

How To Stop Drinking 30 Day Plan 30 Days Of Motivation To A Happier Healthier Life

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 successful 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 bottom

WANT TO QUIT DRINKING, OR CUT BACK ON YOUR ALCOHOL INTAKE?

What you about to read in this book has the potential to change your life...if only you follow the practical steps religiously. Inside you'll find simple steps to help you quit drinking or cut back on your alcohol intake all in the space of 30 days. We shall also establish a solid framework to support you so that you know just how to deal with withdrawal symptoms, relapses and any future alcohol cravings. 30 days is the estimated time required to form a new habit. This is why for the next 30days we shall be tearing down alcoholism and building up new healthy habits to replace it. Quitting alcohol is not all rosy. It is a gradual process that culminates first in very adverse effects and then in a life of freedom and sound health. This workbook will take you through what you should expect before, during and after you quit alcohol; to what you should do about it. You will learn:-

- How to create a solid quitting plan-
- How to adhere to this plan-
- How to treat alcohol addiction-
- How to treat alcohol withdrawal symptoms-
- How to deal with fresh alcohol cravings-
- How to stay permanently free and live a more meaningful

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life. The 30 day guide for quitting is packed full with activities to make you grow through the process, plus positive affirmation for each day to help you stay motivated. Scroll up and click the buy button to get a copy of your quit drinking workbook!

Stop Drinking and Get Fit is the ultimate guide to kicking the alcohol habit for good and achieving a level of fitness you have never thought possible. With this simple to follow method, you will lose at least 30 pounds, stop the desire to drink, and feel at least 10 years younger than your chronological age.

"Alcohol and You" includes everything you need to self-diagnose alcohol problems and find the solution that is right for you. The writer is a leading addictions therapist and author of the Amazon bestseller "The 10-Day Alcohol Detox Plan" and "Mindfulness for Alcohol Recovery". His research with hundreds of clients in treatment revealed the best ways to overcome problematic drinking. In this landmark book, he passes on that knowledge to you. Written in an uplifting, easy-to-follow format, "Alcohol and You" clearly explains: The best, scientifically-proven ways to reduce or quit drinking. How to self-diagnose alcohol dependence in minutes. How to motivate yourself to change and enjoy the process. How to decide whether cutting down or quitting is right for you. Medications and strategies to help deal with cravings. The best, free support to help maintain your progress over time. "Alcohol and You" will leave you feeling inspired, fully-informed, and excited about your future. Order this book today and say good-bye to alcohol problems.

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 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:

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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!

Allen Carr's Easyway is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's Easyway makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr 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 will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life.

--Publisher

Drinking alcohol from the age of 13 and spending the next 40 years consistently drinking meant that alcohol was as natural a part of my life as breathing.

Following a series of difficult times I realised that alcohol was the one thing that was preventing me from living my most authentic life. I stopped drinking for 30 days and at the end of it I already knew I would never drink again. This is a short story about how I knew I wasn't an alcoholic, about how I stopped and what I found out in the process. Around day 21 I realised I was seeing the world as it really is. Totally sober, I began to see myself as I really was. The veil fell from my eyes and I knew that my life had truly begun. In sobriety, my mind, body and spirit have been transformed for the better in ways I couldn't have predicted. My life is now my own and I'm a Sobersista with a mission. I hope you will join me.

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

A Great Supplement to Traditional Approaches!!! This short and effective mindfulness guide exists as a supplement to help you in your journey to quit drinking the most popular toxin on the planet...alcohol. This mindfulness guide can help you explore and understand the intricacies of alcohol dependency. Believe it or not, you don't want nor need alcohol...you were just conditioned to believe so. At your core, you do not have the desire to poison yourself. You can stop drinking sooner than you think. Feel free to use this guide in conjunction with other methods to stop drinking, as this unconventional approach uses mindfulness to help you question the deeper topics of alcohol dependency. This short but powerful book uses the 30DaysNow exercises and lessons to supplement your efforts to stop drinking alcohol. You'll find some of the exercises very meaningful and effective, and some of them you may not connect with - the point is to discover the lessons and disciplines that apply to your experience. We're confident that if you spend a little time in this book, you'll become aware of the truth that you are

