

## I Need To Stop Drinking

**'AN INSPIRATIONAL MANIFESTO' - Annie Grace 'SIMON IS FABULOUS - YOU HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN!' - Clare Pooley** Do you feel trapped by alcohol? Do you find yourself thinking about drinking too often? Do you put alcohol ahead of the most important things in your life? If so - here's some good news. You can quit drinking, and it's not as difficult as you think. Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In *How to Quit Drinking in 50 Days* he'll give you a structured way to find complete freedom from alcohol - for now, or forever. This 50-day journey to freedom is split into two parts. Days 1-25 will ask you to take an honest look at the impact alcohol has had on your life, to examine the reasons for your drinking, and will arm you with the best strategy for quitting alcohol successfully. Days 26-50 will ask you to make the commitment to taking a break from alcohol - taking each step with one chapter a day, and answering the questions that come up. There are strategies for dealing with challenges and setbacks, and a wealth of resources for finding support and inspiration. Above all, there is a genuine passion for the sober adventure, and the huge rewards of an alcohol-free life - a life of freedom that's waiting for you. **\*Includes free downloadable workbook and journal\*** Download the workbook from the John Murray Learning Library website, or the free John Murray Learning app. **PREORDERED? VISIT SIMON'S 'BE SOBER' WEBSITE TO CLAIM YOUR PLACE ON AN EXCLUSIVE WORKSHOP**

**READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE.** Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling *Easy Way to Stop Smoking* has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • **A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE** What people say about Allen Carr's Easyway method: "The Allen Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." *The Sunday Times*

Do you find yourself drinking wine every night at home? Does stress from work or your relationships have an effect on how much alcohol you drink? Are you ready to quit drinking and take charge of your health? If you've decided that it's time to quit or cut back on alcohol, I congratulate you. I also know that the search for the most effective strategy to go about this can be daunting. Overcoming an addiction to alcohol can be a long and bumpy road. At times, it may even feel impossible. But it's not. If you're ready to stop drinking and willing to get the support you need, you can recover from alcoholism and alcohol abuse-no matter how heavy your drinking or how powerless you feel. And you don't have to wait until you hit rock bottom; you can make a change at any time. Whether you want to quit drinking altogether or cut down to healthier levels, these guidelines can help you get started on the road to recovery today. Most people with alcohol problems do not decide to make a big change out of the blue or transform their drinking habits overnight. Recovery is usually a more gradual process. In the early stages of change, denial is a huge obstacle. Even after admitting you have a drinking problem, you may make excuses and drag your feet. It's important to acknowledge your ambivalence about stopping drinking. If you're not sure if you're ready to change or you're struggling with the decision, it can help to think about the costs and benefits of each choice. In this book, you'll discover numerous tips on quitting alcohol and can also help you get started on the road to recovery. The benefits of quitting alcohol are numerous, and though it

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*may sound stereotypical, turning away from alcohol as a crutch or solution has given many individuals a new chance and an opportunity to actively set fresh goals and build a healthier life. Get your copy now... Follow this guidance to build back your healthy life gradually*

*Escape the Alcohol Addiction and Regain Control Over Your Life Alcoholism or alcohol addiction can happen to everyone. It's a disease that doesn't discriminate, and its destructive claws can pull you in, no matter the age, race, social status, or education level. It's always hard to admit to ourselves we have a problem, and we tend to find excuses to avoid dealing with our issues. Once you take that first step, you have already made massive progress on the road to recovery. You are not alone in this. This detailed step-by-step guide to stop drinking will help you on this journey. Here, Allen Grace presents effective methods you can use to understand the root of your problem and start solving it. He will mentor you through this process, and you'll find support and encouragement in his words. This guide aims to inspire you to open your eyes and take a step into a better future. Here's what this book will help you with: Understanding different stages and shapes of alcohol addiction Recognizing alarming signs of alcoholism Training your willpower and deciding to quit drinking Understanding the psychological and emotional factors that contribute to addiction Analyzing your character traits and recognizing the traits that will help you and those that will hold you back Taking steps to stop drinking and maintaining sobriety Fixing your relationships and connecting to your close ones Understanding the "12 Steps Program", how it works and how to stay on it Believing in yourself, and the power of your mind And much more! It's hard to recognize the moment our relationship with alcohol becomes dangerous. We say that we only drink over the holidays, just on weekends or socially. So how do you know when the habit becomes the addiction? Use this guide to find out the answer to that question. Remember, it's never too late, and only you have the power to make a positive change. If you want to stop drinking and become a healthier, happier individual, Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!*

*Alcohol Addiction: How to Stop Drinking and Recover from Alcohol Addiction*

*Find Freedom from Alcohol Forever - Quit Drinking & Start Living!*

*American Special Edition*

*Food Choices to Stop Drinking and Double Your Chances of Staying Sober*

*Quit Like a Woman*

*Easy Step By Step Guide to Stop Drinking Alcohol and Delete it From Your Life*

*Stop Drinking Forever*

This is an ultimate step by step guide that will give you all the required assistance that you need to make your decision on quitting alcoholism possible. Quite common many people have the thought that quitting drinking is something impossible. This is not so! Actually the journey is bumpy and long that needs self-commitment to overcome temptations that may fall along the way. In case you are ready and eager to quit drinking then you will find all what is required in this guide to make your dream accomplished. This book has got steps that have been proven by both individuals that have used the ways successfully as well as health officers' recommendations. Recovering from alcohol abuse and alcoholism is quite easy ones you have decided. This is despite the type of addiction or power that you have. With this guide you will never need to wait up-to the time you are "bankrupt" or without enough cash for it to work. Its ultimate use is stipulated to assist you any time so long as you have made your mind. The steps involved are clear and simple that making them very easy to follow and suit your new lifestyle. It clears all the illusion belief associated with alcoholism drinking by making the journey simple and easy. Aside from this you will also get the way forward for your life, including

