

Montclair State University

Counseling and Psychological Services (CAPS)

Want to find out more about the effects of Alcohol and Other Drug Use?

Self-Help Materials : Books

- ✓ The Addiction Workbook: A step-by-step guide to quitting alcohol and drugs by Patrick Fanning and John O’Niell.
- ✓ When AA Doesn't Work for You: Rational Steps to Quitting Alcohol by Albert Ellis and Emmett Velten.
- ✓ The Miracle Method: A Radically New Approach to Problem Drinking by Scott D. Miller and Insoo Kim Berg.
- ✓ Changing for Good by James O., Ph.D. Prochaska, John C. Norcross and Carlos C. Diclemente.
- ✓ Sober for Good by Anne M. Fletcher and Frederick B. Glaser.
- ✓ Happy Hours: Alcohol in a Woman's Life by Devon Jersild.
- ✓ Under the Influence: A Guide to the Myths and Realities of Alcoholism by James Robert Milam, Katherine Ketcham.
- ✓ Rational Recovery: The New Cure for Substance Addiction by Jack Trimpey
- ✓ The Small Book: A Revolutionary Approach to Overcoming Drug and Alcohol Dependence (Rational Recovery Systems) by Jack Trimpey, Albert Ellis
- ✓ Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy, by Cynthia Kuhn, Scott, Ph.D. Swartzwelder, Wilkie, Ph.D. Wilson, Leigh Heather Wilson, Jeremy Foster, Cynthia, Ph.D. Kuhn, Wilkie Wilson, Scott Swartzwelder
- ✓ Over the Influence : The Harm Reduction Guide for Managing Drugs and Alcohol
by Patt Denning, Jeannie Little, Adina Glickman
- ✓ Responsible Drinking: A Moderation Management Approach for Problem Drinkers
by Frederick Rotgers, Marc F. Kern, Rudy Hoeltzel
- ✓ Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening

by Robert J. Meyers, Brenda L. Wolfe

Self-Help Materials: Websites

- ❖ Test Your Drinking-Want to Know More? (Excellent site)
<http://alcohol.clients2.paradise.net.nz/cgi-bin/hadenough/quest.pl>
- ❖ Alcoholics Anonymous
<http://www.alcoholics-anonymous.org/>
- ❖ Al-Anon (for family members and friends of alcoholics)
<http://www.al-anon.org/>
- ❖ Adult Children of Alcoholics
<http://www.adultchildren.org/>
- ❖ NIAAA Web Site on Binge Drinking (very good)
<http://www.collegedrinkingprevention.gov/students/>
- ❖ Facts On Tap (Excellent)
<http://www.factsontap.org/>
- ❖ B.R.A.D. (Be Responsible About Drinking, Inc)
<http://www.brad21.org/>
- ❖ Evaluate Your Drinking (Centre for Addiction and Mental Health)
<http://notes.camh.net/efeed.nsf/feedback>

The information provided is for educational purposes only and in should not substitute consultation with a trained professional.

Counseling and Psychological Services
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