

Last Orders: A Drinker's Guide To Sobriety

"A handsome and comprehensive bartending guide for professional and home bartenders that includes history, lore, and 150 recipes. What's the difference between and martini and a gibson? Does absinthe really cause insanity? Which type of glass should a moscow mule be served in? The Bar Bible answers all of these questions and more, with fascinating information about everything boozy that's good to drink. From author and Wine Spectator-contributing editor Jennifer Fiedler, this book presents essential bartending information, from the tools of the trade to the history and mythology behind classic cocktails in an easy-to-navigate alphabetical guide" --

The Rough Guide to Britain is the ultimate insiders' handbook to England, Wales and Scotland. The full-colour introduction brings the countries' highlights to life, from the Eden Project in Cornwall to Edinburgh's Royal Mile. The authors provide lively accounts of every sight from the latest attractions such as the Cardiff Bay area and Gateshead's Baltic Centre to established landmarks from the Tower of London to Edinburgh Castle. For every town and region there are lively reviews of the best places to stay, eat and drink, to suit all pockets and with accompanying maps pinpointing each location. There's also practical tips on exploring the great British countryside from the rugged Pembrokeshire coastline to the picturesque valleys of the Yorkshire Dales.

This is the definitive guide to sparkling wine today, complete with profiles of exemplary producers, bottle recommendations, colorful infographics, and illustrated guides. Sparkling Wine for Modern Times considers sparkling wine traditions and offerings from around the world. This approachable book explores our perpetual fascination with sparkling wine and places each regional expression within the wider wine zeitgeist—from the radical grower revolution reshaping the highly conservative area of Champagne to Prosecco's overnight transformation into a multi-million-dollar brand to the retro appeal of natural wine's cult-hit pétillant naturel to the next generation of real wines from Lambrusco, and beyond. The book covers the essential information for each growing region and highlights up-and-coming areas such as Jura in France, as well as can't-miss trends including traditional-method Sicilian sparklers and Californian pét-nat. For each region, renowned wine writer Zachary Sussman gives expert bottle recommendations to seek out--wines that truly capture the style and spirit of the place. Fun and informative illustrated timelines, color charts, and production-method breakdowns from illustrator Nick Hensley appear throughout for quick learning. For anyone who's ever wondered why bubbles are confined to birthdays and holidays, Sparkling Wine for Modern Times is your go-to guide to enjoying sparkling wine all year long.

Provides information for traveling in England, Wales, and Scotland, including travel tips, recommended accommodations, historic sites, and annual events.

A Drinker's Guide to Pure Water

The Rough Guide to Mexico

A Craft Beer Lover's Guide to Hoppiness

Balancing Private Choices and Public Accountability

The Essential Bar Book

Drinkers, Drivers, and Bartenders

Bourbon Curious

From an award-winning journalist and beer expert, a thoughtful and witty guide to understanding and enjoying beer Right here, right now is the best time in the history of mankind to be a beer drinker. America now has more breweries than at any time since prohibition, and globally, beer culture is thriving and constantly innovating. Drinkers can order beer brewed with local yeast or infused with moon dust. However, beer drinkers are also faced with uneven quality and misinformation about flavors. And the industry itself is suffering from growing pains, beset by problems such as unequal access to taps, skewed pricing, and sexism. Drawing on history, economics, and interviews with industry insiders, John Holl provides a complete guide to beer today, allowing readers to think critically about the best beverage in the world. Full of entertaining anecdotes and surprising opinions, Drink Beer, Think Beer is a must-read for beer lovers, from casual enthusiasts to die-hard hop heads.

Inspired by its successful run at the Edinburgh Fringe Festival, this dryly humorous cultural history is made for those who long to drink less—but better.The Thinking Drinker’s Guide to Alcohol celebrates liquor’s influence on life, love, literature, and learning through the ages—from Ancient Egypt to the gin-drenched debauchery of eighteenth-century London to absinthe-induced French impressionist art.