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where and how to get care and treatment if need be. "A Comprehensive Guide in Quitting Drinking: Stop Drinking and Back to Sober Life" has been designed such that you won't need any willpower or feel any self-deprivation in the process. All the fears will be cleared making you to have optimum enjoyment at all social occasions. It is good to understand the fact that when you make a decision of quitting drinking fully you give an opportunity for new life! This is the highest time that you will start to have great plans and goals in life and following them effectively. You won't imagine how wonderful your life will turn to be. I am sure while writing this book there are thousands of people out there who like to stop drinking most of them being teens who have been addicted. Mostly people take alcoholism as the choice due to the bitterness they face in life maybe after a relation break-up or death of the people they love. Others loss their good job or get retrenched then opt for drinking to forget this! Drinking does not make one to forget it only gives you an illusion of the real life situation. Many have tried successfully and I hope you will make it too! Are you struggling with your relationship with alcohol? You keep telling yourself, "Just one more drink"? But deep down you know that's not the case. If you're looking to break free from the shackles of alcohol dependence, then this may be the book for you. How many times have you told yourself that you're done with drinking? How many more lies are you going to need before you realize you have a problem? It's time to accept that something needs to change. The present moment is the culminating event in which you finally get rid of alcohol addiction. All you need is seven days and this handy book by your side. This proven system is the best kept secret that doctors and addiction counselors don't want you to know. It is not a magic formula. You will not be instantly guaranteed to be cured of this addiction right away. It's going to take some effort on your part. But what we can promise is that by following the simple steps laid out for you, then you will be well on your way to finally ridding yourself of alcohol dependence. With this great book you will learn: How to Easily Identify if You Have a Problem with Alcohol Ways in which alcohol is affecting your health and your life. Ways to get to the root of the problem and start reprogramming your habits Tried and tested strategies to start reducing your alcohol consumption How to navigate your relationships and tell your loved ones you have a problem A seven-day plan to completely detox from alcohol And much, much more! Because the best time to stop drinking to excess was yesterday. The next best time is today. Take back control of your life and start working on the changes you need to free yourself from alcohol right now. All it takes is seven days and a few hours of reading. Get a copy today and start changing your life immediately!

A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind

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thinks it needs. Stop Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

Start Feeling Good Again! Whether you want to (1) cut back on your drinking, (2) stop drinking entirely, or (3) learn how to be happy and healthy again, then keep reading as this book will easily teach you everything you need to know. Plan for your success. Discover practical strategies, techniques, and lifestyle choices that will set you up for maximum success when reducing your alcohol intake for the next thirty days or longer. Whether you've decided you need to take a break from drinking or are wishing you could feel good like you used to, then you've come to the right place. In this book you will discover a rich treasure trove of resources and a host of practical tips and strategies to help you devise your own customized plan. Tailor your plan to address your specific circumstances and meet your personal needs. Each week of the process will have its unique challenges. I will describe in detail what you can expect to encounter at each stage and give specific guidance to aid in successfully overcoming each challenge. I show you how you can care for yourself wisely during each step along the way. Discover how to take the edge off your cravings. Find ways to distract yourself and delay the urge to drink. Learn to painlessly socialize while alcohol-free. In short, learn to leverage your desires, fuel your motivation, and, in the process, uncover a new you. You may well find this the most interesting thirty days of your life! Enjoy life, fully aware! This is your opportunity to take a brief break - a short hiatus - from drinking. Call it an experiment in sobriety, if you will. It's a new kind of adventure, a chance to explore a side of life you may have forgotten, and an opportunity to learn what you're really made of. Who knows? You may find yourself pleasantly surprised with sharper thinking, better relationships, more energy and increased concentration. Food will taste richer, your world will be filled with new fragrances, and you may even discover you actually enjoy living a sober life! Watch your personality flower, without alcohol! Learn how to prepare your body and mind for an alcohol purge. In not too long you will be astonished at the pleasant surprises your body has in store for you when you stop drinking. You may be amazed to discover that you're still an interesting person, without filtering your personality through the haze of alcohol. Alcohol affects the body in many ways; most of them harmful rather than helpful. An occasional drink can do the body good; however, the problem comes with drinking to excess. Considerable quantities of alcohol, drunk in a short period of time, can overwhelm your body's ability to metabolize it. Discover exactly what happens when you drink; trace the chemical changes involved in metabolizing alcohol and see how it impacts each organ in your body. If you're wondering how your body has been affected by your alcohol consumption over the years, you may be very shocked at all the bad side effects. You'll also be introduced to many supportive resources that will help you curtail your alcohol use. This includes non-professional groups, therapists and clinical programs, along with online resources to keep you fired up and on track. What Will You Learn? What happens to your body when you quit drinking. How to spend your spare time when you're not drinking. How to handle social pressure. Great modern methods to help you quit drinking. The best ways to quit drinking all naturally. You Will Also Discover: What happens to your body when you drink alcohol. How to easily defeat your cravings. How to prepare and make a good plan for maximum success. How to get the support you need. Be healthy, happy and motivated: Get this book

