

How to Change Your Drinking: a Harm Reduction Guide to Alcohol
Reviewed by Molly E. for ReadersFavorite.com

Kenneth Anderson did a fantastic job with this self-help book. I don't read many self help books, but if I did, I would want them all to be EXACTLY like this one. From start to finish, this is full of important and informative lessons on how to control your drinking habits.

I'm not a drinker, so I can't begin to imagine what someone who drinks goes through. However, I have seen the effects of drinking. When I was married, I would witness my husband drinking and would see what it did to him. I wish I would have been able to get him this book at that time.

This book is so much better than a simple self help book. It's a tool. A guide. A way to help the drinkers understand that it's okay to feel what they are feeling but that there is a way to STOP drinking. To feel that feeling WITHOUT taking a drink. It's a way to reduce the risk of harming oneself or others during drinking.

I definitely recommend this to everyone who picks up a drink. It will help them understand that there are BIG risks in drinking. This is a good book that would be wonderful for AA groups, or for sponsors to have on hand to help the person they are sponsoring to understand the importance of eliminating the harmful substance, while still making a choice for themselves. Well done, Mr. Anderson.