Euphoric is your 8-week plan for an alcohol-free lifestyle that can lead to more happiness, well-being, and self-love. It ’ s the modern woman ’ s guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want—along with the audacity to go after it. Imagine a program that makes the benefits of “ Dry January ” last all year. That ’ s Euphoric! Alcohol is everywhere in our society, and it ’ s hard to resist. The pressures to fit in and have “ just one drink ” —that turns into several—whether at a party or on a casual Friday night, can lead to an imbalanced life that ’ s plagued with unhealthy habits, low self-esteem, and decreased productivity. How can you change your relationship with alcohol without feeling deprived or like a social outcast? First, decide you want a change and then pick up Euphoric,from certified alcohol-free life coach Karolina Rzadkowska. Karolina has helped thousands of casual drinkers transform their relationship with alcohol, including herself. In Euphoric, she shares a proven strategy to make alcohol insignificant in your life. In just eight weeks, you can ditch alcohol and learn how to: Create a natural buzz that alcohol can only mimic Be fully present with your kids, partner, and friends Feel more energized, look better, and live healthier Enjoy the best sleep of your life Have fun in any social situation, without drinking Accomplish goals with your newfound drive Become confident to chase your biggest dreams Euphoric presents an 8-week, easy-to-customize plan for anyone who wants to transform their relationship with alcohol and experience the life-changing benefits that happen when you take a break from booze to focus the health of your mind, body, and soul. Here ’ s the plan! Week 1: Examine and Dismantle Limiting Beliefs Week 2: Let Go of Shame Week 3: Step into Your Best Health Week 4: Navigate Your Social Life Week 5: Get Mindful and Embody Self-Love Week 6: Find Pure and Utter Happiness Week 7: Create Your Dream Life Week 8: Step into Your Purpose Reclaim yourself and rejuvenate your life, as you make alcohol irrelevant and get motivated to claim a new lifestyle clearly focused on your goals, priority, and values.

Hilarious, enlightening and inspiring The Man with His Head in the Clouds is anything but ordinary. Smith has artfully created a category-defying juxtaposition of historical biography and autobiographical recovery story. . . fun and accessible.' --The Psychologist 'All human life is here, served up with a light touch and keen sense of the ridiculous.' --Dr Lucy Worsley 'Pure pleasure... A brilliant blend of biography and self-help, and a bold book about ballooning, The Man with His Head in the Clouds is nothing less than a trip.' --Frances Wilson This is the story of how an uneducated Oxford pastry cook became the first Englishman to fly, in a self-built balloon powered by primitive, and potentially lethal, hydrogen. Despite taking off in force 8 gales, crashing into hills and plopping into the Irish Sea, James Sadler became a rare pioneering aeronaut to survive such perilous ascents. Good luck was not hereditary; his son's balloon fatally collided with a chimney. Sadler advanced the scientific evolution of lighter-than-air flight, and took part in both of the famous races that so captivated the public in late eighteenth-century Europe: across the Channel, and the Irish Sea. He earned Lord Nelson's endorsement for improving the Royal Navy with applied science, created one of the first--perhaps the very first--mobile steam engines and was revered by fans like Percy Shelley and Dr. Johnson. Yet even the brightest stars one day collapse, as Sadler's name emits virtually no light today. Like Sadler, Richard O. Smith emanates from Oxford's Town not Gown. Like Sadler, he wants to look down on Oxford--literally--and his admiration for the balloonist culminates in him replicating the first ever flight, also over Oxford. But there is a problem. The author suffers from acute acrophobia, a crippling fear of heights. This prevents him from standing on a stool, yet alone dangling at 3,000 feet beneath an oversized party balloon. To overcome his chronic height anxiety, he seeks pre-flight counselling, learning all about current understanding of phobias and anxieties. Here he discovers that he is also bathmophobic--a fully-functioning adult who is afraid of stairs.

Inspired by Sadler, Smith sets out to overcome his debilitating fear and ascend in a balloon over Oxford. 'Be positive. You just need a will to do it,' counsels a psychologist. So, taking that advice, he starts positively, by making a will.

An A-to-Z Guide to Spirits, Cocktails, and Wine, with 115 Recipes for the World's Great Drinks

A Harm Reduction Guide to Alcohol

How to Drink

The Beer Drinker's Guide to God

DK Eyewitness Travel Guide: Sydney

A Commander's, Supervisor's, and Physician's Guide to Alcohol Abuse and Alcoholism

A ZZ Top Guide

Expert Drinking Made Easy This engaging guide demystifies the art of ordering, preparing, and serving wine, beer and cocktails so you can drink like a boss every time. You'll learn how to: Equip and stock a home bar Make a flawless martini Order wine without dying a little inside Choose a delicious sparkling wine instead of springing for Champagne for yourself Whether you're hosting a cocktail party, attending a business lunch, or relaxing with friends at the local brewery pub, you'll gain the confidence to know exactly what you love to drink and serve. And if you want to know how to mix an Old Fashioned on an airplane, that's in there too. Bottoms up!

