

# 7

## Weeks to Safe Social Drinking

How to Effectively Moderate  
Your Alcohol Intake

**Dr. J. Cornett, M.A.**

Author of *How to Effectively Moderate Your Alcohol Intake*  
and *How to Effectively Moderate Your Alcohol Intake*

# Seven Weeks To Safe Social Drinking How To Effectively Moderate Your Alcohol Intake

**RD Boyd**



## **Seven Weeks To Safe Social Drinking How To Effectively Moderate Your Alcohol Intake:**

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

**7 Weeks to Safe Social Drinking** D. J. Cornett,1997      **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      **The Truth about Alcohol** Barry Youngerman,Mark J. Kittleson,2005 An exploration of the issues surrounding teen alcohol use that gives teens the factual knowledge they need and challenges them to reconsider how they think about alcohol      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

**Overcoming Anger in Your Relationship** W. Robert Nay,2010-04-22 Has your relationship become a battlefield Does your partner's sarcasm irritability or hostility make you wonder where the closeness

and trust have gone and how much more you can take If anger is poisoning your relationship this book offers a powerful antidote Anger expert W Robert Nay provides clear cut practical techniques for responding productively to inappropriate expressions of anger Learn how anger gains a foothold in a couple s life why your usual responses may unwittingly reward bad behavior and how to stand up for yourself in ways that promote lasting change Self quizzes and step by step suggestions for dealing with different types of angry behavior are illustrated with true to life examples Grounded in psychological science the strategies in this book are simple yet surprisingly effective Try them for yourself and for the person you love See also Dr Nay s Taking Charge of Anger Second Edition which helps you understand and manage destructive anger in all its forms and The Anger Management Workbook Use the STOP Method to Replace Destructive Responses with Constructive Behavior which builds core anger management skills using interactive exercises      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 American Journal of Forensic Psychology* ,2004      *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      The Employee Assistance Handbook James M. Oher,1999-06-25 This book edited by a member of the EHS class of 1966 presents a review of the best practices in Employee Assistance Programs      **EBOOK: CONCEPTS OF FITNESS & WELLNESS** CORBIN,2015-10-28 EBOOK CONCEPTS OF FITNESS WELLNESS      **Best Life** ,2005-12 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life      **American Book Publishing Record** ,1996-09      **Thriving in College with ADHD** Laura E. Knouse,Will Canu,Kate Flory,Cynthia M. Hartung,2023-07-25 Developed by four professors who also happen to be ADHD experts this interactive and customizable

workbook provides coaching to students with ADHD to make skills like managing time motivating and organizing oneself and adulting a workable part of everyday college life Other books for college students with ADHD only describe personal experiences or just give advice but this workbook promotes learning through interactive exercises and behavioral practice It will allow you to address issues most relevant to your needs at whatever pace feels right Modules are designed to be engaging digestible and activity oriented With practice you will come away with improved skills that will help you to succeed in college and to live your best life This workbook can be used on its own however an accompanying Thriving in College guide for therapists uses an approach that mirrors what you will be learning and doing If you have this workbook and are getting support from a therapist encourage them to use the therapist guide along with you Parents can also benefit from information in this workbook to help their college students along the way and to understand ADHD and how it impacts the college years

Principles of Addiction Medicine Richard K. Ries, Shannon C. Miller, David A. Fiellin, 2009 This respected text from the American Society of Addiction Medicine is valuable for all physicians and mental health personnel who specialize in addiction medicine and who treat patients with addiction disorders The chapters blend scientific principles underlying addiction with the practical essentials of clinical addiction medicine Many of the contributors are affiliated with leading government agencies that study addiction and its science such as the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse The book will appeal to a wide and interdisciplinary range of professionals especially those with interest or duties relating to addiction related disorders and in particular physicians seeking certification status via either the American Board of Addiction Medicine or the American Board of Psychiatry and Neurology A companion Website will offer the fully searchable text

Nutrition Concepts and Controversies Frances Sizer Webb, Eleanor Noss Whitney, 2003 CD ROM contains Nutrition Connections by Michelle Grodner

*Nutrition* Frances Sienkiewicz Sizer, 2002

**Protocols for High-Risk Pregnancies** John T. Queenan, Catherine Y. Spong, Charles J. Lockwood, 2015-03-23 High risk pregnancies present life threatening challenges to two of your patients the mother and her fetus The direct exemplary guidance in Protocols for High Risk Pregnancy enables you to better understand your patients conditions devise optimum management strategies maximize the outcome and minimize the complications for both the mother and her fetus To enhance clinical relevance each protocol is written as if the patient were present Evidence to support an intervention is given where it exists The authors experience provides additional wise counsel Key references provide the springboard for a deeper understanding of a topic In this more compact and fully updated sixth edition new protocols include Amniotic fluid disorders Depression Fetal growth restriction HIV Indicated late preterm and early term birth Malaria Noninvasive prenatal diagnosis Designed for clinical practice by the leaders of two generations of maternal fetal medicine no obstetrician or obstetric health care provider can afford to miss Protocols for High Risk Pregnancy

**Forthcoming Books** Rose Arny, 1996-10

Timeless Kara Davis, 2015-10-06 THE CLOCK STOPS FOR NO ONE Every

day you look in the mirror every birthday you celebrate every milestone in life is a reminder that you are aging It s just a fact But growing older should not herald the end of joy peace strength and beauty It should be a time of honor not shame As you progress through stages of life you can optimize your total health and improve your physical spiritual and mental well being As a board certified physician Dr Kara Davis has gathered decades of experience for this cumulative guide to help you age confidently You will learn the spiritual and biblical connection to common aging concerns such as ADVANCE CARE PLANNING BONE AND MUSCLE STRENGTH HAIR AND SKIN CARE MEMORY AND DEMENTIA PRESERVING HEALTH AND PREVENTING DISEASE AND MUCH MORE Welcome each day of aging with grace Your best years are ahead

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