

Read Online You Too Can Stop Drinking

You Too Can Stop Drinking

How many times have you screamed "If you loved me, you'd stop!" at your husband or son after a particularly

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nasty bout of drinking? How many times has your wife or sister promised to cut back--to drink only on special occasions? How many times has your heart been broken when this time turned out to be just like all the times before? If you are one of the nearly

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80 million Americans affected by someone's drinking, this book is for you. Driven to make sense of her own 40+ years of experience coping with loved ones' drinking problems, Lisa Frederiksen found answers in the emerging brain research and

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scientific studies. What was missing was research that explained the family member's experience. What were they supposed to do, and what would happen to them if they didn't do it? First published in 2009 and still

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You'd Stop!" was Frederiksen's first of six books dedicated to helping family members answer these kinds of questions. But a decade later, there is so much more to share. This updated version includes research advances that explain -- what it is

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about coping with a loved one's drinking that is so harmful to the family member's physical and emotional health and quality of life -- why alcoholism is a brain disease and what it takes to treat it and why alcoholism is different than alcohol

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abuse -- and what adverse childhood experiences, secondhand drinking, and toxic stress have to do with all of this. This 10th Anniversary Edition not only shares these important advances in comprehensible language, but it offers suggestions for

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helping yourself. Because no matter how much you love someone whose drinking affects your life, and no matter how much they love you back, love will not and cannot make them stop. The good news is that it's entirely possible for you to truly enjoy

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your life -- whether your loved one stops drinking or whether you continue your relationship with them, redefine it, or end it altogether.

Additionally, this 10th Anniversary Edition can help those who struggle with a drinking problem understand

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what has happened to them and what they can do to change and/or treat it. It can also help family members whose loved ones have an opioid or other drug use disorder. Educators; treatment and medical professionals; family law practitioners; juvenile and

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criminal justice professionals; community, business, and public policy leaders and others whose work involves substance use disorders and their impacts on family members, co-workers, and the community-at-large can benefit from reading this book,

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as well.

Many people struggle with over-consumption of alcohol. They know they "should" quit, so after their last embarrassing blackout or soul-crushing hangover, they swear off alcohol forever. They try to quit in

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earnest, and it goes so-so for a few days, weeks, months or even years. But eventually something goes wrong, and they fall right back into binge drinking. Naturally, this leads to depression, lost faith in the possibility of quitting binge drinking for good,

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and believing they are "damaged goods". The first seven days after a binge drinking relapse are the hardest physically, mentally and emotionally. In these early days we certainly want to alleviate as much pain and anguish as we can, but ideally, we go a bit

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deeper. The First Week After Binge Drinking The first week after binge drinking relapse is a powerful time. We can use the fresh memory of a recent relapse to improve our chances of future success. While it may seem like it on the surface, this isn't as

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much about focusing on the -alcohol, as it is about feeling good about ourselves and our lives. Because think about it -- if you felt good in your life before, during and after drinking, you'd still be drinking without issue. Many people live in exactly this way.

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The issue is not alcohol itself - it's that you do not feel good about yourself and the state of your life after you drink when you do not want to, or drink more than you want to at any given time. You feel that you have no sense of control, like you're somehow

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damaged or fatally flawed, like you've made such a mess of things that you'll never pull it together, that your persistent struggle with alcohol is one-of-a-kind, that you're undeserving of a quality life full of happiness, love and joy, or a host of

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any other possible negative feelings and emotions. We want to fix that. The Purpose Of This Book If reaching your end goal is taking you longer than expected and you, too, find yourself trapped in a vicious cycle of quitting and relapsing, there's

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hope. There are several things you can do to feel better straight away. This workbook to provide simple, practical action steps to help you recover from the physical, mental and emotional consequences of relapsing from binge drinking. Goals

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& Objectives By the time you complete this workbook, you will have: -7 days of sobriety -A log of action steps that either worked or didn't work to relieve physical symptoms of alcohol withdrawal -A toolbox of online sobriety support

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resources -Clarity on what triggered your relapse -An action plan for how you will handle future triggers -Deep understanding of what it is that you truly want from your relationship with alcohol -A ledger of your emotional process for recovering and

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coping should this happen again -A renewed sense of well-being and a sense of hope and optimism toward achieving your goals -Understanding of how normal an extensive recovery process is and no longer feel your experience is extraordinary -Clarity

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on your sobriety goals So what are you waiting for? Grab your copy, today!