Now available in PDF format. Newly revised, updated, and redesigned for 2014. Experience the best of London with DK Eyewitness Travel Guide: London. This newly updated travel guide for London will lead you straight to the best attractions this city has to offer, whether you are looking for the "real" London Bridge, planning to ride the London theater performances. Expert travel writers have fully revised this edition of DK Eyewitness Travel Guide: London. -Themed itineraries help plan trips to London by length of stay or by interest. -Improved neighborhood walking maps now include restaurant locations by area. -Completely new hotel and restaurant listings now include DK Choice typography and fresh layout throughout. You'll still find DK's famous cutaway illustrations of major architectural and historic sights, museum floor plans, and 3-D aerial views of key districts to explore on foot, along with in-depth coverage of the city's history and culture. A city map is marked with sights from the guidebook and includes a key and a chart showing the walking distances between major sights. With hundreds of full-color photographs, hand-drawn illustrations, and custom maps that illuminate every page, DK Eyewitness Travel Guide: London truly shows you this city as no one else can.

DK Eyewitness Sydney will lead you straight to the best attractions this magnificent city has on offer. Packed with stunning photography, illustrations and detailed maps, discover Sydney area by area from boat tours around Sydney Harbour to eating breakfast on Bondi Beach. The guide provides all the insider tips every visitor needs, from visiting koalas and kangaroos at Taronga Zoo. You'll find 3D cutaways and floorplans of all the must-see sites plus 3D aerial views of Sydney's most interesting districts, including comprehensive listings of hotels, restaurants, nightlife and entertainment in each area for all budgets. DK Eyewitness Sydney explores the culture, history, art and architecture of Sydney, not forgetting the best walking tours and great days out. With up-to-date information on getting around by car, train, bus, ferry and on foot plus all the sights, beaches, festivals and pubs listed area by area, DK Eyewitness Sydney is your essential companion. Don't miss a thing on your holiday with DK Eyewitness Sydney.

This book is useful for anyone who may find that they are drinking too much, for the loved ones of such people, and for clinicians who want to broaden their skills when working with people who struggle with alcohol.

Is Your Water Safe

The Essential Guide to Public Health and Health Promotion

A User's Manual

Drinking Distilled

Beer Drinkers & Hell Raisers

Getting to the Bottom of Every Pint

Alcoholics Anonymous

According to the United States Public Health Service, over 100,000 deaths a year are attributable to alcohol, including 20,000 highway fatalities. In response, legislatures have enacted various forms of regulation intended both to reduce alcohol consumption and to curb its harmful effects. This groundbreaking study focuses on one such form of regulation, the liability imposed on alcohol servers and social hosts by tort law. Basing their analysis on important new data from their extensive research and in-depth interviews with actors on all sides of the issue, the authors conclude that, despite their relative unpopularity, tort laws are very effective in reducing accidents—even more than criminal sanctions. Extraordinary in scope and exacting in detail, Drinkers, Drivers, and Bartenders: Balancing Private Choices and Public Accountability links alcohol problems, deterrence, and serving practices in a way no other work has been able to do and is certain to become a crucial reference point for researchers and policymakers alike.

Is the water that pours out of your tap every day pure and safe enough to drink? A Drinker's Guide to Pure Water: Is Your Water Safe? thoroughly explores water safety and presents a historical perspective of why we should be concerned. No matter the precautions taken to date, our water supply is still vulnerable to contamination by chemical and bacterial pollutants that have been responsible for either temporary or permanent disruption of water supplies. As a result, local officials often sound water boil alerts to concerned citizens. Author Zalman Saperstein will help you understand why you must take responsibility for your drinking water instead of relying on corporations or government agencies to assure water quality. Saperstein presents Valuable facts and information on the following:
· Why water is our most valuable resource
· Previous and present water crises
· Why you must stay informed
· Recent scientific findings
· What you must do to reduce water contamination
· Keeping informed and proactive to protect your water
Future generations deserve to inherit a less-contaminated world. **A Drinker's Guide to Pure Water will help guide you in reversing this critical problem and preserving our planet.**

