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Nota di contenuto	Cover; Half Title Page; Title Page; Copyright; Dedication; Contents; Acknowledgments; Preface: How Did We Get Here?; Introduction: Why Harm Reduction?; 1. Welcome to Harm Reduction; 2. Why Do People Use Drugs?; 3. When Is Drug Use Harmful?; 4. Why Do Some People Get into Trouble While Others Don't?; 5. How Do I Know If I Am in Trouble?; 6. How People Change; 7. You Don't Have to Quit to Change; 8. Substance Use Management; 9. Taking Care of Yourself While Still Using; 10. How Can I Tell If Harm Reduction Is Working?; 11. Finding the Right Help. 12. A Letter to Family and Friends of People Who Use Drugs What You Should Know about Drugs: A Quick Reference; Resources; Index; About the Authors.
Sommario/riassunto	"Just say no" just doesn't work for everyone. If you've tried to quit and failed, simply want to cut down, or wish to work toward sobriety gradually, join the many thousands of readers who have turned to this empathic, science-based resource--now thoroughly revised. A powerful alternative to abstinence-only treatments, harm reduction helps you set and meet your own goals for gaining control over alcohol

and drugs. Step by step, the expert authors guide you to determine: *Which aspects of your habits may be harmful. *How to protect your safety and make informed choices. *What changes you would like to make. *How to put your intentions into action. *When it's time to seek help--and where to turn. Updated to reflect a decade's worth of research, the fully revised second edition is even more practical. It features additional vivid stories and concrete examples, engaging graphics, new worksheets (which you can download and print for repeated use), "Self-Reflection" boxes, and more. Mental health professionals, see also the authors' Practicing Harm Reduction Psychotherapy, Second Edition.