Have you ever wondered if you need to stop drinking or whether you've had too much? Can I Keep Drinking? gives you tools to assess yourself and

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figure out how to have a better relationship with alcohol."

'AN INSPIRATIONAL MANIFESTO'

- Annie Grace 'SIMON IS

FABULOUS - YOU HAVE

NOTHING TO LOSE AND

EVERYTHING TO GAIN!' - Clare

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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

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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

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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

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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

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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.

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**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

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YOUR PLACE ON AN EXCLUSIVE WORKSHOP

How To Stop Drinking Alcohol Today

Easy Way To Control Alcohol

Explained By This Naked Mind

Stop Drinking and Find Freedom

A Comprehensive Guide in Quitting

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Drinking

Stop Drinking NOW! - The Complete Guide On Quitting Alcohol And Break Free From Alcohol Addiction For Life

Quit Like a Woman

Do you want to stop

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drinking permanently? This book is designed for you. Do you think alcohol has a negative role in your life? I had the same problem too. Alcohol is a substance that creates

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strong physical and psychological dependence, and without even realizing it you are addicted. The problem of alcohol is that it seems pleasant and seems to be manageable,

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but unfortunately for scientific reasons of the conformation of the molecule, we are led to drink more and more, encountering unwanted situations. When you are

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dependent it's as if you cannot control the urge to drink, you need that feeling of lightness, and you want to get out of the boring sobriety. Unfortunately, I had this

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feeling for years too, and after studying hard and applying myself, I am finally detoxified.

Alcohol is a substance that slowly destroys our happiness. When we get

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used to the stimulus of alcohol that triggers a release of dopamine in our brain, happiness is gradually associated more and more with alcohol consumption leading us to

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appreciate less the little joys of everyday life. The abundant use of alcohol not only seriously damages our health, but it also collapses our level of productivity and our brain

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skills, bringing us into a deep and dark abyss. My name is Marcus Ampere, and after a severe period of alcoholism, I managed to completely detoxify and become a coach for the

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detoxification process.
The ingredient that most helped me in my process was to expand my knowledge, only thanks to the knowledge of how alcohol worked and of all

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the techniques to get out of it, I was able to completely stop. For this reason, I wrote this book, because I want to teach you how to stop drinking permanently. In this book

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you will learn: A step by step strategy that will take you out of this toxic habit. How alcohol works Simple and advanced techniques to detoxify How to manage the

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psychological aspect How
to dominate your mind and
your desires How in
reality it is less
difficult than you think
All the complete
detoxification process.

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During my detoxification period, I participated in several conferences and events to be able to quit this habit that was ruining my life. I attended meetings, met

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over 50 coaches and traveled to hear great experts speak. I read many books on the subject. The main factor that I claim to be the reason for my success in detoxification

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is knowledge. Thanks to the knowledge acquired throughout this journey, I managed to stop. Today my goal is to share what I learned with as many people as possible to help

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them learn how to stop drinking permanently. I want to teach you, so that you can stop drinking, and enjoy life in happiness and prosperity. Take action now and improve

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your life by reading this book! Tags: alcoholism, alcohol, alcohol abuse, how to stop drinking, how to quit drinking, alcohol addiction, addictions, addict, alcohol explained,

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anonymous alcoholics,
alcoholics anonymous,
detoxication, health, well-
being, weight loss,
happiness, diseases,
alcohol and disease,
alcohol damage, medicine,

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care, fitness,
Do you want to stop
drinking or reduce alcohol
without throwing in the
towel after few attempts?
Many people drink alcohol
because it's a popular

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belief that it helps reduce stress; others because of peer pressure or to let go of inhibitions; others because of bad past experiences. But excess of

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alcohol doesn't help, it's actually the opposite and more. Alcohol abuse weakens bones and muscles, triggers depression, affects organs and deteriorates the nervous

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system. Sometimes it causes permanent damage on memory and physical coordination. Instead drinking in moderation, or even total abstinence, provides various benefits,

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in addition to avoiding the negative effects mentioned above: it cuts weight it leads to a better sex life it helps to sleep it clears the brain it improves mood and

