

# **Download Better Way To Drink : Moderation And Control Of Problem Drinking**

Add tags for "The better way to drink : moderation & control of problem drinking". Be the first. Better Way to Drink: Moderation and Control of Problem Drinking [Roger Vogler] on Amazon.com. \*FREE\* shipping on qualifying offers. Treatment for problem drinking which views most drinking as a habit rather than a disease, contending that not all problem drinkers are hard-core alcoholics. The Better Way to Drink: Moderation and Control of Problem Drinking. New York: Simon and Schuster, 1982. New York: Simon and Schuster, 1982. This web site does not provide medical opinion or advice and none should be inferred. Don't Try to Drink Away Emotional Pain. Here's my warning: Don't drink when you are sad, anxious, lonely, worried, or in any negative feeling state. These are times when you should figure out healthy ways of coping. If you drink during these times, you are at high risk for using your drinking as a crutch.