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The Social Drinker: How to Keep It That Way (Paperback)

By David Tuffley

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you enjoy a drink or two in the company of others, or does it go beyond that? Where do you draw the line between what is good for you and what might be doing you harm? It is not always easy to know. As a general guide, if you can stop after a couple of drinks, then you don't have a problem. But if you have difficulty stopping, when one drink is too many and twenty is not enough, then yes, maybe your drinking has moved into the red zone. This book shows you how to stay in the green zone by giving you strategies to limit consumption and advice on how to live life the fullest. Not everyone who drinks heavily is an alcoholic. Alcoholism, like dependence on any drug, has three clear characteristics; preoccupation with acquisition, compulsive use, narrowing of interests, denial, and relapse. If alcohol was all good, or all bad, it would be easy. We could simply declare it so. We all know water is good for you and you should drink...



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