



## An Introduction to Sensible Alcohol Use, 2nd Edition: Practical Tips and Strategies (Paperback)

By Marcantonio Spada

Little, Brown Book Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Learn how to manage your alcohol use simply and effectively For many, drinking can be a pleasurable, acceptable and harmless social activity. However, if you regularly drink more than is sensible you may find that it impacts on your health, emotional wellbeing, relationships and your ability to work. There are many reasons why we drink and this self-help guide uses clinically proven cognitive behavioural therapy (CBT) techniques to help you to work out your own reasons and to start taking control of your alcohol use: Understand what is sensible alcohol use Build the motivation to change your habits Tackle thoughts about drinking Manage setbacks.



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