"The world has been waiting for this book." —Jeffrey Morganthaler, author of The Bar Book and Drinking Distilled In Bourbon Curious: A Tasting Guide for the Savvy Drinker, award-winning whiskey writer and Wall Street Journal best-selling author Fred Minnick creates an easy-to-read interactive tasting journey that helps you select barrel-aged bourbons based on your flavor preferences. Using the same tasting principles he offers in his Kentucky Derby Museum classes and as a judge at the San Francisco World Spirits Competition, Minnick cuts to the chase, dismissing brand marketing and judging only the flavor of this all-American whiskey. Bourbon Curious groups bourbon into four main flavor profiles—grain, nutmeg, caramel, and cinnamon. While many bourbons boast all four flavor notes, one delicious sensation typically overpowers the rest. This book reveals more than 50 bourbon brands' predominate tastes and suggests cocktail recipes to complement them. In addition, Minnick spends some time busting bourbon's myths; unraveling its mysteries; and exploring distiller secrets, disclosing the recipes you won't find on a bottle's label. This updated edition contains all the best new bourbons and revised tasting notes on any bourbons that have undergone a substantial change since the original edition. And like good-tasting bourbon, Bourbon Curious is approachable to all!

The problem with most personal finance and investing books is that they complicate simple ideas and contain so much detail nobody ever actually reads them. Beer Money is different. It can be read in an afternoon and presents financial concepts using something you're already familiar with: Beer. Beer Money is organized as a “Pub Crawl to Financial Success.” Each chapter is a clear, actionable step with guidance on financial decisions you may face. Excruciating detail such as valuation metrics for stocks, estate planning, complicated options strategies, etc. are NOT part of this book. Beer Money is written for anyone who wants the basic building blocks of personal finance and investing.You'll learn the differences between investing in stocks, bonds, real estate and commodities. You'll see how to best use a retirement plan like a 401(k), how to budget better and the importance of insurance. There are examples of different investment portfolios, automatic saving and spending plans and a discussion about the different types of investment accounts such as Traditional and Roth IRA's. The use of beer, easy to understand text and pictures (yes, pictures!) and humor make this a book you will actually read and understand. So grab a cold six pack and get started on your own pub-crawl to financial security. Cheers!

How to Change Your Drinking

DK Eyewitness Travel Guide: London

The Rough Guide to Britain

Beer Money

The Wine-drinker's Manual ...

A Cocktail of Amusing Anecdotes and Opinion on the Art of Imbibing

James Sadler, The First Englishman to Fly

Four men gather in a London pub. They have taken it upon themselves to carry out the last orders of Jack Dodds, master butcher, and deliver his ashes to the sea. As they drive towards the fulfillment of their mission, their errand becomes an extraordinary journey into their collective and individual pasts. Braiding these men's voices, and that of Jack's widow, into a choir of sorrow and resentment, passion and regret, Swift creates a testament to a changing England and to enduring mortality. "Swift has involved us in real, lived lives...Quietly, but with conviction, he seeks to affirm the values of decency, loyalty, love."--New York Review of Books "A beautiful book...a novel that speaks profoundly of human need and tenderness. Even the most cynical will be warmed by it."--San Francisco Chronicle

The basic text for Alcoholics Anonymous.

Travelers can drink in all the atmosphere, history, and beer that Munich has to offer with this updated guide to the best watering holes in the beer-drinking capital of the world. More than 70 of Munich's best beer gardens, beer halls, pubs, and late-night hot spots are listed in detail. The colorful histories behind them are included, along with detailed maps and instructions on how to find each place. Information on Oktoberfest and other beer festivals make this guide as practical as it is entertaining. This revised edition pays for itself three times over with the enclosed beer coupons from some of Munich's most prized beer gardens. From Am Hopfengarten to Zur Schwaige, this guide's wisdom will make any trip to the Beer City a truly unforgettable travel experience.

"Can I just be Marissa, please? I want to be hilarious and sexy and smart and insanely knowledgeable about wine." --Mindy Kaling A fresh, fun, and unpretentious guide to wine from Marissa A. Ross, official wine columnist for Bon Appétit. Does the thought of having to buy wine for a dinner party stress you out? Is your go-to strategy to pick the bottle with the coolest label? Are you tired of choosing pairings based on your wallet, instead of your palate? Fear not! Bon Appétit wine columnist and Wine. All The Time. blogger Marissa A. Ross is here to help. In this utterly accessible yet comprehensive guide to wine, Ross will walk you through the ins and outs of wine culture. Told in her signature comedic voice, with personal anecdotes woven in among its lessons, Wine. All The Time. will teach you to sip confidently, and make you laugh as you're doing it. In Wine. All The Time., you'll learn how to:
• Describe what you're drinking, and recognize your preferences
• Find the best bottle for you budget and occasion
• Read and understand what's written on a wine label
• Make the perfect pairings between what you're drinking and what you're eating
• Throw the best damn dinner party your guests will ever attend
• And much more