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not dependent on alcohol. Disclosure (Shared Lessons and Exercises): Keep in mind that our mindfulness guides share the same lessons and exercises, so there is no need to purchase more than one book; unless you are sharing with a group or giving the guides as gifts. Our mindfulness guides are created for various topics; however, they utilize the same lessons and exercises, so please be aware of this before purchasing. For example, 30 Days to Sobriety will mostly have the same lessons and exercises as 30 Days to Reduce Stress and so forth. By reading just one of our guides, you'll be able to apply the same lessons and exercises to multiple areas of your life. Give the gift of mindfulness. See our other guides on Amazon or at www.30DaysNow.com if you wish to purchase a book for a loved one or for group study. See the disclosure above. Enjoy your journey! Mindfulness is a practice that has been around for ages, and has effectively changed the lives of many, especially while joined with cognitive behavioral therapy (CBT). The exercises in our guide books incorporate fun, common, and unique techniques that stem from old teachings as well as CBT. Most of our guide books focus on overcoming adverse attachments, so that you can live your best life possible and rediscover happiness. Keep in mind; our guides share the same exercises and lessons, so there is no need to purchase more than one specific guide. It's advised to choose the guide that applies to your specific goal, interest, attachment, dependency, etc. Our approach is to keep it simple. Mindfulness does not have to be a complicated, strenuous, or confusing practice. As we like to say...there isn't a grand goal of enlightenment that you must reach to discover happiness, fulfillment, and peace. Believe it or not, you have happiness in the present moment, and that's what our guide books will help you discover. You have nothing to lose by trying mindfulness, and we hope you start with one of our fun guides. We also hope that you share our books with others. We're all in this together - waking up to a life of awareness and happiness in the present moment. Our short 30 day guide books can also be used if you're interested in starting a mindfulness group in your community, business or organization, a coaching practice, or a volunteer group that utilizes mindfulness for health and wellness. They're simple, easy to follow, and practical. Most importantly, they're effective and fun.

Break Free From Your Bad Habits It begins innocently enough. You find yourself drinking more than you used to. Or you're watching too much tv, rarely exercising, or eating things that make you feel sick. You know you've gotten yourself into a bad habit, but you also feel powerless to change. "It's too late now," you think. "I'm too old too fat, too far gone]." You're stuck-trapped in a pattern you know is unhealthy, feeling like there's no way out. But what if you're wrong? **What If You Could Change Your Life In Only 30 Days?** What if you could watch as an ordinary person, just like you, decided to make a change in their life for the better? You need inspiration for the journey, proving that it's never too late...because it's not After all, habits are merely established patterns of behavior, and these patterns can change in as little as 21-28 days. That's only a month out of the rest of your life **Change Your Habits, Change Your Life** Get down in the trenches with John Clark in his latest book, "Sober in 30 Days," as he tackles such subjects as addiction, personal growth, and going for your dreams, at any age. After realizing that he was slipping back into a negative relationship with alcohol, he decided to quit drinking for 30 days to see how his life would change. The results were profound. Get inspired to change your life as you experience the ups and downs of Clark's journey. "Sober in 30 Days" proves that addictions and habits don't have to rule

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your life-you can come out the other side, happier and more at peace with yourself and the world. Your journey begins today. What will you choose?

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of *This Naked Mind* helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace 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. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

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

OWN IT - HATE IT - BEAT IT If you are a 30-something to 40-something woman read this That next drink represents a great big FULL STOP on the rest of your day, evening, life and dreams. The longing for a drink may not disappear, but you can re-educate yourself to want something better, something more from your life than just a bad head, de-energised body and self-loathing. Will yourself to fulfil your aspirations and put your fickle ego out to dry. Become the bright shining version of yourself you want to be and are. **WAKE UP EVERY DAY WITH A SENSE OF ACCOMPLISHMENT AND PURPOSE INSTEAD OF A HANGOVER!**

Many busy women wonder if they are drinking too much. This 30-day guided alcohol detox helps you examine your drinking habits and shows you how to ensure your drinking isn't getting out of control. *30 New Days Alcohol-Free - For Sober Curious Drinkers* is your guide to finding out where alcohol fits into your life. It is for those sober curious drinkers who wonder if they are drinking too much. If your drinking is worrying you, order your copy today and start your guided detox with confidence. Who is this

