Announcing Dryuary 2017 – Stay Dry in January at Dryuary.org

Announcing the 2017 Dryuary™ Challenge, the annual "Dry January" month of abstinence. Take a month-long break from alcohol, and join with others in a supportive environment.

St. Louis, Missouri (PRWEB) December 20, 2016 -- The Dryuary™ Challenge is the annual "Dry January" month of abstinence. Take a month-long break from alcohol, and join with others in a supportive environment.

Dryuary provides encouragement for individuals who have made the healthy decision to not drink alcohol in January. Dryuary is simply an opportunity to reset a relationship with drinking, not therapy. Daily emails help participants to stay focused and resolved. Dryuary asks everyone to make the decision to invest in themselves as a healthier, more productive person.

Dryuary is all about not drinking alcohol in January. Dryuary was formed as a simple response to a complex problem- How can people with concerns about alcohol take a first step towards a healthier lifestyle? The volunteers who decided to make Dryuary happen were all from Moderation Management, and they knew from their own personal experience how problems with alcohol could grow. What simple step could people take to start to break the cycle that can lead to a life dominated by drink? Could a single point be found where a person could cut this cord and learn to build healthier habits? In retrospect, New Year's Day was a time of repentance and regret for so many after overindulgence the night before. What better occasion to encourage a month-long break from alcohol. Thus January became "Dryuary", and everyone is asked to consider taking the Dryuary Challenge of one month without a beverage containing alcohol.

Resolve finds a cheerleader in each daily Dryuary message, posted on the website and emailed to recipients who subscribe to our mailing list. Join a community of Dryuary participants, who can discuss their experiences on the Dryuary Forum and make anonymous comments on every daily post.

This is the third year of the Dryuary Challenge. Participation is free of charge. The many authors of the daily Dryuary posts have demonstrated that they can provide the inspiration and perspective to make these 31 Dryuary days into more than just a white-knuckle show of willpower- "Dry January" becomes a meaningful self-empowering experience that sustains and strengthens the participants as they move into the New Year.

Dryuary 2017 can give participants a break for 1/12th of the year from a diet that includes alcohol. Reset a relationship with alcohol. Get a Great Start to the New Year.

Subscribe here: http://dryuary.org/wp/sign-up

Moderation Management has agreed to sponsor Dryuary. Dryuary is presented free of charge to any interested person, along with their other services. Moderation Management was founded on the belief that problems with alcohol can be resolved by responsible individuals who learn how to make good decisions. Dryuary is one of these good decisions.

Email the Dryuary administrators at dryuary(at)dryuary(dot)org.

Dryuary(TM) is sponsored by Moderation Management
Moderation Management(TM) is a national support group network for people concerned about their drinking and who desire to make positive lifestyle changes. Moderation Management empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence.

For more information, see http://www.moderation.org
Moderation Management(TM) is a 501(c)(3) IRS-registered non-profit organization.
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Online Web 2.0 Version
You can read the online version of this press release here.