Survivors Manual

Last Orders

The Casual Guide to Confident Drinking

The Thinking Drinker's Guide to Alcohol

Euphoric

A Drinker's Guide

Drinks

The Ultimate Guide To Those Sharp Dressed Men Fifteen studio albums, fifty million records sold, and more awards than you can shake a stick at – including an induction into the Rock And Roll Hall Of Fame – have made ZZ Top legends. So, let’s celebrate ‘em in a fact-packed handbook that gives you the lowdown on the Texas trio that’s been rocking for well over 40 years and are still going strong. What you get here is: The essential history of the band from their 1969 roots to the present day. A review of the band’s studio output, plus notable tours and gigs. Mini-biographies of the boys, plus their influences and who they in turn have influenced. Awards won, plus bits and pieces of fascinating and fun trivia charting their rise to fame. Beer Drinkers & Hell Raisers celebrates the music and legacy of one of America’s most prominent and popular rock bands. It’s everything you ever needed to know about ZZ Top, but were afraid to ask. So, what are you waiting for? Crank up the volume and give Messrs Gibbons, Hill and Beard all your lovin’.

*****GIVING UP DRINK HAS REVOLUTIONISED MY LIFE!***** *If you want to STOP DRINKING and CHANGE YOUR LIFE FOREVER, Then this book is for YOU! After 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term outlook on life, and I finally began to realise just what a mess my life had become. Then, in December 2012 I put together my methodology and I quit alcohol forever. Without resorting to drugs, rehab or any outside help, I have never touched a drop since. I have never been so wonderfully healthy or happy, I have revolutionised life for me and those around me, and I know I will never drink again. My book tells you how I did it, and how you can do the same. My methodology works, it's easy, it's positive, it's unique and most especially, it's great FUN! It includes:* Discussion: Was I/Are you an alcoholic? Why did I give up drinking? And much more... * My proven methodology: Follow the easy and enjoyable route I took to immediate success.* A day to day guide: Daily help for the initial stages followed by help with what to tell other people and how to cope at key events including your first meal out, a wedding, a major drinking event, and more... * Hilarious drinking stories and tales of woe to help instil in you a 'been there – done that' frame of mind. *** MY BOOK ALSO INCLUDES A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION *** From the foreword by hypnotherapist expert Dan Jones: It is not often a book comes along that offers the reader exactly what they are looking for, this book does just that. This book gets to the point; it gives a clear and easy to follow 'no nonsense' approach. It is full of real life examples from an author that has 'been there and done that'. www.idontdrink.net*

The first fully illustrated guidebook for craft beer drinkers, pairing hyper-detailed photography with profiles of 50 of today’s most popular hop varieties. Hops are the most important ingredient in the beer we love, offering a spectrum of distinct aromas, flavors, and bitterness. Whether it’s a floral Cascade, spicy Saaz, juicy Citra, or a combination of different varieties, hop character has become the driving force behind craft brewing. The Book of Hops profiles fifty of the most sought-after hops from around the world, with intricate photography and notes on taste, composition, use, and origin, plus examples of the wonderful beers that showcase them. With contributions from today’s most important brewers and growers; a handy primer that breaks down the science, story, and production of beer; and hand-picked craft beer recommendations throughout, this fully illustrated guidebook is all you need to discover and fully savor your next favorite brew.

Tired of going to the bar and not knowing what to order? Fed up with going out to eat at a fine restaurant and not knowing what wine to best pair with your meal? Then "The Social Drinker" is the book for you. Filled with helpful tips and general rules of engagement, "The Social Drinker" is your quick reference guide to social drinking success.

I Don't Drink!

