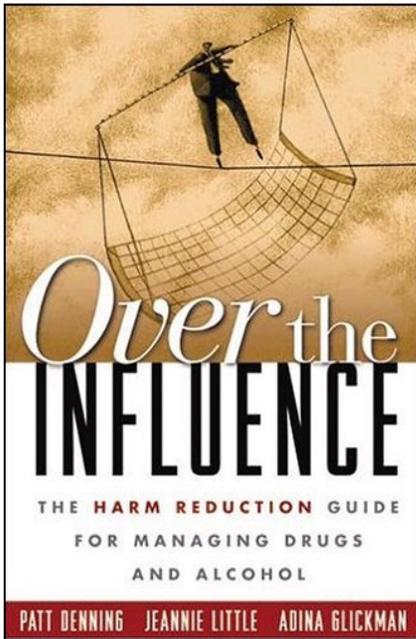


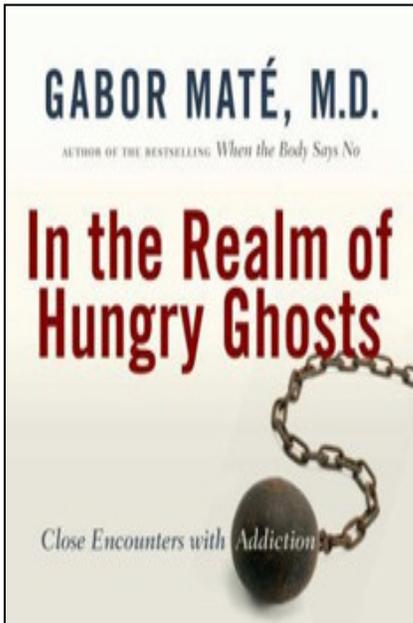
BOOKS FOR THE HARM REDUCTION CURIOUS



Over the Influence:

The Harm Reduction Guide for Managing Drugs and Alcohol by Patt Denning, Jeannie Little and Adina Glickman

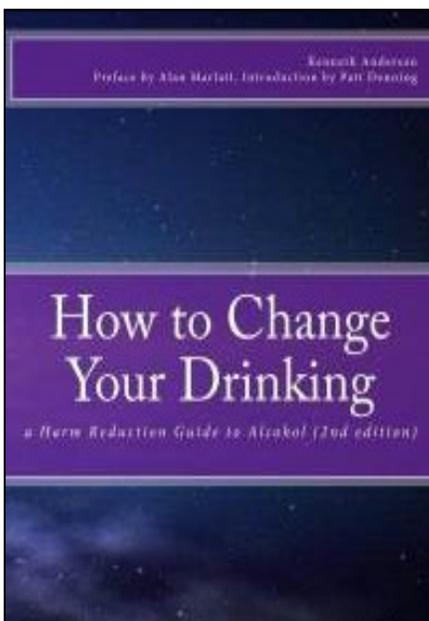
"Imagine if all that counted in helping people with drug problems were science, compassion, health, and common sense. Imagine if the bottom line were simply a matter of helping people get their lives together, one step at a time, in their own particular way. Read this wonderful book, and what you imagine just might become real. " -Ethan Nadelmann, PhD, Executive Director, Drug Policy Alliance.



In the realm of the Hungry Ghosts

by Dr. Gabor Maté

"In this timely and profoundly original new book, bestselling writer and physician Gabor Maté looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviors... there are many among us who are struggling with addictions. Drugs, alcohol, tobacco, work, food, sex, gambling and excessive inappropriate spending. What is amiss with our lives that we seek such self-destructive ways to comfort ourselves? And why is it so difficult to stop these habits?"



"How to Change Your Drinking: a Harm Reduction Guide to Alcohol" by Kenneth Anderson

Kenneth Anderson founded is the first and only lay-led, free-of-charge [support group](http://hamsnetwork.org/) for harm reduction for alcohol. The HAMS- Harm Reduction for Alcohol <http://hamsnetwork.org/> This book is the first comprehensive compilation of harm reduction strategies aimed specifically at people who drink alcohol. Whether your goal is safer drinking, reduced drinking, or quitting alcohol altogether, this is the book for you. It contains a large and detailed selection of harm reduction tools and strategies which you can choose from to build your own individualized alcohol harm reduction program. There are many practical exercises to help people change their behaviors, including risk-ranking worksheets, drinking charts, goal choice worksheets, and many more. There are also innumerable practical tips from folks who "have been there" and have turned their drinking habits around for the better. This book exemplifies the harm reduction principles of "meeting people where they are at" and encouraging people to change in ways which they choose for themselves. This book can either be used as a self-help manual for people working on their own or by people who are participating in a harm reduction support group. BETTER IS BETTER!!