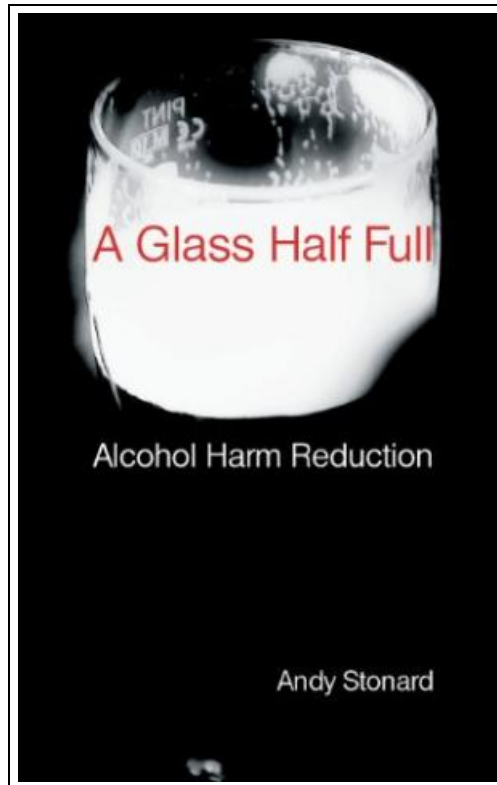


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A GLASS HALF FULL: DRINKING - REDUCING THE HARM



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Little Dice, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Successive governments and health watchdogs tell us to drink sensibly, responsibly, watch your units, don t binge and now avoid pre-loading! Is your experience of drinking alien to these messages? Many of us like to have a drink, relax, drink safely, laugh and be sociable. Sometimes have a little more than we know you should. For others their drinking is out of control, causes harm and health problems. Services are thin on the ground and poorly funded and most people do not know what to do to help. Our public health messages are more like sound bites and asking for help is not an easy step. A glass half full is written for everyone to understand alcohol and their drinking a little better and how to cut down yourself or support someone else if you need to. It is full of practical tips and information. A glass half full explains how we have come, as a nation, to our present day confusion about our own drinking and our own behaviour. A glass half full tries to offer ideas rather than yet more successive reactive political moral panics with tough talking and no real change.



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