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book for? 30 New Days Alcohol-Free is for the mother who longs for wine o'clock but worries about her health. It is for the newly divorced woman who wonders if sinking into a bottle of wine at night is keeping her stuck. It is for the woman who wonders if she is being held back by her need for a drink when things get tough. It is for the woman who wants to know where alcohol fits into her life. And it is for those who secretly worry they are drinking too much, but fear they cannot cope without a drink or three. I know how it goes when we decide to make a change; we start, we stop, we change our minds, and so the cycle goes. 30 New Days Alcohol-Free for Sober Curious Drinkers is here to help you reach the goal of being alcohol-free for a month. This book will not make you feel bad, and it will not pile on the guilt if you have a slip-up over the next 30 days. It is about supporting your journey and exploration of not drinking. If you want to stop halfway, take a break from the detox and then restart, you can. A few twists in the road are normal when you are changing your life. 30 New Days Alcohol-Free will remind you each day that you are stronger than you think, wiser than you believe and more amazing than you can fathom. ? So how does it work? Each day offers new ways of examining your relationship with alcohol. You will be guided and supported through any doubts or cravings towards achieving your goal. Included are daily writing prompts where you explore what makes you want to drink. Learn more about yourself and your relationship with alcohol so you can gain back control. Each day also includes spaces to write, reflect, and record your journey. There is a helpful detox timeline to help you understand what your body is going through during the 30 days, and the resource section contains useful guides for coping with sleeplessness, cravings and slip-ups during the detox. 30 New Days Alcohol-Free for Sober Curious Drinkers promises to give you the motivation to reach 30-days alcohol-free easily. It provides your daily gentle shove in the right direction towards that goal. Don't delay on something so important. Order your copy today and begin your guided alcohol detox with confidence. This is your sacred book where you can share your feelings and thoughts in writing with total freedom and acceptance. Discover a new way of life through journaling and strategies your recovery and relapse prevention accordingly. Are you addicted to alcohol or recovering from compulsive drinking? Whether it be a combination of alcohol and other drugs, prescription meds, sex, gambling, porn, or the internet, compulsive behaviors are cunning, baffling and destroying families nationwide and internationally. Carry this book wherever you go for the next 30 days. Each time you feel like relapsing, before you use again, write the emotions you are feeling and your current thoughts. At the end of 30 days, look back and see how your life has been. If you are in any 12 step program, use this as part of working the program. If not, you may also use the last 30 days to learn about yourself and working your recovery process. In order to avoid triggers, you may need to make changes to your habits, lifestyle, and relationships. Knowing your warning signs allows you to begin managing symptoms before they become too severe. This notebook is not an informational book, but a blank lined notebook and diary for men and women who are in recovery from a drinking problem. This is your journey to sobriety and relapse prevention workbook. If you are looking for recovery gifts for alcoholics or sobriety gifts for men and women, this will be one of the best addiction recovery gifts ever! If you have recently left treatment or rehab, you are going through addiction counseling or recovery coaching, this blank lined journal book is designed to help you in your eventual recovery. Use this book as your recovery journal and addiction recovery book and your life will be forever changed. This is a great compulsive behavior recovery book that helps to heal and rewire your brain from addictions. You will naturally use cognitive behavioral therapy (CBT), and mindfulness-based relapse prevention to help you move past your

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addictive behaviors. Are you going through addictive behavior counseling? This book will help you stop your addictions and heal your mind. Much like your body requires a balanced diet and exercise to maintain its health, your recovery from any compulsive behavior also needs attention. Maintaining your recovery process involves practicing self-care, using coping strategies, and knowing when to seek professional help. Use this blank lined writing journal to review your recovery needs and the strategies you can use to maintain wholeness and wellness.

"For years, Holly Whitaker wore her workaholic-party-girl persona as a badge of honor, while privately feeling increasingly miserable. She believed that if she could just eat cleaner, save more money, and be more perfect, her life would finally snap into place. Yet all of her attempts to fix herself just added up to more chaos and the chaos added up to more pain and so she added more wine. When she finally had enough and started looking around for help, she was shocked to find that the only systems in place to support her quitting drinking were archaic, patriarchal, and ineffective for the unique needs of women. The Alcoholics Anonymous model focused on strict anonymity, making the ego the enemy, and surrendering power, voice, and agency to a male concept of God. But Holly instinctively knew that what she needed was a deeper understanding of her own identity, the courage to take control of her own life, and to be embraced by a supportive and vocal community. 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. Holly became resolute--not only did she have to find her way out of her own addiction, she felt a calling to create something bigger, so that women anywhere on the drinking continuum might find their way as well. The result is her company, Tempest, which provides the education to address the root cause of addiction, the tools to break the cycle of addiction, and the community necessary to build a life free from alcohol. Written in a unique voice that is relatable, honest, and witty, *Quit Like a Woman* is a groundbreaking look at the insidious role alcohol plays in our lives. Holly offers up a clear-eyed recovery model that banishes the punitive approach to quitting espoused by male-centric programs like AA and provides a positive alternative to living our best lives without the crutch of intoxication. Holly details what makes us sick, keeps us out of our power, and what is possible when we remove alcohol and destroy our belief system around it"--