A Simple Approach to Happiness and Sobriety

How To Stop Drinking

The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

The 10-Day Alcohol Detox Plan

Strategies For Quitting Alcohol

Stop Drinking and Find Freedom

Quit Drinking, Take Back Your Life and Beat Alcohol Addiction in 30 Days

***Are you tired of trying to hold yourself back from drinking more? No matter what you tell yourself, you can't fight the voice telling you, "one glass more." Do you find your life revolving around alcohol and you can't seem to find a way to win over it? Well, first things first... You don't have to be hard on yourself! Before jumping to conclusions, it's better to first know what you're dealing with in the first place. This book will help you answer all of your questions about alcohol and answer the question of, "Do I need to keep my alcohol in check?" Through this book, you will get to decode everything: from the nature of alcohol abuse and what are the first steps people take to fight it off without facing any withdrawal. If you're thinking about cutting back on your alcohol consumption or someone you love has told you to look into your drinking habits, then this book will help you be your own judge. Alcohol Explained is the ultimate self-help that will help you build the very foundation to confront alcohol abuse and every possible set back. In this book, you will learn: The very basics of alcohol as a disorder and why people drink more than they want to The different stages of alcoholism and what reasons lie behind cravings, relaxing effects, and morning drinking Everything you need to know about what happens to your body when you stop drinking followed by the disease theory of alcoholism The difference between alcohol abuse and addiction and where do you stand How binge drinking comes into play and how alcohol use comes with mental health disorders That's not it... You will get a proper run-down about what will happen to your mind, body, and skin if you stopped drinking for 30 days! In a caring and educating way, Alcohol Explained helps you clear the air by empowering you with the tools necessary to quit drinking. Leverage the knowledge in this book and start living a life with inner peace, compassion, and joy! Learn to make peace with yourself and help yourself in becoming who you were meant to be! Scroll to the top and click the "buy now" button.***

***Offers guidelines so readers can decide whether to try to moderate their drinking or to choose abstinence. He provides a contract for moderate drinking in which readers decide what they will drink, how often and how much they will drink and the situations they need to avoid.***

***Suggests a test for alcoholism, describes the benefits of not drinking, and offers practical advice on a variety of ways to stop drinking***

***Overcoming an addiction to alcohol can be a long and bumpy road. At times, it may even feel impossible. But it's not. If you're ready to stop drinking and willing to get the support you need, you can recover from alcoholism and alcohol abuse-no matter how heavy your drinking or how powerless you feel. And you don't have to wait until you hit rock bottom; you can make a change at any time. Whether you want to quit drinking altogether or cut down to healthier levels, these guidelines can help you get started on the road to recovery today.***

***Sober Curious***

***Complete Cure Guide To Overcome Alcoholism: Sobriety In 30 Days. The Effective Way To Recover From Alcohol Addiction, Be Free And Quit Drinking.***

***A Comprehensive Guide in Quitting Drinking***

***Dr Sebi Easy Guide To Stop Drinking Alcohol***

***I Want to be Sober Now***

***How to Quit Drinking***

***Allen Carr's Easy Way to Control Alcohol***

***Carr offers a startling new view of why we drink and how we can escape the addiction. Only when we step away from the supposed pleasures and understand how we are being duped to believe we are receiving real benefits can we begin to live our lives free from any desire or need for drinking.***

***Do you want to stop drinking alcohol? Are you sick of waking up with yet another hangover? Do you fear your children growing up and following in your footsteps? If you want to quit drinking for good, but don't know where to start, this book is for you! In this book you will discover: How to overcome your fears about quitting and build your confidence Why most people think you are 'abnormal' when you quit? What are your risks in quitting drinking? Can you die from quitting alcohol? Are you an alcoholic? What side-effects and symptoms should you expect? Is recovery for the rest of your life? How can you help your recovery? How to break any habit in your life The four mindsets of quitting drinking What separates Kevin from other teachers in the field of quitting alcohol is his ability to break down complex ideas into a no-nonsense, straight talking, and down to earth approach. His up front coaching style is developed around breaking down your alcohol perceptions, rethinking your relationship with alcohol, and its use within our society***

***Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom***

*or going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the bestseller "Alcohol and You: How to Control and Stop Drinking" and "Mindfulness for Alcohol Recovery". Order this book today and find a better way.*

