



Rational Drinking: How to Live Happily with or Without Alcohol (Paperback)

By Michael Edelstein

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Rational Drinking: How to Live Happily With or Without Alcohol shows you how to control your drinking before it controls you. If you re tired of spending your hard-earned cash on alcohol, if you re tired of always being hung over, if you re tired of damaging your health and relationships because you drink so much, then Rational Drinking is for you. If you ve made the decision to reduce your alcohol consumption or to quit drinking altogether - or if you re only thinking about it - Rational Drinking shows you how to turn your good intentions into effective actions allowing you to live happily with or without alcohol. Perhaps you ve tried Alcoholics Anonymous or other 12-step, self-help programs. Perhaps you re quitting for the first time, or have quit many times before only to return to drink. Now you re looking for a potent, proven way to take charge of your drinking. Rational Drinking puts you in the driver s seat, giving you powerful strategies to set your own limits on how much you drink and,...



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