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energy level it regulates
blood pressure it heals
the liver it gives the
ability to manage emotions
and have better
relationships There is no
shame in having an

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addiction; life is not easy and sometimes we choose what we think it's best for us and end up hurting ourselves. When it happens, we must have the courage to acknowledge the

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issue, find the remedy and take action. If you want to quit drinking but don't know how or maybe you think it's too difficult, this complete and comprehensive guide will

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give the information to create the right mindset, take action and deal with relapse. This is the Right Book, buy it right now!
You, Too, Can Stop Drinking
Exposition Press of

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Florida If You Loved Me,
You'd Stop! What You Really
Need to Know If Your Loved
One Drinks Too Much K L J
Pub

READ ALLEN CARR'S EASY WAY
TO CONTROL ALCOHOL AND

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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

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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

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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

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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

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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

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such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

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

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

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Learn how to Stop Drinking Alcohol and Beat Alcohol Addiction Through this Detailed Step by Step Strategy
Quit Drinking
The Easy Way to Stop

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Smoking

The Holistic Self Help
Book To Quit Alcoholism
Using Alcoholics
Anonymous, Sinclair Method
and Naltrexone (Addiction
Recovery Without Too Much

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Willpower)

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

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"Alcohol Free Drinks - What To Drink if You Don't Drink" is also available for download. Get inspired by your free copy visit

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

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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

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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.

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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

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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*

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The drinks that help your body recover* Recipes to support early recovery* Breakfast, lunch, dinner, snacks* Juicing for fast results
Uses information from the most current brain research on the disease of alcoholism to cover the issues of alcohol abuse, co-addictions, drunk

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driving, underage drinking, dual diagnosis, codependency, and more. 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

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you believe any of the following about drinking alcohol to be true: 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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - 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

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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.

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Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

□An intense, complex and disturbing story, bravely and beautifully told. I read Drunk Mom with my jaw on the floor, which doesn't happen to me that

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often. □ Lena Dunham Three years after giving up drinking, Jowita Bydlowska found herself throwing back a glass of champagne like it was ginger ale. It was a special occasion: a party celebrating the birth of her first child. It also marked Bydlowska's immediate, full-blown return to

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crippling alcoholism. In the gritty and sometimes grimly comic tradition of the bestselling memoirs *Lit* by Mary Karr and *Smashed* by Koren Zailckas, *Drunk Mom* is Bydlowska's account of the ways substance abuse took control of her life—the binges and blackouts, the humiliations, the extraordinary risk-

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taking—as well as her fight toward recovery as a young mother. This courageous memoir brilliantly shines a light on the twisted logic of an addicted mind and the powerful, transformative love of one's child. Ultimately it gives hope, especially to those struggling in the same way.

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Take Control of Your Drinking...And
You May Not Need to Quit

How I Quit Drinking

How to Quit Drinking

Alcohol Addiction

Allen Carr's Easy Way to Control
Alcohol

A Guide on How to Stop Or Reduce

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Drinking Alcohol, with Meditation,
Relaxation and Affirmation Methods.
Self Hypnosis for Overcome
Negativity, Anger, Anxiety and
Depression
A Savage Presence
BY THE AUTHOR OF NEW

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YORK TIMES BESTSELLER
THE AUTHENTICITY
PROJECT, THE BRAVE AND
FUNNY MEMOIR THAT IS
CHANGING LIVES. How one
mother gave up drinking and
started living. This is Bridget

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Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-

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aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She

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called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful

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blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is

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an upbeat, funny and positive look at how to live life to the full.

Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How

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will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Do you feel frustrated because you drink too much? Are you

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neglecting your family, your children or your partner because of your addiction? Then, my friend, it's time to STOP. Even if you want to drink less and start controlling yourself, then this book is for you. Stop Drinking

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NOW! - The Complete Guide On Quitting Alcohol And Break Free From Alcohol Addiction For Life
What if I told you that following some tips and guidelines, you'll be able to change your lifestyle forever? You'll be able to live

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FREE: no more addiction, no more frustration. I know this because I've been addicted too. Addictions can destroy your life. They can shift your focus from important things, REAL things, like your family, your wife, your

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husband, your parents, your children... to dangerous, fleeting pleasures. You can no longer think clearly and you live like a prisoner, closed in the prison YOU built for yourself. But if you built it, then you can also destroy

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it!All starts from this statement: I CAN DO IT. That's true! Your will is a necessary part of the equation. Then comes my help: tips and guidelines that can change your life, if put into practice. Step up your life today!

