



Thinking About Drinking: Towards a Safer Relationship with Alcohol (A Journey Through)

Stuart Lonke

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Whether having a glass or two of wine with a meal or drinking socially with friends and work colleagues, alcohol has a significant and enjoyable part in many people's lives. Yet alcohol consumption, even in relatively moderate amounts, can also have an adverse impact on health, personal relationships, sleep, work, family life, and more. In this book, clinical psychologist Stuart Linke encourages us to carefully reflect on our own drinking habits. Are we drinking more than we realized? Why do we drink? How can we take steps to control or perhaps stop drinking if we choose to? Using questionnaires, worksheets and accessible examples of real situations, Thinking About Drinking provides clear, practical strategies for improving our relationship to alcohol. Linke shares his expertise and experience in cognitive behavioural therapy and motivational therapy to help both heavy and moderate drinkers:

- Calculate alcohol intake
- Think about drinking habits and patterns
- Identify the risks posed by alcohol
- Understand the process of change
- Draw up a realistic plan of action
- Successfully implement the plan
- Skillfully handle relapses

For people who would like to better control and alter their drinking but are not sure how to go about it, Thinking About Drinking is a simple and sensitive guidebook from an expert in the field, providing step by step instruction and advice to help promote a healthier and more balanced relationship to alcohol.

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