

Author Biography



Kenneth Anderson, MA is the author of the book "How to Change Your Drinking: a Harm Reduction Guide to Alcohol"--a self-help manual for safer drinking, reduced drinking, or quitting alcohol altogether. Mr. Anderson is also the founder and CEO of The HAMS Harm Reduction Network. HAMS is the first world-wide, harm reduction-based support group specifically for people who drink alcohol. HAMS is lay-led and free-of-charge. Mr. Anderson has worked in the field of harm reduction since 2002. His wide range of experience includes serving as Director of Online Services at Moderation Management, and working "in the trenches" of harm reduction doing needle exchange in Minneapolis. He has presented at the National Harm Reduction Conference and has been a regular guest speaker at the Harlem Hospital Harm Reduction Program, The Lower East Side Harm Reduction Center, and many other venues. Mr. Anderson is a member of The International Center for Clinical Excellence and the International Harm Reduction Association. He holds a masters degree in linguistics from the University of Minnesota and is currently pursuing a masters degree in psychology and substance abuse counseling at the New School for Social Research in New York City.