

Miller, W. & Munoz, R. (2005). *Controlling your drinking: Tools to make moderation work for you*. New York: Guilford Press.

If America required a license to drink, William Miller and Ricardo Munoz's *Controlling Your Drinking* would be the prerequisite reading. Whether you want to assure a healthy or healthier relationship with alcohol or want help severing that relationship, this book is a goldmine of practical information based on the latest scientific studies of alcohol and alcohol problems. Filled with wonderfully detailed case studies and tips and tools of every variety, this highly readable contribution to the alcohol literature is destined to become THE guide for people wanting to make the best personal decisions about the role of alcohol in their lives. The discussions of overdrinking, dumb drinking, harmful drinking and dependent drinking are by themselves worth the price of the book. Finally, a book that eschews labels and just lays out the common sense of how to drink and how to figure out if you shouldn't be drinking. William Miller and Ricardo Muñoz are to be commended for injecting a breath of reason into a long, acrimonious debate that has generated more heat than illumination.

William L. White

--Author, *Slaying the Dragon: The History of Addiction Treatment and Recovery in America*