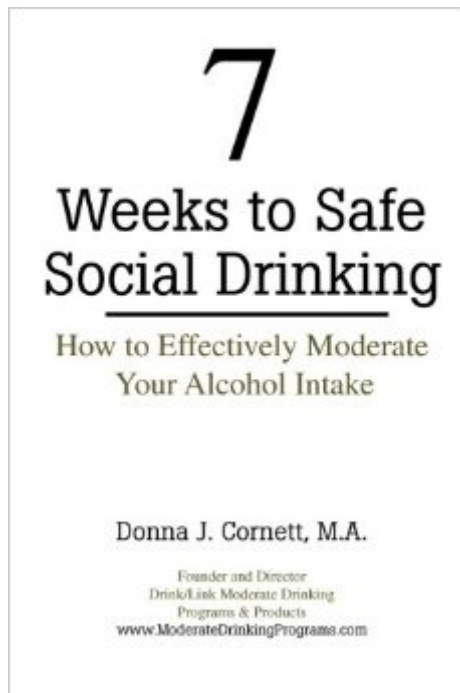


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# 7 Weeks To Safe Social Drinking: How To Effectively Moderate Your Alcohol Intake



## Synopsis

Drink less, crave less and prevent alcoholism in the comfort and privacy of your home with the Drink/Link Moderate Drinking Program! Established in 1988, Drink/Link has helped thousands of drinkers worldwide to cut back on their alcohol intake. Over 80% of the drinkers who have completed the program have significantly reduced their alcohol consumption and no meetings, drugs, belief in a higher power or professional help are required for you to succeed! First, you learn five safe-drinking guidelines, then, each week you learn clinically-proven behavioral, cognitive, motivational and lifestyle strategies and techniques to help you stay within those guidelines. The result? You enjoy controlled drinking and no problems. It's an easy, commonsense moderate drinking program that works! Learn what triggers your alcohol craving and how to manage it, how to slow down and pace your drinking, how to pre-plan for drinking occasions, how to master the art of social drinking and how to make alcohol less important in your life so you drink less naturally. Drink/Link is registered with both the California Department of Alcohol and Drug Programs and the United States Department of Health and Human Services.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)

Best Sellers Rank: #324,151 in Books (See Top 100 in Books) #119 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Breast Cancer #418 inÂ Books > Self-Help > Abuse #489 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

## Customer Reviews

I don't know if I was a problem drinker or alcoholic. I don't care - I'm not into labels. But I do know I wanted to drink less and become less dependent on alcohol. And 7 Weeks helped me. One message in the book is you've got to take responsibility for your drinking instead of chalking it up to genes or a bad childhood or whatever. Another message is you can change if you want to. And Cornett gives concrete tips to cut down. Who care if you're a "problem drinker" or "alcoholic"? If you

want to drink less and have a healthier relationship with alcohol, 7 Weeks is for you. I'd pay twice the price for this book if I had to do it all over again.

This book has been a lifesaver for me. For years I enjoyed social drinking without problems, but the last couple of years I've questioned if I was drinking too much. This program showed me how to pace my drinking, how to make a drinking plan in advance before I started drinking(which really worked)and how to stick to my limit fairly easily. It also made alcohol less important to me - a huge step in the right direction to get back on the healthy social drinking path again. I recommend this book to anyone questioning their drinking. It's a straightforward approach to drink less and drink appropriately.

I wish I had discovered this book 10 years ago. It spelled out how to achieve moderate drinking. It was easy to follow and best of all it worked for me! There are only a few books out that cover the subject of changing drinking behavior. One is filled with stats, boring and hard for me to stay interested in. Another one was too general - no specifics to help me manage drinking. 7 Weeks held my interest and gave specific tips to keep alcohol consumption down and to beat problem drinking.

This is the best book I've read about moderate drinking and how to get there. Most of the time I don't have a problem with alcohol but sometimes it takes over and I drink too much. I have found the suggestions in this book invaluable, especially pre-planning my drinking behavior with the tips in the program, eating while I'm drinking and watching the clock to slow down my drinking. That's just for starters. Cornett gives lots of tips and also works on your attitude about alcohol and its importance in your life. I think this book could change the world and have given it to friends who drink too much.

The other reviewers put it very well but I wanted to add to the list of reviews so that other readers can see that there are a number of people who found it a terrific methodology. I love to be social and have fun. Much of my social life involves food and drink. I had gone overboard too many times and caused problems as a result. I was very motivated because I did not want to have to give up drinking. Fortunately Donna found a system that is very easy to follow. She presented it in a way which is easy to understand and provided a lot of pointers which help.

If you want to explore a realistic way to help you regulate your drinking, this book is worth reading. Simple and rational guidelines are presented, but remember, you must do all the work; there is no

magic! I highly recommend giving it a try.

Harm reduction, especially regarding alcohol, is a misunderstood concept. This book in particular is backed by a determination to address the "sticky middle", the drinkers out there who have a little too much and are not going to be helped by twelve step programs or even attend them in the first place. Bell's approach is straightforward and I believe evidence based. This is well worth a look for anyone who is among the thousands of people who want to enjoy drinking their entire lives. My only worry is its failure to address the intense pleasure and relief drinkers get from drinking. That's not a big flaw but the pleasure and relief are driving motivations that begs to be considered.

I read that book and thought it was certainly helpful and could be useful for problem drinkers. However, if you are an alcoholic, this book could give you false hope that you can beat the disease. Some people just can't drink. While the techniques in the book are certainly efficient, I did not like the overly positive tone and the way they are presented, like they are some kind of magic potion against problem drinking. Just be really careful.

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