*Alcohol is a wonderful thing. It can be used for celebrations, both good and bad! It can be used to toast to someone's good fortune or hope for a better future. It can be used in an expression of undying love or simply to enjoy a relaxing moment at the end of a difficult work week. But alcohol can be an evil thing, also. Alcohol can cause brain damage, heart problems, and strokes. Alcohol can lead to liver damage. Alcohol can lead to drunken driving accidents and even death. Why alcohol is such a problem for some people and not for others still remains a mystery. But the fact is that alcohol is such a problem for some people that it can have life-threatening consequences. Some people become so horribly addicted to alcohol that they lose jobs, families, friends—everything. And still, they continue to drink. These people are called alcoholics, and this book was written for them. The alcoholic has a disease called alcoholism, and like anyone else with a disease, they need help. The problem is that the alcoholic is usually the last one to know that they have a problem, much less getting them to admit it. But the alcoholic must be the one to admit to the depth of their problem and to ask for help before that help will be effective. No one can make the alcoholic quit drinking; they must travel that path by themselves. This book is the consummate guide for anyone who is finally ready to admit to the problems that alcoholism brings and is ready to accept the help needed to begin recovery. Anyone who is ready to admit to the existence of a problem with alcohol needs this book. This is a guide to everything the alcoholic needs to know. From learning exactly what alcoholism is and how it begins to learning the benefits of quitting, no topic is off limits. We will discuss how one person's alcohol addiction affects the remainder of the family and how family dynamics shift to accommodate the alcoholic. We will talk about the enabler and what they mean to the alcoholic. We will discuss the best ways to quit drinking and the pros and cons of each method. We will talk about recovery plans and the importance of having people available that will assist in the path to recovery. And there will be tips on ways to enjoy life now that alcohol is no longer a problem! The shame is not so much in becoming an alcoholic because people are human. The shame lies in remaining an alcoholic when help is available. This book is for you!*

*Take Control of Your Drinking...And You May Not Need to Quit  
The Best Ways to Be Healthy, Happy and Motivated Without Alcohol  
How To Quit Alcohol In 50 Days  
Women Quit Drinking*

***Easy Cure Guide To Stop Drinking Alcohol: Sobriety In 30 Days. An Efficient Way To Recover From Alcohol Addiction, To Be Free And Healthier Overcoming Alcoholism***

***The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol This Naked Mind***

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery.

This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks.

This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

Everything you need to know to control or stop drinking alcohol - all in one book. This is practical, scientific advice that you can put to work in your own life right away. It doesn't matter whether you want to reduce your drinking, stop drinking temporarily, or stop permanently, as this book will clarify which option is best for you. The writer is a leading addiction therapist in government-funded services, who has carried out thousands of hours face-to-face research with problem drinkers. This book explains the methods he



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has found that really work - not just in theory, but in the real world, with real people like you. An Amazon #1 Best Seller, "Alcohol and You" provides essential reading, including: \* How to reduce and control your drinking. \* How to stop drinking temporarily or permanently. \* How to test and self-diagnose alcoholism instantly. \* How to build and sustain motivation. \* How to choose your method: reduction or detox. \* How to do safe alcohol detoxification without rehab. \* How to maintain alcohol recovery over time. \* Discover prescription drugs that stop alcohol cravings. \* Find out if going to Alcoholics Anonymous works. \* Find out which therapy is best: CBT, 12 Step, or Motivation Therapy. \* Find out if Mindfulness or Hypnotherapy work for alcohol reduction. \* Learn the signs, symptoms and definition of alcoholism, and how to reverse it. \* Discover the most reliable solution the author has used with thousands of drinkers. Order your copy of "Alcohol and You" and stop problem drinking NOW! READ WHILE YOUR BOOK SHIPS - Order your paperback today and download the Kindle version FREE! (Available using Kindle MatchBook function.)

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, Sober Curious is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, Sober Curious is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

\*\*\*A unique and proven COMMON SENSE approach to QUITTING ALCOHOL - FOREVER\*\*\*You don't

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have to be an alcoholic for life and you don't need to spend the rest of your life going to meetings and berating yourself for past sins. My approach worked for me and is now working for countless others. I focus on the POSITIVE; unlike other programs I don't believe being an alcoholic is for life so why carry that burden around with you like a millstone - you already know alcohol is bad for you, but what you DON'T yet realise is how wonderful life is once you say goodbye to drink forever, and how despite what you believe right now, you really WILL NOT miss drinking. After 40 years of being a drunken wreck I finally decided I wanted to give up drink. Without resorting to rehab, drugs or any other outside help I created an easy to follow methodology that worked for me and I have never looked back. Since the launch of my book in January 2015, my approach is now also working for countless others like YOU! So if YOU want to STOP DRINKING and IMPROVE YOUR LIFE FOREVER, Then this book will tell you HOW! My book includes: \* Discussion: Was I/Are you an alcoholic? Why did I give up drinking? What can you expect to feel? And much much more... \* My proven methodology: Follow the straightforward routine I followed to immediate success. \* A day to day guide: A daily diary help for the initial stages followed by advice on what to tell other people, 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' state of mind.\*\*\* IT ALSO INCLUDES A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION put together by alcohol recovery hypnotherapy expert Dan Jones\*\*\* This American special edition includes a forward by my niece from Baltimore, Estelle Page Stevenson. She lost her father (my brother) to alcohol, and should you need one, her own tale is a poignant reminder of the darker side to alcohol abuse. We both sincerely hope this book will help you. Find further advice, video extracts and my blog at <https://www.idontdrink.net> You will also find details of my new book One Less for the Road aimed at the drinker who doesn't want to quit and who can't imagine life without alcohol!