YOU'RE NOT AN ALCOHOLIC BUT SOMETIMES DRINK TOO MUCH... Are you often unmotivated, stressed, lacking energy and tired? Are you sick of hangovers? Do you want to stop missing out on life, regain your health, improve your relationships and enjoy greater control, clarity, focus and freedom? When you quit alcohol for just 30 days, you can transform your life. You will look and feel better, save and make money and be happier. James Swanwick is a former social drinker. He is an Australian-American entrepreneur, award-winning journalist and former ESPN SportsCenter anchor. In this groundbreaking book, Swanwick reveals strategies for you to prepare for, and take, a break from alcohol. Learn how to easily reduce or stop drinking, identify what type of drinker you are, successfully socialize without drinking, relieve stress without alcohol and finally break your habit. Join thousands of people around the world taking the 30 Day No Alcohol Challenge and kick-start the healthier and happier you.

You might be thinking that you'll never be able to quit drinking. Just over two years ago Kevin was just like you. After binge drinking for most of his life, he was near rock bottom, and desperately looking for some answers. Contrary to what most quit alcohol advice says, Kevin was surprised at how easily he got through the first week, then the second, the third, and never looked back. All the awful symptoms and side effects of quitting alcohol just didn't materialize. Why? This book, *Alcohol Freedom*, has the answers. The 7 Mindsets that Kevin has put together for you have already helped thousands of regular people to free themselves from taking this poison. By the time you finish reading this book, you'll be able to consistently make

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solid and dependable changes in your drinking thinking and behavior. Far from feeling humiliated because you have to quit, deprived of your pleasure, and helpless in your alcoholic disease, Alcohol Freedom will help you to feel powerful and confident in your ability to kick this destructive habit, once and for all. Alcohol Freedom also teaches: How to think out, plan, and apply the unique strategies that work for you How to discover and control all your triggers, urges, and cravings How to engineer your perfect stop drinking environment How to guarantee your family and friends are on your side How to overcome your fears

*** "7 Steps to Quit Drinking Alcohol Forever" ***Are you ready to live your BEST LIFE yet? If yes, then please read this.Maybe now you aren't comfortable sharing your problems with anyone, or you like to keep things as a secret, or you feel you don't have a problem at all. If you are suffering from addiction and alcoholism, you must know that "your issues will continue its presence and grow even further if you don't face it now and take actions to solve it." Life doesn't always offer you a second chance, and you also don't want to learn your lesson in a hard way. So Now, There is a "Less than One Minute Quiz" for you here, and you should give it a try even if you believe you don't have an alcohol problem. SO right now, raise your hand if you probably: -Don't know your limits or having the control of your alcohol intake that leads you to finish bottles after bottles till you lose a complete sense of consciousness.-You depend on alcohol to take away your anxiety, pain, past traumas, or depression. -You are having sleep problems or can't relax without drinking alcohol at all.-You Can't imagine having dinner parties or hang out with friends without drinking. -Even thinking of avoiding binge drinking on the weekends seems impossible to you.-Your challenges and problems in life can't ease off without depending on alcohol. -You shiver and have cold sweats when you are sober. -You can't feel confident without having a drink or even go on a date without drinking.-You think that you are not entertaining or fun being around without being tipsy or drunk.-The taste of alcohol is fantastic to you, and you can't imagine your life without it. -You firmly believe that your holidays without alcohol is deadly boring and dull!!IF you can relate with even "One" of the problems, then it's time to reconsider your beliefs, open new doors with an open mind and heart, and lock up some old lonely doors forever. Imagine you have a map that takes you step by step and week by week to process the understanding of alcohol and how to quit it in the "Seven" total steps. In this book, you'll find the assembles of my 12 years of research and inventions about "Alcohol," where it shows a deep dive into every element of alcohol's effects on your body, soul, and mind. It reveled obscure facet of quitting alcohol in only seven simple steps that you can master without anyone's help. This method has not been shared in the past, and if you follow the steps carefully, you will quit drinking even if you have tried all the inpatient centers, rehabs, programs, counseling, and all the possible ways in existence.In each stage, you'll also have access to a PDF folder that provides "7 weeks plans for each step in the book to avoid any obstacles or challenges coming your way.The PDF includes: -Weekly To-Do list for seven weeks for each step in the book.-24-checklist plan for 30 days.-Food and Drinks Detox plan.This book is a discovery of the most up to the dated innovation that brings you freedom, joy, and peace, and the good news is you don't have to wait many years as I did. It takes you through my own life stories, discoveries, experiments, and immeasurable unique way of quitting alcohol forever. The benefits you'll earn are undeniable, so if you are ready, scroll up and click the Add to Card's bottom, and within a short time, we'll get you to start the new beginning in life.

