

# 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

**Kenneth F. Langland, Thomas E.  
Hawkins, Charles B. Dreyer**



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

**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      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      **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 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 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 American Journal of Forensic Psychology* ,2004 **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 *Geriatric Psychiatry* Ana Hategan,James A. Bourgeois,Calvin H. Hirsch,Caroline Giroux,2018-04-03 This textbook presents real world cases and discussions that introduce the various mental health syndromes found in the aging population before delving into the core concepts covered by geriatric psychiatry curricula The text follows each case study with the vital information necessary for physicians in training including key features of each disorder and its presentation practical guidelines for diagnosis and treatment clinical pearls and other devices that are essential to students of geriatric psychiatry With the latest DSM 5 guidelines and with rich learning tools that include key points review questions tables and illustrations this text is the only resource that is specifically designed to train both American and Canadian candidates for specialty and subspecialty certification or recertification in geriatric psychiatry It will also appeal to audiences worldwide as a state of the art resource for credentialing and or practice guidance The text meets the needs of the future head on with its straightforward coverage of the most frequently encountered challenges including neuropsychiatric syndromes psychopharmacology eldercare and the law substance misuse mental health following a physical condition medical psychiatry and palliative care Written by experts in the field Geriatric

Psychiatry A Case Based Textbook is the ultimate resource for graduate and undergraduate medical students and certificate candidates providing mental health care for aging adults including psychiatrists psychologists geriatricians primary care and family practice doctors neurologists social workers nurses and others     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     *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     **American Book Publishing Record** ,1996-09     **Nutrition Concepts and Controversies** Frances Sizer Webb, Eleanor Noss Whitney, 2003 CD ROM contains Nutrition Connections by Michelle Grodner     *Nutrition* Frances Sienkiewicz Sizer, 2002     Forthcoming Books Rose Arny, 1996-10     **Who's who in America** ,2003     **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     *San Antonio Alcohol Safety Action Project Analytic Study No. 7* Kenneth F. Langland, Thomas E. Hawkins, Charles B. Dreyer, 1977  
*Who's who in the West* ,1998

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