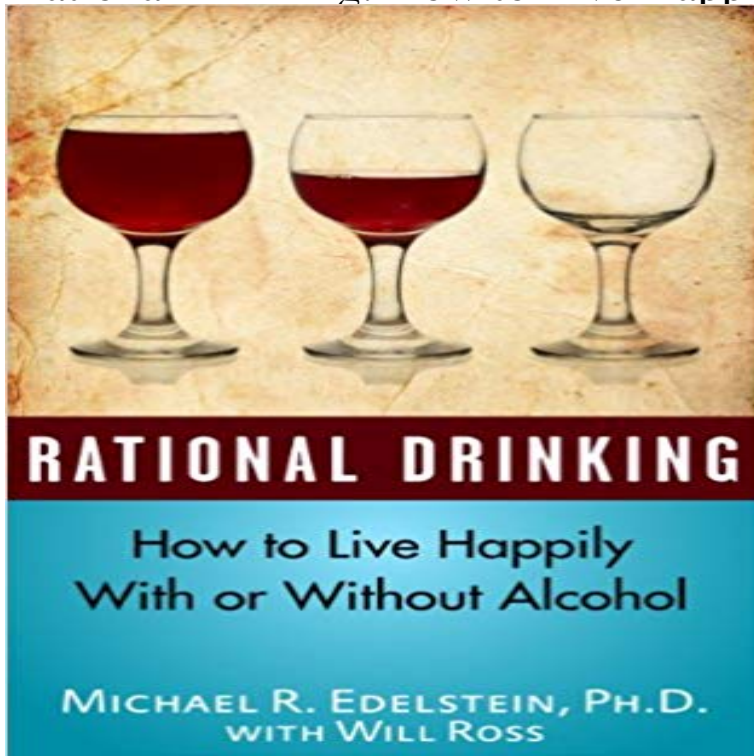


Rational Drinking: How to Live Happily With or Without Alcohol



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, most importantly, how to stick to those limits.

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