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STOP being part of the sea of mediocrity! Enjoy the 1% of people who live the life of their dreams NOW. Here's what you'll learn in this book: The Detrimental Effects Of Alcohol On Your Body Why Undergo

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Withdrawal And Treatment For Alcohol Addiction? Your Road To Treatment And Recovery - Proven Techniques And Guidelines The Road To Complete Independence From Alcohol, Once And For All! And much more! Just scroll to the

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top of the page and click on the Add to Cart button! Tags: alcohol addiction, alcohol addiction treatment, alcohol addiction solutions, alcohol addiciotn cure, stop drinking, how to stop drinking, stop drinking now, stop

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drinking alcohol, get sober, stay sober, quitting alcohol, stop alcohol addiction, stop drinking and start living, stop drinking stay sober, stop drinking the easy way, alcohol abuse, alcoholism, alcoholism recovery, alcohol

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recovery

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

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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

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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 though

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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

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source of the problem, not the symptoms.

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

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successfully break the habit.
Learn How to Recover from
Alcohol Addiction Using Quick
and Easy Strategies
And how You Can Too
You Can Stop Drinking
STOP Drinking Alcohol

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I Need to Stop Drinking!
The Quit Drinking Guide
What You Really Need to Know
When Your Loved One Drinks
Too Much
Now that Connor Cohen is dead, Silas
Cohen is free to live the life he wants.

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But there are still two men in the way. When Enzo Juarez tries to make a new deal with Fiona, her good intentions get the best of her and she unexpectedly puts Silas in danger. Can Alex's connections save them this time? All bets are off when it's every man for themselves in this series'

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finale.

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 everone who is being torn apart by alcohol to know that it is possible to

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finally escape from it and experience the joy and freedom for themselves.

You can find freedom from alcohol once and for all.

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

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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

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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

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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

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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

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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

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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

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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

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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!
Did you want to know when and how

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to say no to alcohol? How many time have you found yourself in this situation telling yourself you are going to stop drinking only to found yourself back in the same circle.? As someone who has been there, I can't blame you for not keeping to your word, it's not about how discipline or learned you

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are it is just that you are addicted or dependent. I can't remember the number of alcohol related problem my addiction put me into. The shame, embarrassment, health problems, and depression just to mention few, I have seen and feel it all that's why I don't want you to go through the same route

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of self-destruction. As alcohol dependency is something that can't be formed in simple terms, alcohol dependency in general is refers to the situation of being obsessed to continue drinking even when you know it's harmful to your health, being addicted to alcohol means you are not

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in control of the intake. I want you to imagine how your life would look like if you are not addicted to alcohol, the better quality health you would have, the extra money you would save, the feeling you get when you know you are being respected in the communities, among your peers, etc.

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how did you feel? I know you can't imagine it as life without alcohol is too dreadful for an addict to imagine. Even if you want to quit, the reality of the situation is that the addicted part of you won't make this easy, as it won't join force with the part of you that want to stop. This part of you is the

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dependent which will make your sober journey difficult. First of all in order to take control what you need is to be honest with yourself, take a look at the danger alcohol has caused or can caused you, and you need to understand that continuing this kind of life will carry you downhill. If you are

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one of these occasional drinker, your life might be looking great from an outside point of view. But you are likely to run into severe health problems or death from drinking illness such as cirrhosis, merely because you don't feel like giving up alcohol earlier, like those drinker who use to get knocked

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up by alcohol. To quit alcohol you will not only need reading the content of this book but likewise you need to choose strategy in order to help free yourself from the ceaselessly drinking of alcohol. This is where the focused of this book come in, which is to help you decide and provide the best and the

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suitable strategy for you. The main goal of this book is to show you how to stop/control your alcohol intake but at the end you'll Learn the ancient and modern treatment alcohol. Know how to handle urges. How to say no to people in the most respectable way and not feel awkward about it. Learn

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about the nutritious food you can use to cure your craving. Learn how to center and improve your brain on what is important And lots more Would you rather keep going this dangerous downhill, which is making you embarrassing your love one, which you will later cause you to spend huge

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sum of money on therapy, or spend an hour to know how and what you need to do to quit alcohol? Scroll and up and click the buy Now Button to get started Your organs will thank you for this action you are taking..

