



## Saying When: How to Quit Drinking or Cut Down

By Martha Sanchez-Craig

Centre for Addiction and Mental Health, United States, 2015. Paperback. Book Condition: New. 3rd. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.People often recognize that their drinking is causing problems in their lives long before they are ready to seek help. Knowing that there is a problem can be a good first step to cutting back or quitting drinking, but it can be hard to know what further steps to take to make changes and stick to them. Saying When presents a step-by-step program to help people cut down or stop drinking. Developed by the author Dr Martha Sanchez-Craig over 22 years at the Addiction Research Foundation, the program was designed to be used by people on their own or with counselling. The program is directed at people who experience problems related to their drinking, but who do not have a severe alcohol use disorder. Its effectiveness has been tested and proven through research and over time by people needing to gain control of their drinking. Saying When presents the self-help version of the program. This guide is especially valuable to people who wish to address their alcohol use privately, without mutual help...



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