or your budget? When it comes to alcohol use, many of us find it difficult to draw the line between problem-free enjoyment and harmful overindulgence. Studies show that 10 percent of Americans--nearly 30 million of us--drink more than we should. If you suspect it's time to cut back but aren't sure you want to abstain, *Controlling Your Drinking* provides an alternative opportunity to reflect on your habits and adjust unhealthy behaviors. Drawing on 30 years of research and nearly three dozen clinical trials, recognized experts William R. Miller and Ricardo F. Muñoz supply hard facts and current data you can use to evaluate your alcohol consumption and judge its impact on your physical and emotional health. Armed with a fresh perspective on your drinking and its consequences, *you* decide whether moderation fits your needs. Without resorting to labels or moralizing, Miller and Muñoz help you establish a simple, pragmatic, and adaptable plan for meeting your goals and achieving the results you want. Set apart by its science-based approach and straightforward advice, this book is the thinking person's guide to sensible alcohol use.

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