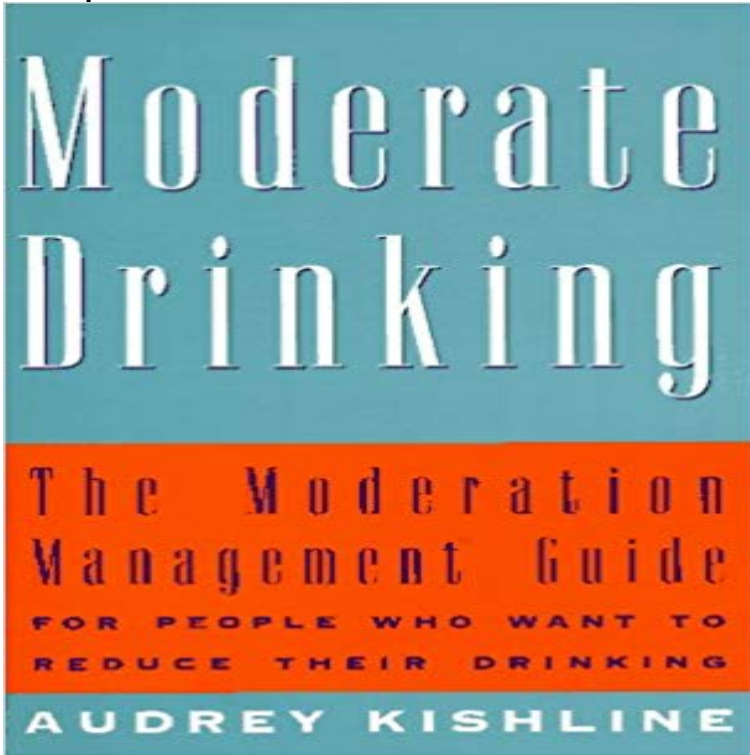


Moderate Drinking: The Moderation Management (TM) Guide for People Who Want to Reduce Their Drinking



The official handbook of Moderation Management, a non-profit, national self-help program that supports moderate drinking as a reasonable and attainable recovery goal for problem drinkers. Based on her own unsatisfactory experience with abstinence-based programs, Kishline offers inspiration and a step-by-step program to help individuals avoid the kind of drinking that detrimentally affects their lives.

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