Control Alcohol, Find Freedom,
Discover Happiness & Change Your

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Life

How to Stop Drinking Alcohol Like a Fish and Get Your Life Back

Find Freedom from Alcohol Forever -

Quit Drinking & Start Living!

If You Loved Me, You'd Stop!

How To Stop Drinking

Easy Step By Step Guide to Stop

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Drinking Alcohol and Delete it From Your Life

Stop Drinking

We live in a drinking obsessed world. We drink in baby showers and parties, brunch and book club, ceremonies,

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and funerals. Yet nobody challenges the ubiquity of alcohol- in reality, the one thing that has ever been questioned is why somebody isn't drinking. It's a requirement for entry, and if

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you don't imbue, you're an exception. As a community, we are concerned with health and well-being, but retain alcohol as some sort of magic elixir. If you're in a spiral, have you been tired of waking up

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every day with low levels of hangover, sick of your "booze breasts," and lack of energy? Then this book is all you need. It's HARD to stop drinking. Worse, because the WHOLE WORLD loves booze, you feel

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all alone! Yet you know that you have something to do. This gets worse, and you feel out of control. You're afraid you're going to end up as an alcoholic. This book is a map of the road. It's not a magical

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short cut because there is none, but it signs you through the sobriety and helps you to live soberly (two very different things). It provides hands-on advice for the entire phases of the sober process-how do you

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prepare for your first sober journey? Why don't your buddies cheer on you? And when are you going to be sober? Is there life beyond that journey-in the frightening new world of not drinking?

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The book admits that this journey is a double aim-to ditch the alcohol and to regain yourself-and when you can use sobriety in your life instead of destination, the strength and fulfillment of

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healing comes. What you will learn: Addiction or abuse? How to recognize it How this addiction can affect life and relationship Why is it so hard to quit drinking? Causes of alcohol addiction What

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damages alcoholism can
cause Determine your level of
addiction CAGE test Learn self-
hypnosis for overcome
negativity, anger, anxiety and
depression A plan for dealing
with relapses and triggers

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Withdrawal Syndrome How to treat alcohol withdrawal symptoms How to replace bad habits with good ones THE 30-DAY NO ALCOHOL CHALLENGE ...and much more. Everyone has a sober

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road-but the course of everyone goes in a different direction. This book will hopefully help you to get there without too many detours. How I stop drinking (and how you too can), is a realistic (and

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sometimes humorous) guide by a writer who has ploughed and made his own sober path! If you've had enough of being a wine witch whore, buy this book today and transform your life!

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In his third book, Kyle Ferguson, a world renowned advocate for human and animal rights, tells the story of why he stopped drinking. This is a true story of how Kyle Ferguson realized that alcohol

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is a very addictive poison, and alcohol was holding him back from reaching his potential in life. Do you ever feel like you're not reaching your potential in life because of partying or drinking alcohol?

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Do you ever wake up the next day after drinking feeling hung over and wondering what happened? Have you ever felt like your life or someone else's life was in danger because of alcohol? Are you

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sick and tired of hanging out with the same people, who are pulling you down? Do you want to hear some captivating stories of Kyle's as well as other people who have persevered to overcome

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alcohol addiction? Do you want to read a true story and give up alcohol for good? Kyle Ferguson believes that if he can stop drinking so can you! Take massive action and buy a copy of Kyle Ferguson's book,

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and stop drinking today, and live the alcohol free life filled with abundance.

This is an ultimate step by step guide that will give you all the required assistance that you need to make your

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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

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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

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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

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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

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"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

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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

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life, including 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

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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

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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

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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.

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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

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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!

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You Said You Quit, But You Didn't. Every time you wake up, your life seems like a mess. Once you take the first sip, you don't stop. Just trying to forget your sorrows? Drinking is the only avenue of

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destress? Let's face the fact here, you will eventually get into trouble with the law and/or destroy your family (even though you may think there isn't one). 10 Out of 10 people think they are in control when

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drinking, but they are absolutely not. Why not... Discover "How To Stop Drinking Alcohol Today"? Using the methods in the book, most of our readers quit their addiction after 28 days.