The Man With His Head in the Clouds

The Beer Drinker's Guide to Munich

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

The Social Drinker: The Guide to Survive In a Social Environment

Responsible Drinking

The Book of Hops

The Rough Guide to Mexico is the ultimate travel guide to this fascinating nation: with clear maps and detailed coverage of all the best Mexican attractions – this completely revised, full colour edition features new, easy to find practical sections, full transport details for every location and new colour maps. Discover Mexico's highlights with stunning photography and information on everything from Baja California's beaches and the silver towns of the Bajío, to the jungle-smothered ruins of Oaxaca and Yucatán. Find detailed practical advice on what to see and do in Mexico City, relying on up-to-date descriptions of the best hotels, bars, clubs, shops and restaurants for all budgets. The Rough Guide to Mexico also includes detailed itineraries covering the best of the country, as well as things not to miss and regional highlights detailing the most unforgettable experiences. Make the most of your time with The Rough Guide to Mexico. Now available in PDF format.

It’s no accident that Jesus’ first miracle was turning water into wine! Written by an Episcopalian priest-slash-bar owner, this thoughtful, well-written book of spiritual essays distills lessons about the character of God from stories about adult beverages. “Oh taste and see that the Lord is good.” –Psalm 34:8 Being upright does not mean you have to be uptight—at least according to Father Bill Miller, an Episcopal priest/bar owner. As a fan of both spirits and the Holy Spirit, he is very familiar with the intoxicating lure of some of God’s finer creations, and in The Beer Drinker’s Guide to God he brews up insightful, beautifully written reflections about the strange intersections of God, and, well...beer. In this humorous collection of essays, he weaves together stories from his life in ministry, his travels in search of the world’s best Scotch, his conversations with Trappist monks, and colorful evenings in his bar, Padre’s. He also reflects on the lessons he’s learned from baseball, Playboy bunnies, Las Vegas, and his attempts to become chaplain to the Dallas Cowboy cheerleaders, all while (somehow) crafting essays about the spiritual importance of generosity, sacrifice, openness, and spiritual transformation. Really. Essays include: –WJJD: What Would Jesus Drink? –Brewed Over Me and Distill Me, O Lord –Pearls of Great Price –Chicken Soup for the Hooters Girl’s Soul –Miss Hawaii and Other Miss Takes –Don’t Leave me Hanging: The Theological Significance of Athletic Supporters From the deeply touching to the laugh-out-loud funny, these stories ultimately open our minds to the glory of God and our mouths to some of God’s more delicious creations. The Beer Drinker’s Guide to God is a smart, hilarious book for those thirsty for God’s truth.

Written by leaders of the Moderation Management movement, Responsible Drinking helps readers define the level of their alcohol use and decide whether moderation or abstinence is the best approach to recovery. Resources and personal stories are included that help readers determine if they are problem drinkers and what can be done about it. 30 worksheets are included.

Pub crawl your way through the sacred seasons with this entertaining and useful collection of cocktail recipes, distilled spirits, beer, and wine for virtually every occasion on the Catholic liturgical calendar. One part bartender’s guide, one part spiritual manual, a dash of irreverence, and mixed with love: Drinking with the Saints is a work that both sinner and saint will savor.

A User's Guide

The Sinner's Guide to a Holy Happy Hour

Sparkling Wine for Modern Times

Ditch Alcohol and Gain a Happier, More Confident You

A Modern Guide to the Changing World of Wine

A Drinker's Guide to the Freewheeling World of Bubbles

Wine. All the Time.

An opinionated, illustrated guide for cocktail beginners, covering the basics of spirits plus making and drinking cocktails, written by celebrated craft cocktail bartender Jeffrey Morgenthaler. This easy-reading, colorful introduction for cocktail beginners, with approximately 100 succinct lessons on drinking culture, spirits, and cocktail making, is delivered in the pithy, wry style Morgenthaler is known for in his instructional videos and writing for beverage publications. Novices will learn how to order a drink, how to drink with the boss, how to drink at the airport, and more. Twelve perfect starter recipes—ranging from a Dry Gin Martini to a Batched Old-Fashioned (perfect for the flask)—plus thirty original illustrations round out this distillation for new enthusiasts.

Includes a description of each pub, a location map, and a list of beers found along with the date of the author's visit. This guide also contains colour photographs, contact details, articles related to real ale and football and comments from the regulars of the pub, and a cultural guide to each town.

