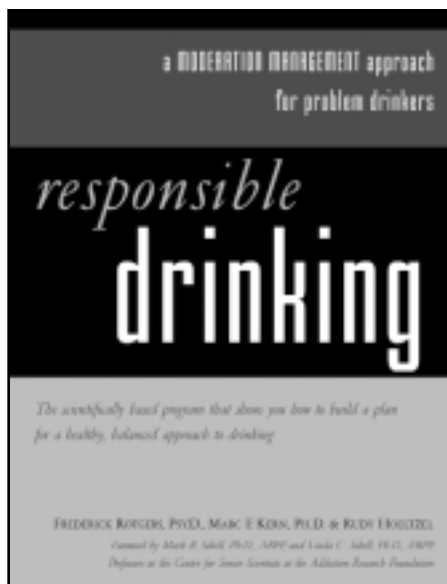


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*We are pleased to announce the publication of . . .*



## Responsible Drinking

A Moderation Management Approach for  
Problem Drinking

*The scientifically based program that shows you how to  
build a plan for a healthy, balanced approach to drinking*

Frederick Rotgers, Psy.D., Marc F. Kern, Ph.D. and  
Rudy Hoeltzel

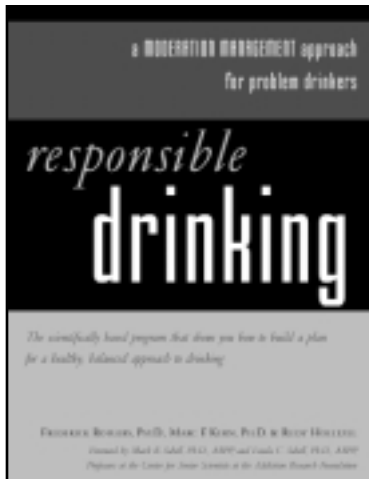
Learn when (and how) to say “when”

*Please consider this helpful new book for review,  
for excerption, and for your booklist.*

RESPONSIBLE DRINKING  
ITEM DRNK ISBN 1-57224-294-9, (PAPER), \$18.95, 212 PAGES  
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“Even though moderation is more common than abstinence as an effective solution for drinking problems, until now there has not been an up-to-date and comprehensive resource for individuals who wish to consider or practice moderation. This book covers everything you need to know about moderation and what to do if moderation isn’t working.”

-**A. THOMAS HORVATH, PH.D.**, President, SMART Recovery, past President, American Psychological Association Division on Addictions, and author of *Sex, Drugs, Gambling, Chocolate: A Workbook for Overcoming Addictions*

According to the National Institute on Alcohol Abuse and Alcoholism, more than three out of four people who drink heavily would not be diagnosed as alcohol dependent, or alcoholic.

Based on extensive scientific literature supporting moderation as a resolution for drinking problems, *Responsible Drinking* offers research-based techniques that will help non-dependent drinkers overcome their drinking problems. This revolutionary workbook by the leading voices of the Moderation Management self-help group program first reviews the evidence supporting moderation as a resolution for many persons with drinking problems. Then, it provides readers with tools to help them determine the severity of their drinking problems. Readers with less severe problems are then helped to make an informed decision about whether to pursue moderation or to turn to abstinence.

For readers who choose to pursue moderation, the workbook goes on to help them learn to moderate their drinking and develop a healthier lifestyle. By adopting goals specific to their needs, readers make a commitment, examine the negative effects of alcohol over-use, identify their own triggers, and learn to take control of their behavior. Inspirational words of more than fifty individuals who have faced and overcome the same problems offer guidance and support. Resources are also provided to help any reader who chooses to pursue abstinence at any stage of the program.