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Those that didn't eventually quit because they made the first step to commitment when picking up this book. This book doesn't offer a miracle cure because it doesn't exist. Instead, this book provides

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practical and realistic methods that require you to take action. We all know that the ideal solution to weight loss is exercising. But why does everyone confide into quick solutions like pills and crappy

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programs that never really worked? Think of this book as a real solid "exercise training program" that will help you achieve sobriety. Attention! Quitting alcohol is NOT for everyone! This book is not for

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people: -Who doesn't want to take actions in life -Who are not committed for a change -Who doesn't care about themselves and their family anymore If you are ready to learn about quitting alcohol,

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Scroll Up And Click On The "BUY NOW" Button Now! P.S. Don't give up even when the world has given up on you, because we haven't.

365 Days

Drunk Mom

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And Why You Will Too
10th Anniversary Edition If
You Loved Me, You'd Stop!
The Simple Guide to Stop
Drinking - Alcohol Addiction
Treatment, Drinking Addiction,
Sobriety and Alcoholism

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Treatment

Recover From Binge Drinking

Relapse In Just 7 Days

Alcoholic Sobriety Big Book

with Recovery Detox Plan To

Stop Drinking Now, Find

Peace and Enjoy Sober Living

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Forever

Do You Want To Overcome Alcohol Addiction? Can you really eliminate alcohol addiction with this book? Of course! - Read on. Alcohol addiction has

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negative effects on all aspects of your life, from everyday functions of your mind and body, to dealing with others at work or in social settings. Having the burden of this

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addiction can bring you to your knees with the weight of the mental and physical problems that it brings with it. But there is hope to regain control of your urges and cravings. Once

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you choose to no longer be a servant to your addiction, you have taken the first step to taking back the life that alcohol has deprived you! ALCOHOL ADDICTION: The Simple

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Guide To Stop Drinking - Alcohol Addiction Treatment, Drinking Addiction, Sobriety & Alcoholism Treatment will help you get right to overcoming your dependence

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on alcohol. This book will help you in managing the negative emotional triggers and high-risk situations that cause you to seek alcohol as a refuge. It'll also help

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you in kicking your addiction, it will be a guide that will show you that it is NEVER too late to stop, and that your life is yours to control. Make no mistake, this is

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not a magic pill. However, if you apply what's being taught in this guide, the results will be drastic and life-changing! Order ALCOHOL ADDICTION: The Simple Guide To Stop

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**Drinking - Alcohol
Addiction Treatment,
Drinking Addiction,
Sobriety & Alcoholism
Treatment now, and free
yourself from the
addiction today! Scroll to**

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the top and select the "BUY" button for instant order. You'll be so happy you did!

A fresh take on the Allen Carr method with all-new text. Includes free

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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

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solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and

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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

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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

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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.

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Have you been wishing to stop drinking alcohol for the longest time, have probably tried to drink one last bottle countless times, made commitments to loved ones to stop

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drinking, made some pretty bad decisions while drunk and more and are wishing to quit, for good? And are you looking for a guide that will take a supportive, nonjudgmental

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and non-condescending tone in walking you through the journey to quitting alcohol? If you've answered YES, keep reading... You Are About To Discover Exactly How

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You Can Break Your Dependence On Alcohol, For Good Using Proven Strategies And Tactics! We all know that alcohol does more damage to the body than good, and that we

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should always strive to lead sober lives. Some of us even sang songs in pre-school about how alcohol harms our organs especially the liver, weakens the immune system

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to how it increases the risk of serious illnesses like cancer.

