

**25 of 25 people found the following review helpful:
5.0 out of 5 stars Excellent resource!, July 19, 2010**

By

Red (Charlottesville, VA) - See all my reviews

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Paperback)

A fact-packed, sensible and compassionate guide for those concerned about alcohol use.

This book addresses very practical questions - how do people affect change? What are the short & long-term effects of alcohol on the body and brain? How can people consider their own experiences and apply what demonstrably works, on their own, and/or with the right kind of support?

It's rare to hear alcohol abuse considered in any context other than "abstain or die". This book objectively presents many surprising facts which strip away popular myths on how to approach an alcohol issue. Most of these myths are based on AA dogma, and widely promulgated by the American medical establishment, in spite of abundant evidence that AA is ineffective for most people.

At the heart of this book is respect for human integrity and informed choice. Anderson recognizes that people have always and will continue to routinely engage in many different behaviors which can have harmful consequences. They also have choices in modifying these behaviors, and reducing the harm they could cause to themselves and others.

Anderson makes a critical and unique contribution in synthesizing existing harm reduction (HR) research, CBT (Cognitive Behavioral Therapy), RET (Rational Emotive Therapy) and other proven approaches, applying them to alcohol use, and creating very immediate and concrete tools that a person can engage to address their own patterns of alcohol use.

While Anderson fully supports abstinence for those who choose it, he acknowledges and understands the practical reality that not everyone will. For those who find an "all or nothing" ultimatum triggers a seemingly perverse leap into "ALL", he offers alternatives - practical approaches toward life choices that better support one's health and goals.

Drinkers can take responsibility, find ways to exercise choice "muscles", and find that "better is better" - and find encouragements to build on their own successes, rather than punishment for not complying with failing methods or rigid dogma. This book supports drinkers in making safer choices, while encouraging them to try out and practice "abs" (sobriety) days, and to plan for maximal safety if they choose to drink.

Anderson presents a structured, but flexible approach, with sets of worksheets, and plenty of facts, empathy, inspiration and humor to encourage a person to apply these concepts practically, day to day, on an ongoing basis. Each chapter is supported by extensive footnote references for further research.

The web-site links included are another bonus. Ongoing on-line support links are provided, and purchase is not needed - on-line support is free to anyone at [...].

Anderson also freely admits he had a serious drinking problem, which adds to his credence with me.

The good news is - if 12-step program approaches and their dire prognosis of progressive disease & death are anathema to you - this is only their story; you're not required to make it your story to get better. In fact, it appears most people are much more likely to get better when they exercise and build on strengths, rather than convince themselves they're "powerless".

This book offers practical tools for that exercise, supported by well-organized, clearly summarized research results and sound medical information. For anyone concerned with an alcohol or any substance use problem (individuals, family, friends, or counselors), this is not just a "must read", but an essential toolkit and invaluable resource.

8 of 8 people found the following review helpful:

5.0 out of 5 stars Comprehensive and well researched, August 13, 2010

By

AnniesRose - See all my reviews

Amazon Verified Purchase(What's this?)

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Kindle Edition)

Although not the only book of its type this book by Mr. Anderson has been well researched with an eye to the regular person. Many books seem to be written for the professional therapist or counselor, not the common reader.

I would recommend this product to anyone who has considered utilizing harm reduction as an approach to either moderate or abstain from drinking.

7 of 7 people found the following review helpful:

5.0 out of 5 stars Wish I would have bought this one first., September 23, 2010

By

John Phillips (Utah) - See all my reviews

(REAL NAME)

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Paperback)

I wish I would have bought this book first as it has EVERYTHING all in one place with excellent online resources. Ideas are straight forward, useable, easy to implement and work. For those looking to create a more healthy lifestyle I couldn't recommend this more highly. And as it says use what works for you and throw out what doesn't. Better is better.

4 of 4 people found the following review helpful:

5.0 out of 5 stars great alternative to AA dogma, September 10, 2010

By

Steve Hayes - See all my reviews

Amazon Verified Purchase(What's this?)

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Kindle Edition)

If you're concerned about your drinking, or any addictive habit, this book is worth reading. The tone is friendly, the material is clear & well-organized, and it offers sane & sensible alternative approaches to the all-pervasive AA disease model. Look, if AA works for you, great -- but it doesn't work for everyone, actually only for a small percentage of people -- for a variety of reasons, primarily the emphasis on personal powerlessness & reliance on a higher power (a dubious notion for some of us), and the insistence on all-or-nothing abstinence.

Ken Anderson's approach is far more flexible and scientifically supported -- he addresses readers as grown-ups, capable of making their own plans & decisions. His book is a breath of fresh air for anyone who thinks they have only two choices of identity -- diseased addict or tense teetotaler. It encourages you to make your own decisions about how much and how often you want to drink (if at all), and offers a variety of methods to get you to your goal. The title says it all -- not *How to Stop Drinking*, but *How to Change Your Drinking*. Grownups understand there's a wide spectrum of behavior between abstinence and abject drunkenness, and this is one of the very few books (the others are mostly by Stanton Peele, good complements to this book) that understands and expresses that. Highly recommended for anyone who, like I, may be wrestling with bad habits.

2 of 2 people found the following review helpful:

5.0 out of 5 stars A useful read for anyone who wants to bring their alcohol consumption under their control, October 8, 2010

By

Midwest Book Review (Oregon, WI USA) - See all my reviews

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Paperback)

How do some people drink and not turn it into a problem? "How to Change Your Drinking: A Harm Reduction Guide to Alcohol" discusses how to encourage moderation and reduction in one's drinking habits, whether one just wants to clean their habits up or simply wants to quit entirely. From preventing blackouts to cultural differences and more, "How to Change Your Drinking" is a useful read for anyone who wants to bring their alcohol consumption under their control.

1 of 1 people found the following review helpful:

5.0 out of 5 stars A rare objective look at handling alcoholism, December 27, 2010

By

Robert Rapplean (Denver, CO) - See all my reviews

(REAL NAME)

This review is from: *How to Change Your Drinking: a Harm Reduction Guide to Alcohol* (Paperback)

I have examine Kenneth Anderson's approach to alcohol treatment in detail. He is one of the very few people on the planet who has been exposed to hundreds of people's search for an effective alcohol treatment without approaching it with a preconceived notion of which treatments are effective. Kenneth has steadfastly searched for the correct answers to alcoholism treatment without trying to prove that his answers are the right ones.

This book reveals this search in a way that the common man can understand. It doesn't push one approach or another, but instead attempts to help its readers understand the strengths and failings of each approach. He provides enough information to help the person make their own decisions.