A spirited new translation of a forgotten classic, shot through with timeless wisdom Is there an art to drinking alcohol? Can drinking ever be a virtue? The Renaissance humanist and neoclassical poet Vincent Obsopoeus (ca. 1498–1539) thought so. In the winelands of sixteenth-century Germany, he witnessed the birth of a poisonous new culture of bingeing, hazing, peer pressure, and competitive drinking. Alarmed, and inspired by the Roman poet Ovid's Art of Love, he wrote The Art of Drinking (De Arte Bibendi) (1536), a how-to manual for drinking with pleasure and discrimination. In How to Drink, Michael Fontaine offers the first proper English translation of Obsopoeus's text, rendering his poetry into spirited, contemporary prose and uncorking a forgotten classic that will appeal to drinkers of all kinds and (legal) ages. Arguing that moderation, not abstinence, is the key to lasting sobriety, and that drinking can be a virtue if it is done with rules and limits, Obsopoeus teaches us how to manage our drinking, how to win friends at social gatherings, and how to give a proper toast. But he also says that drinking to excess on occasion is okay—and he even tells us how to win drinking games, citing extensive personal experience. Complete with the original Latin on facing pages, this sparkling work is as intoxicating today as when it was first published.

For things to do and see visitors to London are spoiled for choice. Whether you are in London for a long trip or a quick taste of the city the Eyewitness Travel Guide will help you to make the most of your time. You will find suggestions on what to see, how to get about and where to eat and stay. Annually revised and updated and with beautiful new full-color photos, illustrations, and maps, this guide includes information on local customs, currency, medical services, and transportation. Consistently chosen over the competition in national consumer market research. The best keeps getting better!

A Practical Guide to Alcohol Moderation, Sobriety, and When to Get Professional Help

How to Quit Alcohol - a Drinker's Tale

Drink Beer, Think Beer

Last Orders: A Drinker's Guide to Sobriety

Take Control of Your Drinking

Football and Real Ale Guide Division One

A Moderation Management Approach for Problem Drinkers

In the twenty-first century, public health is everyone’s business. The nursing and medical professions are well placed to provide advice to their clients, especially in respect to lifestyle change, and public health initiatives are supported by a range of statutory and voluntary organisations and health workers, ranging from health promotion specialists to smoking cessation advisers and nutrition assistants. Designed to help readers develop the practical skills they need to become effective public health practitioners, this concise text gives an easily digested overview of public health and health promotion theory in accessible language and diagrams, before moving on to the ways readers can apply this in practice. Providing an opportunity for practitioners to understand possible barriers to lifestyle change, debate health inequalities and responsibilities, and explore the role of the media in changing attitudes, it: Outlines the roles of specific organisations involved in the work of public health work. Covers health needs assessment, agenda setting and the technical aspects of how to research plan and evaluate effective practice either with individual clients or when devising programmes and initiatives for population groups. Details methods of helping people with motivation for lifestyle change, building rapport, ongoing support, monitoring and signposting to specific services. Discusses role of neighbourhoods and communities in improving health and how workers may support local populations to improve the health of their community. The Essential Guide to Public Health and Health Promotion is an accessible introduction to the principles and practice of health promotion and public health for all those new to working or studying in the area, whatever their professional background.

"Preface by Alan Marlatt, introduction by Patt Denning."--Cover.

A field guide to the new world of wine, featuring an overview of today’s most exciting regions and easy-to-use advice on properly tasting wine, discovering under-the-radar gems, and finding the perfect bottle for any occasion. Highlighting wines from old world regions such as France, Italy, Spain, and Germany to new world wines from the United States, Australia, New Zealand, Chile, and more, The Essential Wine Book tells you what to drink and why. Beginning with foundational information about how wine is made, how to taste it, and how to understand terroir, wine expert and journalist Zachary Sussman then gives an overview of the most important and interesting wine regions today—both established and still emerging. For instance, the great French wines of Burgundy and Champagne are already well known, but for affordable bottles you can easily find at your local wine shop, Sussman profiles up-and-coming producers in other regions, including the Jura, Languedoc-Roussillon, and more. In a similar vein, California’s Napa Valley has for decades been the source of America’s most prestigious wines, but here you’ll learn about other areas of the state that are gaining recognition, from Lodi to the Santa Rita Hills. You’ll find user-friendly "just the highlights" notes for each region, as well as recommendations for producers and particular bottles to seek out. Diving deep into what makes each region essential and unique, this comprehensive guides gives new wine drinkers and enthusiasts alike an inside track on modern wine culture.

The Essential Wine Book

A Tasting Guide for the Savvy Drinker with Tasting Notes for Dozens of New Bourbons

Sak é

A Beer Drinker's Guide to Personal Finance and Investing

The Whole and Holy Truth About Lager, Loving, and Living

A Classical Guide to the Art of Imbibing

Drinking with the Saints