

7

Weeks to Safe Social Drinking

How to Effectively Moderate
Your Alcohol Intake

Donna J. Cornett, M.A.

Drink/Link Alcohol Moderation Programs,
Products & Services

7 Weeks To Safe Social Drinking

D. J. Cornett



7 Weeks To Safe Social Drinking:

7 Weeks to Safe Social Drinking Donna J. Cornett, 2005 Based on the revolutionary Drink Link Moderate Drinking Program this book teaches drinkers to modify their drinking habits reduce alcohol consumption and prevent alcoholism on their own at home no meetings belief in a higher power or professional help are required First you learn five safe drinking guidelines then each week you learn clinically proven behavioral cognitive motivational and lifestyle strategies and techniques to stay within those guidelines Beating alcohol craving pacing your drinking mastering the art of social drinking and learning from drinking mistakes are all covered 7 Weeks to Safe Social Drinking is a breakthrough for drinkers alcohol abuse and healthcare professionals and an attractive early treatment program to prevent alcohol abuse 7 Weeks to Safe Social Drinking D. J. Cornett, 1997 *Seven Weeks to Safe Social Drinking* D. J. Cornett, 1997 This groundbreaking approach to early intervention based on the successful Drink Link Moderation Program is the only self help book of its kind Seven Weeks to Safe Social Drinking teaches at risk drinkers how to manage their drinking in the privacy of their own home and how to prevent alcoholism without group therapy abstinence or expensive professional help This confidential affordable and proven plan of action targets the millions of drinkers who have questioned their drinking habits but have not yet neared the rock bottom addressed by Alcoholics Anonymous The Drink Link program is based on the belief that not every drinking problem is evidence of alcoholism Seven Weeks to Safe Social Drinking is designed not for alcoholics but specifically for social and problem drinkers still in the early stages of alcohol abuse By stressing self control personal responsibility and patience throughout the process Seven Weeks to Safe Social Drinking promotes drinking awareness and positive change This revolutionary program will enable problem drinkers to reduce their alcohol consumption and achieve safe drinking objectives without radically altering their lifestyles **Overcoming Your Alcohol, Drug & Recovery Habits** James DeSena, 2002-09-01 Recognizing that an addiction to 12 step programs can be just as dangerous as an addiction to alcohol or drugs this book provides techniques to counter the self defeating beliefs that lead to addiction It enables those who have gone through Alcoholics Anonymous Narcotics Anonymous and formal 12 step addiction treatments to overcome the self destructive beliefs and attitudes that these programs promote These include the idea that addicts and alcoholics are powerless the belief that addiction is an incurable disease the assertion that people who slip inevitably lose control and the notion that those who reject the 12 step approach are doomed Devoted to helping individuals indoctrinated in 12 step dogma recognize their destructiveness this book provides effective psychological techniques to vanquish negative thinking and help individuals regain control of their lives Help Them Beat The Booze Edmund Tirbutt, Helen Tirbutt, 2011-07-15 This sensitive and accessible guide speaks directly to those who know what it is like to know or love a problem drinker and want to help them recover With case studies throughout and advice based on in depth research into alcohol addiction and the authors personal experiences Help Them Beat the Booze offers reassurance and practical guidance including Understanding

alcohol addiction How to communicate with a problem drinker Practical steps to help the drinker and yourself recover A guide to the treatments available including exciting but little known new methods How to protect your children and minimize the impact on their lives in the future Life with a problem drinker can be challenging but wherever you live in the world with the help of this practical guide you can offer support and advice and find reasons to be hopeful Praise for previous work Beat the Booze by Edmund and Helen Tirbutt One of the most constructive practical books on alcohol I've seen Mail on Sunday

The 30-Second Commute Stephanie Dickison, 2008 Exploring the downfalls of being a freelance writer this cautionary tale explains what happens when one becomes self employed celebrating cubicle free living through a brilliant comic narrative on the real life ups and downs of a full time writer For more than a decade Stephanie Dickison had been successfully publishing features and articles while working a full time job But in December 2005 she left the secure world of 9 to 5 opting to write freelance in order to pay the bills and hoping to finish a manuscript that was close to five years old With valuable insights about time management networking with magazines and newspapers as well as conducting celebrity interviews and writing feature articles this valuable resource will inspire many industrious dreamers to take that long delayed leap and become their own boss *The Clinician's Guide to Alcohol Moderation* Cyndi Turner, 2020-03-16 The Clinician's Guide to Alcohol Moderation examines alcohol use around the world and teaches a range of behavioral health care providers how to help clients practice alcohol moderation Excavating the current treatments available for alcohol moderation the book offers step by step processes of engaging clients and their families self assessments and alcohol moderation tools In addition to using it in conjunction with Practicing Alcohol Moderation A Comprehensive Workbook readers would benefit from the Alcohol Moderation Assessment which predicts who may be able to successfully drink in moderation as well as developing and monitoring an Alcohol Moderation Plan The text uses recognized alcohol moderation resources throughout the world as well as real life case studies to address typical clinician client and family member questions It challenges the traditional recommendation that drinkers experiencing problems are alcoholics This guide is a resource for all who overdrink or know people who struggle with their alcohol use Through its medium a broad range of health care providers receive a step by step process on how to practice alcohol moderation how to put tools into practice case examples and answers to the most commonly asked questions *Nicotine, Caffeine and Social Drinking* Jan Snel, Monique M. Lorist, 1998 First Published in 1998 Routledge is an imprint of Taylor Francis an informa company **Responsible Drinking** Frederick Rotgers, 2002 Written by leaders of the Moderation Management movement Responsible Drinking helps readers define the level of their alcohol use and decide whether moderation or abstinence is the best approach to recovery Resources and personal stories are included that help readers determine if they are problem drinkers and what can be done about it 30 worksheets are included *The Employee Assistance Handbook* James M. Oher, 1999-06-25 This book edited by a member of the ETHS class of 1966 presents a review of the best practices in Employee Assistance Programs

Decoding **7 Weeks To Safe Social Drinking**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**7 Weeks To Safe Social Drinking**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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