? 55% OFF for Bookstores! ? COLORED VERSIONIs your drinking ruining your life, career and health?Have you considered hypnosis as a possible treatment?

"Honest, direct, comprehensive, and practical." --Bestselling author Mary Pipher "Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to happy destiny." --Christopher Kennedy Lawford, author of Symptoms of Withdrawal: A Memoir of Snapshots and Redemption Already hailed as "a thoughtful and comprehensive guide to those

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by-step instructions to set him free, this smart guide shows how to escape from the addiction trap. Your customer will find: à A unique method that does not require willpower à Remove the desire to drink alcohol and smoke cigarettes à Stop easily, immediately, and painlessly à Regain control of your life à Tips and tricks for everyday life à Bonus: the bullet-proof program for women to leave the alcohol aside forever Are you ready to leave a permanent imprint on the lives of your customers and their family? Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!

Whether you want to quit drinking for good or for just 30 days, the 30 Day Alcohol Reboot will help you to achieve your goals. You will learn how to prepare yourself and your environment, how to build and maintain your motivation, and what you can expect in your first month of alcohol freedom. This program will then lead you step-by-step through each of the four crucial weeks to finally break your alcohol habit. This no-nonsense guide will help you to rediscover happiness and create permanent and positive change in your life. You will learn: Who should take the 30 Day alcohol reboot? What's the big idea of only 30 days? How to maximize your motivation before the 30 Day Alcohol Reboot begins? Learn about the benefits of drinking alcohol Learn about incredible life benefits quitting drinking alcohol for 30 days will bring you How much impact can you have on your alcohol habit after only 30 days? Can you reboot your alcohol habit after just 30 days? Will your alcohol tolerance levels be reset after 30 days? Learn how your own expectations can feed your fears and what you can do about it Learn how long it takes for every drop of alcohol to leave your system and why that matters We'll explore what you can expect once you quit and how to accelerate the process How your alcohol metabolic process creates much more potent toxins in your body What are the short term dangers of alcohol withdrawal? How to cope with alcohol withdrawal? How can you know for sure you won't go through the DTs? Which of these common obstacles will you face and how to deal with them? Is it important that you visit a doctor before you start this 30 day challenge? Why? Who can safely quit drinking alcohol on their own? How to create compelling plans for your 30 day challenge and beyond What you should know about preparing your body and mind to achieve the best results How to engineer your perfect quitting alcohol environment How to deal with the helpful and not so helpful people in your life and how they will react to your booze-free life How to choose the best time to start this challenge How to increase your overall chances of success by finding a reboot partner How to measure your progress for the best results The critical mistakes to avoid leading up to your challenge How to make the days leading up to your challenge much more effective How to prepare the night before to kickstart your challenge for maximum results What are some great choices for alcohol replacements? What you should expect from your first week alcohol free? If you feel cravings, here's how to deal with them... The easy formula for keeping things simple The three key personal investments for a successful 30 Day Alcohol Reboot How to make it almost impossible to relapse A simple technique for maintaining rock solid determination How to deal with any social situation How to boss the idiots who would like to see you fail How to feed your mind and body for success The importance of rewarding yourself How to reward yourself for optimum results How to party with unshakeable confidence How understanding others' drinking habits helps you to understand your own What to do if you slip-up and drink again How to beat the attraction of the moderation trap What to do after your 30 Day alcohol reboot? Do you sincerely want to quit drinking long-term? Here's how!

