

How to Change Your Drinking

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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.

Paul T. Vogel

Reviewer

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