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## *Suggested Interview Questions for* **Responsible Drinking**

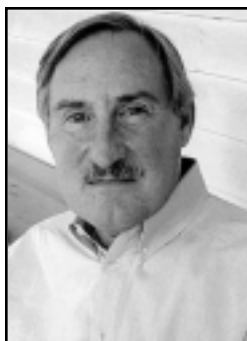
1. Your book is based on the premise that someone can be a "problem drinker" but not an alcoholic and that a problem drinker can learn to drink in moderation. What is the difference between alcoholism and problem drinking?
2. You say that there is clear evidence that large numbers of people with alcohol problems can learn to drink in moderation. What specific studies is this based on and why are so few in the general public aware of them?
3. That someone can be a problem drinker rather than an alcoholic, and can choose moderation rather than abstinence, is an idea that is met with a great deal of suspicion, and even hostility, from the general public and from some in the professional community. Why?
4. You have a chapter called "Choosing Your Goal" in which readers decide between moderation and abstinence. How can someone know what is the best choice for him or her?
5. How do you build a commitment to moderate drinking?
6. What are some benefits and costs of choosing moderation?
7. What is "the Thirty" and why do you recommend it?
8. How can someone who has a troubled relationship to alcohol know when they've had enough and what are a few skills for staying in control of their drinking?
9. What do you recommend for avoiding slips and relapses and coping with them when they occur?
10. If moderation doesn't work what are some options for pursuing abstinence and what are some key things to remember in considering abstinence?

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## *About the Authors of* **Responsible Drinking**



**FREDERICK ROTGERS, PSY.D.**, is Chairman of the Board of Directors for Moderation Management Network Inc., and has been in the forefront of using Moderation Management techniques as a component of comprehensive alcohol treatment since the mid-1990s. Dr. Rotgers is the former Director of the Program for Addictions Consultation and Treatment, at the Center of Alcohol Studies at Rutgers University in Piscataway, New Jersey. He also served as the Assistant Chief Psychologist at the Smithers Alcoholism Treatment and Training Center at St. Luke's/Roosevelt Hospital Center in New York City. A private practice psychologist, researcher, and teacher, Dr. Rotgers is currently an Associate Professor of Psychology with the Philadelphia College of Osteopathic Medicine.



**MARC F. KERN, PH.D.**, is the Founder and Director of Addiction Alternatives in Los Angeles, California, and a member of the Board of Directors for Moderation Management Network, Inc. A founding board member of both Rational Recovery and SMART Recovery, Dr. Kern is a licensed clinical psychologist, Certified Addictions Specialist, Certified Rational Addictions Therapist, and is Certified by the American Psychological Association in the treatment of alcohol and other psychoactive substance use disorders. He has been featured on *20/20* and *Larry King Live* on the subject of moderate drinking.



**RUDY HOELTZEL** resolved a drinking problem in the Moderation Management program and has led a local Moderation Management self-help group meeting for six years. A member of the Board of Directors for Moderation Management Network Inc., Rudy's experience is recounted in the book's preface. He lives in Morristown, New Jersey.

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# *What's Been Said About* **Responsible Drinking**

"I strongly recommend *Responsible Drinking* for those who wish to pursue 'the path of moderation.' Readers will gain new knowledge and skills about alcohol and moderate drinking, including an enhanced sense of personal habit mastery and greater freedom of choice."

—**G. Alan Marlatt, Ph.D.**, Professor and Director, Addictive Behaviors Research Center,  
University of Washington, Seattle, Washington

"This book combines research about how people resolve drinking problems either through quitting or through cutting back, with practical techniques for controlling one's drinking and managing one's life and personal stories from a wide variety of human beings who have resolved a drinking problem."

—**Stanton Peele, Ph.D., J.D.**, author of *Love and Addiction*, *The Truth About Addiction and Recovery*, and *Diseasing of America*

"*Responsible Drinking* is a wonderful guidebook that every problem drinker should have on the path to moderate drinking."

—**Andrew Tatarsky, Ph.D.**, Clinical Psychologist and author of *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*

"*Responsible Drinking* gives readers invaluable research-based tools that are often lacking when people attempt moderation on their own."

—**Anne M. Fletcher, M.S., R.D., L.D.**, author of *Sober for Good: New Solutions for Drinking Problems—Advice from Those Who Have Succeeded*

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