Easyway is the most successful stop-smoking method of all time. It has helped smokers from all over the world to quit. Now it has been applied to problem drinking. After explaining why you feel the need to drink, he shows you how to escape from the alcohol trap. With the brilliant illustrations of Bev Asibett, Allen Carr's globally best-selling method is presented here in a truly refreshing,

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accessible, dynamic, funny and enjoyable way.

From the bestselling co-author of *Chicken Soup for the Soul* comes a revolutionary programme to help you cut back or quit drinking entirely - on your own and in the privacy of your own home. Existing established published resources have utterly failed to help most alcoholics. Only a tiny percentage of those with alcohol abuse issues ever receive any sort of treatment, including Alcoholics Anonymous, which provides a dated programme of recovery that many find difficult to accept or practical to implement. There has also been no dramatic decline in alcoholism over time, suggesting that we are desperately in need of a fresh approach. The 30-Day Sobriety Solution offers the answer to anyone who feels their drinking has become unmanageable. Inspired by Canfield's work in self-esteem and success training and developed into a programme by Dave Andrews, it integrates positive psychology, neurolinguistic programming, cognitive therapy, meditation, positive self-talk and the correction of negative self-perceptions, amongst numerous other techniques. At the core of this programme are the two concepts of a no alcohol '30-Day Reboot', with the option of a non-abstinence track after the first 30 days. This is a model of sobriety that you can achieve in the privacy of your own home in only a few minutes a day.

The 30-Day Sobriety Solution How to Cut Back Or Quit Drinking in the Privacy of Your Own Home Simon and Schuster

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

Read Free How To Stop Drinking 30 Day Plan 30 Days Of Motivation To A Happier Healthier Life

Addiction, Be Free And Quit Drinking." and enjoy!

EFFECTS OF ALCOHOL ABUSE AND WHAT HAPPENS WHEN YOU STOP DRINKING? Alcohol is a substance that is widely accepted throughout the entire world. Unfortunately, there are millions of people in the United States alone who struggle with alcohol use disorder. When alcohol use disorder is occurring, the brain becomes "rewired" to both crave alcohol and require it in order for the body to function. This is what causes the perpetual, dangerous drinking behaviors exhibited by alcoholics. When alcohol is consumed, it is absorbed into the bloodstream. Once in the bloodstream, it is pumped through all vital organs including the heart, liver, and kidneys. The more that alcohol is abused, the more likely it becomes for a person to suffer vital organ damage as a result of this process. The desired effects of drinking alcohol (e.g. lowered inhibitions, relaxation) can kick in after consuming 1-2 drinks (one drink is considered 12 oz of beer, 5 oz of wine, or 1.5 oz of distilled spirits). However, because alcohol is a depressant, the more that a person consumes, the more intense his or her symptoms will become. Instead of simply experiencing lowered inhibitions and relaxation, a person can quickly begin experiencing dizziness, shaking, loss of consciousness, and vomiting. If drinking continues to a point where the body can no longer process the consumed alcohol, an overdose occurs, which can lead to permanent damage if not cause death. Sadly, many people are unable to be responsible with their drinking or abstain from it because they have the disease of addiction. As an alcohol addiction develops and morphs into something more severe, the effects that a person can experience can range from being inconvenient to deadly.

EFFECTS OF ALCOHOL ABUSE If you have alcohol use disorder, you will experience the effects of your drinking. However, those effects are going to vary based on how much and how often you drink, as well as what you are drinking and if you are experiencing any other physical/psychological health problems. Typically, however, people who have alcohol use disorder develop a number of physical and psychological effects:

PHYSICAL EFFECTS
Blacking out
Vomiting
Nausea
Diarrhea
Irregular heartbeat
High blood pressure
Increased risk for cancer
Loss of gray matter in the brain (responsible for speech, self-control, memory)
Loss of white matter in the brain (which aids in the speedy transport of signals in the brain)

PSYCHOLOGICAL EFFECTS
Mood swings
Anxiety
Depression
Poor attention span
Cognitive learning difficulties

It is also possible to develop wet brain as a result of alcohol use disorder. Symptoms of wet brain include severe memory loss, problems forming new memories, hallucinations, and confusion. In order to stop the occurrence of symptoms such as these, as well as the development of further symptoms, it is imperative that you stop drinking as soon as possible.

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.

Read Free How To Stop Drinking 30 Day Plan 30 Days Of Motivation To A Happier Healthier Life

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.

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