



How to Change Your Drinking: a Harm Reduction Guide to Alcohol (2nd edition)

Kenneth Anderson

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Harm reduction is the single most effective approach to drug and alcohol problems because harm reduction uses pragmatic, evidence-based strategies that work. This book is the first comprehensive compilation of harm reduction strategies aimed specifically at people who drink alcohol. Whether your goal is safer drinking, reduced drinking, or quitting alcohol altogether, this is the book for you. It contains a large and detailed selection of harm reduction tools and strategies which you can choose from to build your own individualized alcohol harm reduction program. There are many practical exercises to help people change their behaviors, including risk-ranking worksheets, drinking charts, goal choice worksheets, and many more. There are also innumerable practical tips from folks who "have been there" and have turned their drinking habits around for the better. This book exemplifies the harm reduction principles of "meeting people where they are at" and encouraging people to change in ways which they choose for themselves. This book can either be used as a self-help manual for people working on their own or by people who are participating in a harm reduction support group. BETTER IS BETTER!!

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