How to Quit Drinking Without Aa

I Don't Drink! - How to Quit Alcohol

How to Stop and Quit Drinking Alcohol and Drug Abuse for Beginners Ad Adults

Stop Drinking Easily and Safely

Stop Drinking Easily & Safely

Stop Drinking and Back to Sober Life

Alcohol Explained

NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of Untamed “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

The first book in the three book practical series *Catherine Mason Thomas Alcohol Free*. The series is on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. A free book from the author "*Alcohol Free Drinks - What To Drink if You Don't Drink*" is also

## Where To Download I Need To Stop Drinking

available for download. Get inspired by your free copy visit [www.threepeaspublishing.com](http://www.threepeaspublishing.com) This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. The focus is on early recovery, the first six months, diet to help your body recover. Recovery often comes after a period of very poor nutrition when alcohol has overridden good nutrition. Becoming alcohol free is the first step on the road to recovery but there is so much more to gain as being alcohol free gives you the opportunity to reassess your life priorities and start to value your health. The recipes in the book help you in two ways. First, they help the body repair the damage done by alcohol and poor nutrition. Second, they reduce your reliance on sugar. Sugar is a major contributor to cravings and relapse so managing your blood sugar is key. Sugar can also become an addiction to replace alcohol. The book also recommends long term nutritional goals.\* Staying away from the first drink is priority\* Sugar's role in early recovery\* Getting on track with your nutrition in the early days of recovery\* Long term nutritional goals to support your recovery\* The damage that alcohol has done to your body\* The slide into poor nutrition\* Emergency nutrition plan to help you in early recovery\* Vitamins & Minerals\* The foods that help your body recover\* The drinks that help your body recover\* Recipes to support early recovery\* Breakfast, lunch, dinner, snacks\* Juicing for fast results

Are you a woman and want to stop drinking? If your answer is yes, keep reading this short description. Women are quitting drinking at record rates, but it's not because they're giving up alcohol forever. There are many reasons behind the recent spike in female abstinence and from here I could list so many reasons, body devastation, self-respect, etc., but one of the things that bother women the most is that they are realizing their state of when they drink as well as affects their relationship with the opposite sex and they are fed up with how badly men behave when they are in this state. Additionally, many women have found that without drinking a lot, which can be expensive and harmful to their health, they don't need to worry about their surroundings. They are not the ones with alcohol on their breath, mumbling words, or doing inappropriate things that simply cannot recover. Women feel low behavior from men while they should always talk to them thoughtfully and respectfully, men think that just because they have been drinking it is okay to push the respect and comment on their appearance in ways that make women uncomfortable. This makes women feel disgusting and completely devoid of female decency. This book covers: - Women and alcohol: things to know - Alcohol in marriage with children - How to treat a mom: - help from an adult partner or child - Denial mechanism -Detoxification ... And many other points present in us that will be well exposed in this text in which the author wanted to lay bare how she dealt with alcohol in the past! If you are a woman who fights alcoholism, know that there is hope only if you put yourself in the game, but if you keep doing the same repetitive gestures every day, almost nothing will change. At this point, it is up to you to decide whether to move or not? Click on "BUY NOW" and start respecting yourself now

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Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

Alcohol Addiction Recovery

The Easy Way to Stop Smoking

A Complete Self-Help Guide

Alcohol Consequences on Your Pregnancy, Children, Marriage, and Much More. All You Need to Know to Stop Drinking

I Need to Stop Drinking!

How to Quit Alcohol Easily

The Total Guide on How to Be a Happy Nondrinker, Effectively Cure this addiction and Quit for Good!

Resolve To Live An Alcohol-Free Life This Year!

*For many of us, drinking has become a destructive force in our lives, affecting our health, marriages, relationships, and careers. We desperately want to quit, but the thought of support groups, AA meetings, and lifestyle changes keeps us from taking action. To make matters worse, society labels us alcoholic, and we immediately feel a sense of hopelessness and impending doom. We imagine, or at least I did, a lifelong struggle, a daily fight, a constant vigilance to not take that first drink. If you want to free yourself to live life as you see fit, with passion, freedom, and excitement, free from thoughts and desires to drink forever, this book offers the solution. How To Stop Drinking Without AA was written to help people like you stop drinking without Alcoholic Anonymous. The solution is simple and the only one of its kind. It exposes the myth that quitting has to be difficult, painful, time consuming, or impossible. By explaining why you feel the need to drink, it outlines a simple step-by-step process that doesn't require willpower and removes the desire to drink forever. The process allows you to stop easily, immediately, painlessly, and permanently. I hope you read this book. It truly is the only book*

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you'll need to get sober.

Are you ready to break from alcohol easily and safely? Alcohol addiction, also known as alcoholism, is an illness that affects people from all walks of life. Experts have tried pointing at factors like genetics, sex, competition, or socio-economics that may prompt people to get addicted to alcohol. Nevertheless, it has no single cause; however, psychological, hereditary, and behavioral factors can all contribute to being addicted. It's important to understand that alcoholism is a real disease; it could affect one's mind and brain, so a person with alcohol addiction might not have the ability to control their activities. Once the body is free from the short-term ramifications of alcoholic beverages, recovery will start. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through his methodical research of the latest neuroscience and his journey, this Author has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. This book walks you through the addiction recovery painlessly and explains everything you need to achieve your sobriety short or long term goal. This book is suitable for anyone: If you want to stop or quit taking alcohol for fitness and health purposes, If you want to reduce alcohol intake, If you need to give up alcohol for other reasons, If you want to get rid of alcohol addiction ...and lot more. There are several ways of communicating alcohol addiction; the severe nature of the condition affirms how often someone takes alcohol, and the types of alcohol consumed vary from person to person; some people are heavy drinkers, while some drink and then stay sober for some time. After reading this book and follows the conseling advice therein, you will be glad that your life is taking a new turn.

