



Clear Thinking When Drinking: The Handbook for Responsible Alcohol Consumption

Roman T. Solohub

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"Roman's book is a timely tool to help people to enjoy alcoholic beverages of all kinds in a healthy and positive manner. . . .It is a constructive approach to teaching our young people how to enjoy the fruits of the ancient arts of brewing, winemaking, and distilling and how to avoid the abuse of these products. . . .I am convinced that it is more constructive to teach our offspring how to handle and enjoy the consumption of alcoholic beverages wisely, instead of demonizing these beverages." - Eric Wallace, president, Left Hand Brewing This book teaches the keys to drinking responsibly. The consumption of alcoholic beverages is common in most cultures and societies. As evidenced by daily headlines covering the problems that can occur as a result of abusing this potent drug, those who choose to drink owe it to themselves and the rest of society to learn to do so responsibly. Author Roman T. Solohub hopes to educate young people in particular on safe, moderate alcohol consumption. This important guide teaches: 1. The truth about the history of alcohol and how the influence of the abstinence theorists has been misleading; 2. Some of the pros and cons for setting 21 as the legal drinking age and misconceptions relating to underage drinking; 3. Why alcohol education is every bit as important as sex education; 4. Tips for moderate consumption, such as counting each and every drink consumed, and knowing when to say "when"; and, 5. About the health risks associated with chronic alcohol abuse. . . . "Clear Thinking When Drinking" is for anyone who decides to drink alcohol. It is an ideal book for parents to give to their college-aged children or for businesses to give to their employees. This manual is also valuable as a reference for adults currently using alcohol who may have some misconceptions about its properties.

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