

## Press Release

### Revolutionary New Alcohol Self-Help Book from HAMS

#### SUMMARY:

Programs which demand total abstinence and spiritual surrender to a Higher Power fail to help vast majority of people with alcohol problems. Fortunately, harm reduction provides pragmatic solutions with a broad appeal to many drinkers. This is the book to tell you how to practice harm reduction for alcohol.

#### TEXT:

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[The HAMS Harm Reduction Network](#) has just released a self-help handbook for anyone who wishes to change their drinking habits for the better. The title is [How to Change Your Drinking: a Harm Reduction Guide to Alcohol](#). This book contains tools to help drinkers to choose an alcohol management goal which fits their own personal values. Goals can range from safer drinking to reduced drinking to quitting alcohol altogether. It also contains a compendium of strategies which readers can choose from when building their own individualized alcohol management plans. Readers are also introduced to cognitive behavioral strategies to help them to deal with difficult emotions and life situations without resorting to the bottle, as well as ways to have fun without alcohol. Readers are also given damage control strategies to help them deal with any slips they have on the way to achieving their alcohol management goal--a slip needs never turn into a crash.

In addition to giving readers the tools needed to build their own harm reduction program, the book also goes on to explain in detail mechanisms of alcohol intoxication, hangover, withdrawal, blackout, and alcohol related liver damage. Practical strategies are provided to help readers reduce or eliminate these negative alcohol-related consequences.

Finally the book explores the concept of alcohol harm reduction in a larger societal context. Strategies are given for reducing the harm resulting from spousal drinking as well as ways to support spouses who have chosen to take steps for the better--no matter how small. Healthcare professionals are urged to drop perfectionistic attitudes which demand total abstinence and which all too often backfire. Instead they are urged to recognize that many people change gradually--via baby steps--and that it is essential to encourage every positive change.

To order your copy of [How to Change Your Drinking: a Harm Reduction Guide to Alcohol](#) please visit the HAMS web site at [hamsnetwork.org/book](http://hamsnetwork.org/book). Also available from [Amazon](#).