Learn practical, holistic, relevant approaches and effective strategies that will empower you for the rest of your life Free yourself from the shackles of your dreaded alcohol addiction, freedom is just a step away and is completely attainable, however you need to approach your alcohol problem from an inclusive and multifaceted perspective Alcohol addiction has taken control and even gone to the full extent of destroying people's lives! With this book one realizes you do not have to become victim to the clutches of alcoholism, and thus if you are looking for a permanent solution this book is just what you need What you will learn Influences & Triggers Social & Physiological Aspects Detox Strategies Solutions Harmful Effects And much, much more! What sets this book apart from the rest? Multifaceted solutions as oppose to focusing

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on narrow and confined approaches All natural solutions ( herbs, supplements, etc) Long term and sustainable lifestyle changes and strategies Concise, easy to read and dives straight into the primary problems' of alcoholics Last but not least very affordable! Whether you are an alcoholic suffering from the chains of addiction or simply someone who wants to learn about this serious subject matter to help a loved one struggling, this book will be a significant and impactful aid on your journey to complete remission from alcoholism There is hope, and remember light can always be found at the end of the tunnel In incremental steps freedom can be reached Do yourself or loved one a big favor and get your copy of Alcoholic Cure Stop Drinking Now, and start seeing results! There is no time to waste, grab your copy now

Alcohol is known to be the leading risk factor for all disabilities and premature death among young people with the age range of 15 to 49 years. Among this age range, it accounts for over 10% of all deaths, especially among the vulnerable and disadvantaged populations. The International Agency for Research on Cancer has classified alcoholic drinks as carcinogenic as it increases the risk of cancer. Alcoholism poses a serious threat to your health as it can literally affect all organs in the body. Long-term alcohol abuse can damage the brain and cause devastating effects on the lungs, liver, heart, etc, and even on your entire life, if not properly managed. Alcoholism has the power to destroy what took you years to build. It can destroy a relationship, friendship, finance, business, career, family, etc. Even when you succeed in managing alcoholism with your marriage and career, you can't take away the burden your family and loved ones suffer for your sake. When you lost it all, they are the ones to take care of you, protect you, and make sure that your ego and integrity stay intact. Despite going through all these, they still pretend as if nothing happened. They cover all the mess. What about the children. Your kids suffer more if you have one. Some go through emotional trauma for a long time, and it might end up affecting their behavior and perception of their environment. You might have tried to stop it but failed several times. We were many on this same ship. All you need is the right guide - the right eating habit taught by DR. Sebi. Medications may not do the job for you. You need a process that has been trusted by many for years now to do the magic for you. This simple Dr. Sebi diet guide has saved many people from this addiction. It's time you completely stopped alcohol addiction. The interesting fact about this simple guide is that it is not rocket science with a lot of jargon. Just do the simple things that take less energy from you. You may call it MAGIC SCIENCE but it works perfectly well, naturally. Get a copy to

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*learn what you have been missing for years.*

*Stop Drinking Now; Freedom from Alcohol Addiction, Solution, Alcoholism, Dependency, Withdrawal, Substance Abuse, Recovery, Quit Drinking, Detox, and*

*A Simple Path from Alcohol Misery to Alcohol Mastery*

*Advice From A Man Struggling With Alcohol For 20 Years: Alcoholism Recovery*

*Alcoholism and Recovery: An Easy Guide to Stop Drinking and Recover from Alcohol Addiction, Learn How to Regain Self-Awareness to Change Your A*

*How to Give Up Your Addiction and Quit Alcohol*

*Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction*

*A Revolutionary New Approach to Escaping from the Alcohol Trap*

Liz shares her escape from alcohol plan that has worked for her in the hope that it will help you to live the life that you always wanted for yourself and for the people that you love. She wants everyone who is being torn apart by alcohol to know that it is possible to finally escape from it and experience the joy and freedom for themselves. You can find freedom from alcohol once and for all.

How To Control And Quit Drinking is more than just a list of tips to stop drinking or instructions which have to be followed blindly. Having said that - the method is beautifully simple - the instructions just have to be followed in conjunction with gaining a full understanding of the method. Whether you think you're a casual drinker, a medium drinker, a binge drinker, a problem drinker, or what you consider a fully-fledged alcoholic - you've been drawn to this page for a reason - to find help to stop drinking. Perhaps someone has criticized your drinking, or you recently embarrassed yourself at a work event, or you've just become worried about how much and how often you drink alcohol. The author quit drinking method in this book is unique: No need to declare yourself an alcoholic A permanent cure, not a lifetime struggle No group meetings or expensive rehab No humiliation, no pain and 100% no 'willpower' required Treats the source of the problem, not just the symptoms Once you've got it clearly into your mind that there are no advantages to drinking instead only benefits of not drinking alcohol, then the steps to quit drinking in this book will help you get free!

The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple.

Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true:



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I can't have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can't relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I'm drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free -

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The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit [www.besober.co.uk](http://www.besober.co.uk) to discover more.

