



## Moder8 - Balance for a Better Life: How to Control Your Drinking and Learn to Drink in Moderation

By Elizabeth Michael

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 86 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Its a fact, abstinence doesnt work for everyone. Whether you want to stop drinking, stop binge drinking, or simply drink less, you will find the tools, tips and strategies to help you control your drinking - instead of your drinking controlling you. Written from the authors own personal experience with and victory over alcohol, the helpful, inspiring and easy to follow exercises will guide you through creating your own plan to control your drinking and take back your life. Youll want to keep this book as a reference and refer back to it from time to time as issues in your life change. This item ships from La Vergne, TN. Paperback.



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