Unfortunately, many of us only get to realize these effects when we're living them- when it's already

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too late. But you came for a solution, didn't you? The good news is that it's never too late to turn away the bottle or glass. What's even better is that recovery is possible, no

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matter how far down the road you are. The best news is that this simple, beginners' guide is here to help you make the right steps to get there! So, if you've been asking

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yourself: How harmful is one glass/ bottle or two? How does addiction start? How would I ascertain that I am addicted? What is the quickest way to recovery? How does alcohol affect

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the brain? Then buckle up because you are in for a wild ride of discovery. You will get all the answers to these and other similar questions, and learn how to avoid or

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recover from alcohol addiction in very simple steps! More precisely, you'll learn: What alcohol addiction refers to and how to recognize it The different types of alcohol

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**and how they are associated with addiction
What alcohol use disorder is, how it occurs and what to do about it How teenagers become addicted to alcohol and how to**

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control it How to overcome alcohol addiction for good How substance use affects your mental health ...And so much more! It doesn't matter who you are or what alcohol has done to you so

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far; you came to the right place! You might have seen the worst. You might have broken a few critical relationships in your life. You might even be hating yourself and

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**thinking yourself
hopeless! Coming here was
your first step to
recovery or helping
someone recover today or
in the future. Let this
book show you what you**

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**need to do to make your
(or their) journey smooth
and successful, even if
you feel helpless and
hopeless about your
situation!**

Escape the Alcohol

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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

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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

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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

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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

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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

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a better future. Here's what this book will help you with: Understanding different stages and shapes of alcohol addiction Recognizing alarming signs of

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**alcoholism Training your willpower and deciding to quit drinking
Understanding the psychological and emotional factors that contribute to addiction**

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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

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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

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**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**

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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

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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

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Copy Now!

**How You Can Decide When
Enough Is Enough
One Woman's Battle
To Stop What She Loves,
Believes In, and Grew Up
With Alcohol**

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**How to Stop Drinking
Alcohol on Your Own, Find
Freedom from Codependency
and Addiction to Change
Your Life and Become Sober
for Good
Control Your Naked Mind**

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**Alcohol Lied to Me: The
Intelligent Escape from
Alcohol Addiction
How To Stop Drinking
Alcohol
Food Choices to Stop
Drinking and Double Your**

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Chances of Staying Sober
NEW YORK TIMES
BESTSELLER • “An
unflinching examination of
how our drinking culture
hurts women and a gorgeous
memoir of how one woman

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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.

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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

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without the crutch of intoxication. You will never look at drinking the same way again.

Only about 6 percent of the population that are alcoholic need to quit drinking

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completely in their recovery process, yet nearly 90 percent of treatment programs and substance abuse treatment practitioners require total abstinence from alcohol.

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Cynthia Turner is not one of them. In *Can I Keep Drinking?* she provides you with easy-to-follow tools, checklists, and quizzes to help you answer the question “Can I keep

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drinking?” and figure out a way to have a healthier relationship with alcohol. Hi, I'm Timmy Cooper. For years I struggled, drinking every day. Now, I'm 5 years sober and I've completely

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STOPPED drinking alcohol. I feel amazing and I want you to feel amazing too! Read my book and learn how you can quit alcohol today! How I Quit Drinking (and how you can too) is a

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practical, helpful (and sometimes humorous) guide from an award winner blogger, who ploughed her own sober path and made it through!

The Sober Diaries

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Drinking

**What You Really Need to
Know If Your Loved One
Drinks Too Much
Kick the Drink...Easily!
You, Too, Can Stop Drinking
Stop Drinking and Back to
Sober Life**

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**How one woman stopped drinking and started living.
By New York Times Bestseller
This Naked Mind
There is no such thing as an alcoholic and there is no such**

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**disease as alcoholism! (as society understands it).
Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book.**

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Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are

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conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is

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much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without

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having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world! One woman's story about her

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struggle to stop drinking and how Christ has changed her with dated writings, praise, and prayer. God said, "You will have to quit drinking soon." I said, "As in Christ is coming soon?" The answer is yes. If

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there is nothing better than being in the presence of God, then why are we still using drugs and alcohol? Once I started writing in my book, Jesus came. The Holy Spirit said, "If you are really serious,

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**God will help you." I said,
"Yes." Part of coming clean is
coming clean. Two days later,
God took the urge away. I
didn't want anything! By faith
and walking with Christ, I truly
believe I've been changed**

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already. Replacing one thing for another is still the same scenario. We have to know what our triggers are and avoid them like the plague! Although I'm still a work in progress, I know and trust in

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Christ's perfect timing, and I know I am going to be okay. The book is called 365 Days. I have dedicated myself to one year to get it right this time. I told my family, and I am sharing with you my near-

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death experience when I took my belief in my addiction to the limit because it's time to get serious! Are you ready to start your journey to be a better you? Are addictions ruining your life? Are

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**addictions running your life?
Tired of losing it all? What if I
told you this--this method
worked for me, and I believe it
will work for you too. What do
you have to lose? The time is
now. Why wait? Try it! Read**

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this book today! This book takes 60-90 minutes to read. Please read it in it's entirety to get maximum results. Offers guidelines so readers can decide whether to try to moderate their drinking or to

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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.