Are you struggling with alcohol addiction? Have you tried to quit, but you haven't managed to stop? Well, alcohol addiction is a disease and for you to stop drinking alcohol, you have to embrace the fact that you need help. In this book, I will briefly take you through my journey of alcoholism and how it affected my life. Personally, I had befriended the bottle to the extent that I found it difficult to let go. This friend grew into a monster that I couldn't control any more. I suffered in the hands of alcoholism as it stole away everything that I had worked hard for including my friends and family. In just a few years, I was at the edge. I had given up on life considering the fact that I had tried to quit drinking, but relapsed over and over again. Friends and family had given up on me. I was a worthless being. My self-esteem was negatively affected as I could not see any good thing about my life. One thing that I later realized is that I only needed to accept that I needed help for me to begin my journey towards recovery. So, I made a bold step and sought for all the professional help I required. This was the beginning of a successful journey to sobriety. Following the difficult times that I went through, I have written this book to inform and inspire other addicts out there that they can save themselves from alcohol addiction. This book details vital information that will help you comprehend how alcoholism corrupts your mind and robs you of your humanity. What's more, you will garner a deeper insight into some of the reasons why people find it difficult to quit. What you will find inside: Why you need to make a life-time decision Why is it so hard to quit drinking? Causes of alcohol addiction How to successfully quit drinking alcohol: tips and advice Signs to help you realize that you're an enabler and how to stop Detox vs rehab; choosing the best recovery path How to avoid alcohol relapse The 30-day no alcohol challenge And so much more! Scroll up and click the buy now button

Alcohol and You - 21 Ways to Control and Stop Drinking  
Stop Drinking Alcohol

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How to Stop Drinking Without AA

The Easy Way to Stop Drinking

Stop Drinking Now

The Sober Survival Guide with the 7 Day Alcohol Detox Plan to Free Yourself from Alcohol for Good. Quit Drinking the Easy Way and Start Living

How to Quit Alcohol in 50 Days

Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want a short break or to do Dry January If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the Amazon best seller "Alcohol and You: How to Control and Stop Drinking". Order this book today and find a better way.

Dear Friend, Let's face it.... If You Want To Skyrocket Your Success Improve Your Overall Life...You Need To Have A Look At Effective Resolutions To Quit Drinking! There are many different ideas about recovery. There is a plan of attack to recovery that is called the creative theory. It's a bit different from "traditional" recovery which is commonly 12 step programs like Alcoholics Anonymous. Many people have never heard of this and have no idea how to go about figuring out where they are or how to change it. Also you, didn't you hear about? Then please continue to read, as you need to discover the secrets that help you beat addictions! You know why most people have a tendency to not achieve the success they desire in fighting addictions and overall life? It's because they don't know that early on recovery begins a little bit before you even become clean and sober. You need to start in the mental process of arriving at the decision to alter your life. Then you really go through with the conclusion and take true action. This sets in motion a roller coaster of an emotional ride that we may simply describe as becoming a furious, up and down ride. Which brings us to a very important aspect I must talk about: You Can Have Better Success In Recovery And Life If You Discover Effective Resolutions To Quit Drinking! People who struggle in alcohol addiction will find these things in common: - They don't know the phases. - They have no idea how to avoid mistakes. - They are struggling with finding their path. - They also don't understand taking action. - They have many more problems untold... Well don't worry... With the strategies that I'm about to let you in on, you will have no problems when it comes to learning how to beat the alcohol addiction! In this book, you will learn all about: - Phases Of Recovery - Errors And Correct Choices In Early-On Recovery - Seek Your Path - You Must Take Action - Much MORE! Make Full Use Of This Knowledge And Get A Real Look At Effective Resolutions To Quit Drinking! Let's face it...There are things that anyone can

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do to assist in recovery, but they're likely not as direct as you'd like. The issue is that the direct routes to assisting are for the most part ineffective. What you have to do is to alter your own behavior so as not to enable further alcohol addiction. That is why it is very important for you to realize the value of what I'm offering. The price I'm charging for this book is minimal when you consider the fact that you can use just one of these strategies to make your money back 10-15 times over. Remember that if you fail to take action today, things will not get better... So, make sure you take action and get a copy of this book right away! To Your Success! P.S. Remember, for this low price, you can immediately make 10-15 times the sum of your investment... so don't hesitate and grab a copy right away! P.P.S Your situation might not improve tomorrow if you don't take a plunge. Which is worse? Telling people that you failed to discover the easy ways to raise your awareness of how to better yourself or take a couple of days/weeks to learn the truth on how become the best you can be? Alcohol has been drunk since antiquity and today it's present in almost every house. By the way, it is well known that abuse of alcohol has terrible consequences, first of all alcoholism. This dangerous addiction locks up in cage men and women corroding their lifestyles. If you want to dominate over your enemy, you have to study, observe and learn how he behaves. Are you tired to be slave to alcohol? Do you want to feel free without the need to drink something alcoholic? With "Stop Drinking Alcohol: Complete Cure Guide To Overcome Alcoholism: Sobriety In 30 Days. The Effective Way To Recover From Alcohol Addiction, Be Free And Quit Drinking" you will discover the good and bad consequences of alcohol and learn how to face alcoholism fighting him with right weapons! These are the main topics you will find in this book: Definition Of Alcoholism Factors Responsible For Alcohol Abuse Alcoholism Recovery The Treatment Options Alcohol And Health Effects Of Alcohol On The Body Alcohol's Effects In Brain Treatment For Alcohol Addiction In 10 Easy Steps Types Of Alcoholism Treatments Self-Recovery From Addiction: Taking Responsibility For Your Life Alcohol Treatment Is Now Very Possible When Alcohol Abuse Changes To Alcoholism The Need For Positive And Healthy Change Signs Of Alcohol Addiction Reading this book you will discover that it's possible to be free by alcoholism and with this step-by-step guide you will notice that will be easier than you have thought. Do you want a healthy lifestyle? What are you waiting for? Order now "Stop Drinking Alcohol: Complete Cure Guide To Overcome Alcoholism: Sobriety In 30 Days. The Effective Way To Recover From Alcohol Addiction, Be Free And Quit Drinking" and enjoy!

