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Autore	Denning Patt
Titolo	Over the influence : the harm reduction guide to controlling your drug and alcohol use // Patt Denning, Jeannie Little
Pubbl/distr/stampa	New York, New York ; ; London, [England] : , : The Guilford Press, , 2017 ©2017
ISBN	1-4625-3035-4
Edizione	[Second edition.]
Descrizione fisica	1 online resource (306 pages)
Disciplina	362.29
Soggetti	Substance abuse - Prevention Self-care, Health Harm reduction
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
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 DrugsWhat 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.

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**Titolo**

Newsletter / / Japanese Association for the History of Geology

**Pubbl/distr/stampa**

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**Descrizione fisica**

1 online resource

**Soggetti**

Geology - Japan

Géologie - Japon

Geology

Periodicals.

Japan

**Lingua di pubblicazione**

Inglese

**Formato**

Materiale a stampa

**Livello bibliografico**

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