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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

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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

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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

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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

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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

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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,

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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.

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“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

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“The most selfless and amazing book that I have ever read.” —Bernie M., Dublin, Ireland

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

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Alcohol Addiction

A Memoir

Can I Keep Drinking?

The Sober Survival Guide

Why I Stopped Drinking

*A fresh take on the
Allen Carr method with*

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all-new text. Most drinkers are convinced that it s almost impossible to stop drinking and to free themselves from addiction; they also

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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

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and permanently.

Includes free

hypnotherapy CD.

ALCOHOL ADDICTION

RECOVERY: IF THIS

DOESN'T CHANGE YOUR

ALCOHOL USE DISORDER AND

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*GIVE YOU CONTROL OVER
YOUR INCESSANT DRINKING
OF ALCOHOL AFTER
READING, NOTHING WILL In
this book, I will show
you the easiest way to
get over that bottle*

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drinking life and get back to your normal self. I know you have always wanted to quit drinking alcohol, but you''ve had a torrid time achieving that

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since you get going back to it each time. I know this has made you concluded in your mind that alcohol addiction could not be defeated, but with this book, you

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*will discard that
assertion and see how
easy it is to remain
sober for life Yes, I
know! I know because
I've also been there.
Now I am free, and you*

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also can be free, if you are truly ready to quit drinking I got the quitting alcohol formula that worked for me, and with further research into breaking free from

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alcoholism and alcoholics recovery, I wrote this book. First, you need to tell yourself congratulations for coming across this book. Now make a

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purchase and follow the teachings of the book as outlined, then you will realize you've got the needed information that millions of alcoholics are looking for I know

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you''ve had several failed attempts of quitting alcohol addiction as you''ve relapsed several times. This book will show you how to be sober without

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will power, you will never go back to alcohol addiction -- Never again! It doesn't matter when you started drinking, it doesn't matter how many times

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you have quit but failed-- relapsed. What matters right now is your strong resolve to quit! Take the greatest step, quit now and save yourself from the long

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term complications of alcohol use. Remember, it is only you that can save yourself! Take the right decision now! Are you a casual drinker or a problem drinker? I

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will let you know the difference between an alcoholic and alcoholism Do you know it is not everyone that takes an alcohol that is an alcoholic? Does any of

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the following applies to you? Do you get drunk very often even though it is always against your wish Do you struggle to control the quantity of alcohol you

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drink? -- You can't control how many bottles to drink? Do you get into a messy situation too often because of your alcohol drinking? Do you have a problem

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with your family and loved ones because of alcohol addiction? Does everything you labored for seem to be crumbling in front of you due to alcohol use

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If any of the above applies to you, you are suffering from alcohol addiction and alcohol use disorder Here is the good news, you have the opportunity of getting

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rid each of these fears and many more that is making you tremble and distorting your sanity. This book will show you how to get rid of your alcohol addiction fears

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and give you a permanent sobriety life without relapse. I know you feel getting a solution to your alcohol addiction is hard. The simple secrets in this book

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will open your eyes to the reality of alcoholism, and you will get back your old self again as you will be shown the easy way to control alcohol and get

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over your alcohol drinking life in just a few weeks With this book, you will get the following: How to get over your persistent urge to drink

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alcohol/li> You will be able to decide how to stay away from drinking alcohol even if it offered to you for free You will get several tips on what you can do

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*while celebrating
without using alcohol
You will get the best
method on how to get
over your alcohol
addiction, alcohol
dependency, alcohol use*

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disorder, and alcoholism and so much more Scroll up now and click the order button and get yourself the necessary information that has been deluding millions

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of people. You will be glad you did!

How to Quit Alcohol in 50 Days