Alcohol has been drunk since antiquity and today it's present in almost every house. By the way, it is well known that abuse of alcohol has terrible consequences, first of all alcoholism. This dangerous addiction locks up in cage men and women corroding their lifestyles. If you want to dominate over your enemy, you have to study, observe and learn how he behaves. Are you tired to be slave to alcohol? Do you want to feel free without the need to drink something alcoholic? With "Stop Drinking Alcohol: Easy Cure Guide To Stop Drinking Alcohol: Sobriety In 30 Days. An Efficient Way To Recover From Alcohol Addiction, To Be Free And Healthier Overcoming Alcoholism" you will discover the good and bad consequences of alcohol and learn how to face alcoholism fighting him with right weapons! These are the main topics you will find in this book: Definition Of Alcoholism Factors Responsible For Alcohol Abuse Alcoholism Recovery The Treatment Options Alcohol And Health Effects Of Alcohol On The Body Alcohol's Effects In Brain Treatment For Alcohol Addiction In 10 Easy Steps Types Of Alcoholism Treatments Self-Recovery From Addiction: Taking Responsibility For Your Life Alcohol Treatment Is Now Very

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Possible When Alcohol Abuse Changes To Alcoholism The Need For Positive And Healthy Change Signs Of Alcohol Addiction Reading this book you will discover that it's possible to be free by alcoholism and with this step-by-step guide you will notice that will be easier than you have thought. Do you want a healthy lifestyle? What are you waiting for? Order now "Stop Drinking Alcohol: Easy Cure Guide To Stop Drinking Alcohol: Sobriety In 30 Days. An Efficient Way To Recover From Alcohol Addiction, To Be Free And Healthier Overcoming Alcoholism" and enjoy!

Alcohol Addiction

Quit Drinking

38 Super Tips to Stop Drinking and Overcome Alcohol Addiction

Everything You Need to Know About Alcohol In Order to Fight Your Inner Demons and Dependency While Easily Stepping Away from Your Drinking Disorder, Re-Igniting Your Life and Becoming the Person You Were Meant to Be

How to Stop Drinking Alcohol

How to Stop and Quit Drinking Alcohol and Drug for Dummies and Beginners Health

**I Need to Stop Drinking!How to Stop Drinking and Get Back Your Self-respectCreateSpace**

**Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.**

**This is an ultimate step by step guide that will give you all the required assistance that you need to make your decision on quitting alcoholism possible. Quite common many people have the thought that quitting drinking is something impossible. This is not so! Actually the journey is bumpy and long that needs self-commitment to overcome temptations that may fall along the way. In case you are ready and eager to quit drinking then you will find all what is required in this guide to make your dream accomplished. This book has got steps that have been proven by both individuals that have used the ways successfully as well as health officers' recommendations. Recovering from alcohol abuse and alcoholism is quite easy ones you have decided. This is despite the type of addiction or power that you have. With this guide you will never need to wait up-to the time you are "bankrupt" or without enough cash for it to work. Its ultimate use is stipulated to assist you any time so long as you have made your mind. The steps involved are clear and simple that making them very easy to follow and suit your new lifestyle. It clears all the illusion belief associated with alcoholism drinking by making the journey simple and easy. Aside from this you will also get the way forward for your life, including where and how to get care and treatment if need be. "How to Quitting Drinking: The Ultimate Easy Guide to Stop Drinking and Back to Sober Life" has been designed such that you won't need any willpower or feel any self-deprivation in the process. All the fears will be cleared making you to have optimum enjoyment at all social occasions. It is good**

**to understand the fact that when you make a decision of quitting drinking fully you give an opportunity for new life! This is the highest time that you will start to have great plans and goals in life and following them effectively. You won't imagine how wonderful your life will turn to be. I am sure while writing this book there are thousands of people out there who like to stop drinking most of them being teens who have been addicted. Mostly people take alcoholism as the choice due to the bitterness they face in life maybe after a relation break-up or death of the people they love. Others loss their good job or get retrenched then opt for drinking to forget this! Drinking does not make one to forget it only gives you an illusion of the real life situation. Many have tried successfully and I hope you will make it too!**

**Alcoholic Cure**

**Control Alcohol, Find Freedom, Discover Happiness & Change Your Life**

**The Sober Survival Guide**

**The Total Guide On How To Easily Quit Alcohol Addition And Restore Good Health Through Dr. Sebi Alkaline Eating Habits**

**The Ultimate Easy Guide to Stop Drinking and Back to Sober Life**

**How to Stop Drinking and Get Back Your Self-respect**