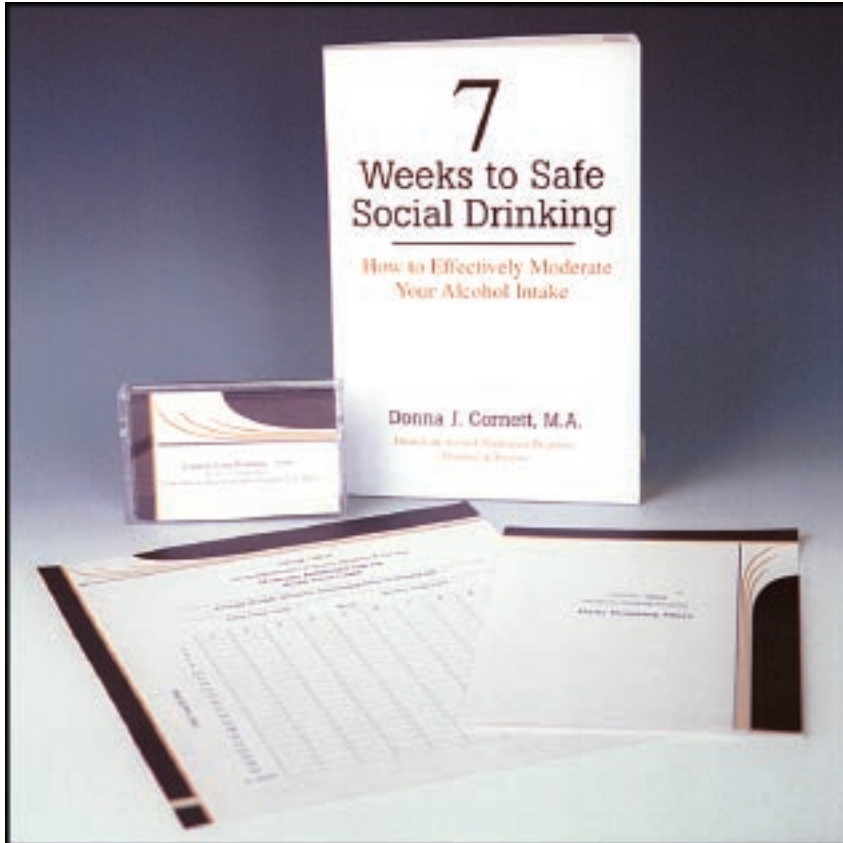


# THE SENSIBLE DRINKING SYSTEM™

Offered By

*Drink / Link*<sup>sm</sup>

ALCOHOL MODERATION PROGRAMS, PRODUCTS & SERVICES



The first and only patented self-help alcohol abuse prevention product an individual can complete on their own without professional help *guaranteed* to reduce alcohol consumption if completed according to instructions.

- *Cost-Effective*
- *Confidential*
- *Commonsense*
- *Drug-Free*

## **BENEFITS TO THE INDIVIDUAL:**

- An Easy “First Step” to Prevent Problem Drinking - *Guaranteed* to Reduce Alcohol Consumption!
- Affordable, Confidential, Commonsense
- Complete at Home - No Meetings or Professional Help Required
- Discover if Controlling Drinking Works Within Seven Short Weeks or if Abstinence Would be Easier
- Enjoy the Health Benefits and Peace of Mind of Safe Moderate Drinking - None of the Problems
- Behavioral Counseling Available

## **BENEFITS FOR THE HEALTH CARE INDUSTRY & PRIVATE SECTOR:**

- Finally - A Low-Cost Brief Intervention to Prevent Alcohol Abuse - *Guaranteed* to Reduce Alcohol Consumption!
- No Expensive Professional Help Required
- Save Millions on Alcohol Abuse Treatment and Alcohol-Related Healthcare
- Increase Productivity - Less Absenteeism, Fewer Accidents
- Drinkers Are Motivated to Succeed in a Program with a Moderation Goal
- This Product is a Stepping Stone to Abstinence for Some Drinkers Who Learn Within Seven Weeks if Moderate Drinking is Possible or if Abstinence is Easier
- Behavioral Counseling, Assessment and Training Services Also Available

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# THE SENSIBLE DRINKING SYSTEM™

## Includes:

- **7 Weeks To Safe Social Drinking: How to Effectively Moderate Alcohol Intake Workbook** By D.J. Cornett, Founder & Director of Drink/Link. Offers safe drinking guidelines and proven behavior management strategies and techniques to reduce alcohol consumption.
- **“Control Your Drinking - Now!” Motivational Tape** By D.J. Cornett. Just play this tape and stay on the moderation track day or night - whenever the urge strikes.
- **The Drink/Link Drinking Diary** Raises “drinking awareness” and pinpoints cues that trigger overdrinking.
- **The Drink/Link Drink Graph** Charts progress during and after the Program.
- **Step-by-Step Instructions** Instructs how to proceed with the Program and how to implement each item.
- **Optional Counseling** Assesses the current level of alcohol abuse and addresses specific problem-drinking habits.

\*Disclaimer: The Drink/Link Moderate Drinking Program is designed for the early-stage alcohol abuser teaching them to modify drinking behavior, reduce alcohol consumption and prevent alcoholism. It is not recommended for the alcoholic, anyone suffering from a serious health or psychological condition caused or aggravated by alcohol consumption, anyone suffering from serious health, psychological, social, legal, financial, or work-related problems as a result of drinking, any woman who is pregnant or thinking of becoming pregnant. It is not recommended for minors or anyone who has successfully abstained. Results vary according to the individual.

## ABOUT DRINK/LINK AND DONNA J. CORNETT, FOUNDER & DIRECTOR



Drink/Link Alcohol Moderation Programs, Products & Services is a behavioral-cognitive approach designed for early-stage alcohol abusers teaching them to modify drinking habits, reduce alcohol consumption and prevent alcoholism. Based on over 40 years of research in the United States, Canada, England, Sweden and New Zealand, Drink/Link was established in 1988 by Donna Cornett - long before any other moderate drinking program was available to the American public.

Drink/Link has helped thousands of drinkers and is proud to count government agencies, universities, health care professionals and organizations and businesses in the private sector as our clients. It is internationally recognized as the first clinically proven moderation program in the United States and also the first registered with both the California Department of Alcohol & Drug Programs and the U.S. Department of Health & Human Services.

Donna Cornett, founder and director of Drink/Link, holds a MA and California College Teaching Credential in psychology. She has counseled drinkers since 1985 and conducts workshops for drinkers and professionals nationwide. Cornett is the founder of the Responsible Drinking Institute of America, a non-profit organization devoted to sensible alcohol use and preventing alcohol abuse. She is the author of the books 7 Weeks to Safe Social Drinking: How to Effectively Moderate Your Alcohol Intake and Control Your Drinking - Naturally and the motivational tape “Control Your Drinking - Now!”.

*Drink / Link*<sup>sm</sup>

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Toll-Free: (888) 773-7465 • Local: (707) 539-5465 • Fax: (707) 537-1010  
Email: [info@drinklinkmoderation.com](mailto:info@drinklinkmoderation.com) • Web: [www.drinklinkmoderation.com](http://www.drinklinkmoderation.com)