



## Rethink Your Drinking: 5 Practical Tips to Cut Back on Alcohol (Paperback)

By Jonathan Langley

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. So, you want to cut back your drinking? So did I. I didn't think I was an alcoholic, but I knew I wanted to drink less. I took some simple, practical steps and changed my life. This book is what I wish I'd known when I started. Maybe you're in a rut. I've been there. But you can learn to break your habit and live a healthier life. Research backs up what your common sense tells you - you are not alone. You can regain control. You have a good chance of successful change. These 5 tips turned my drinking habits around. There's no condemnation, no rock bottom, and no one-size-fits-all approach. Compassion, research and action ideas combine to make a plan you can use right away. These straight-forward tips will help you, or someone you know, take control of drinking.

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