



Stop Drinking: Stop Drinking, Get Sober and Stay Free From Alcohol Addiction For Life (How To Quit Drinking Alcohol And Stay Sober Book 1)

Stanley Steel

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How to Stop Drinking-Learn Proven Methods That Work For Getting Sober

Are you beaten down and ready to stop drinking alcohol on your own? I can show you how to quit drinking and how to stay sober. I overcame an alcohol addiction in 1998 and have never relapsed. Staying sober is easy if you apply the proven methods I teach inside this book.

You are probably obsessing about drinking all of the time, right? I used to plan my entire day around when and how I was going to drink alcohol.

I know exactly how you feel. I really can help you learn how to stop drinking.!

Tips From The Book on How To Stop Drinking

1. A simple concept: don't drink and you won't get drunk.
2. Stay away from tempting people, places and things. Don't spend time in the places where you used to drink. Don't spend your time around the people you used to drink with. Don't go anywhere near the substances you used to drink.
3. The AA program teaches that meeting makers make it. I've found this to be true. The more I hang out with the winners, the better my chances of staying sober. Get connected with an alcoholism recovery support group.
4. If you decide to try drinking again, you are going to go right back into the pits of hell. I saw my mother go in and out of treatment centers, as she thought she could drink again after being sober for extended periods of time. It never worked in her favor. She always ended up back in the hospital or in rehab. She finally stayed sober for 25 years through being involved in AA before she passed away.
49. There's a promise of being happy, joyous and free for those of us who endure the challenges of staying sober. These things have manifested in my life. So, let me encourage you. As you progress in your sobriety, know that you will experience more happiness, joy and freedom in your life.
50. Realize that you are going to stop drinking on your own. The people around you may do things to

encourage you along the way, but this is your life and your recovery from the effect of alcoholism.

Inside of “101 Quick Tips: How to Stop Drinking-Proven Methods for Staying Sober” you are going to get straightforward tips on how to overcome your addiction without having to sift through a bunch of psychological jargon.

I am not going to bore you with a pile of statistics about alcoholism either. NO! You are going to get the best of the best: condensed ways to stop your alcohol addiction that really work.

The tips I offer for staying sober will work for you for years after reading them.

Here are a few benefits you will enjoy once you quit drinking alcohol:

- Your financial situation will improve.
- Relationships with your boyfriend, girlfriend, spouse, family and children will improve.
- You will be filled with a new hope for living.
- You will be able to handle situations that used to cause you severe anxiety or procrastination.
- You are going to be more happy, joyous and free.
- You will be physically, mentally and spiritually healthier.

As you apply the “100 Quick Tips on How to Stop Drinking and Proven Methods of Staying Sober” your obsession for consuming alcohol is going to fade away.

Guaranteed, if you apply the methods I teach for getting and staying sober on a daily basis, you will NOT be overtaken by the compulsion to drink alcohol another day in your life.

Here are a few of the things you are going to learn:

- How to stop drinking alcohol
- How to quit obsessing over drinking alcohol
- Proven methods of staying sober
- How to deal with alcohol withdrawal
- Ways to mend broken relationships
- Tips on building your self-esteem
- Ways to live happy, joyous and free without alcohol
- Ways of dealing with fear, anxiety and depression
- How to overcome procrastination
- How to quit drinking today
- Alcohol abuse repercussions
- Where to get treatment for alcoholism
- The benefits of getting sober
- Proven addiction recovery routines
- Where to get h

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Josette Roscoe:

Reading a publication tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Together with book everyone in this world may share their idea. Books can also inspire a lot of people. Many author can inspire their reader with their story or their experience. Not only the storyplot that share in the textbooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write to their book. One of them is this Stop Drinking: Stop Drinking, Get Sober and Stay Free From Alcohol Addiction For Life (How To Quit Drinking Alcohol And Stay Sober Book 1).

Mary Sexton:

Stop Drinking: Stop Drinking, Get Sober and Stay Free From Alcohol Addiction For Life (How To Quit Drinking Alcohol And Stay Sober Book 1) can be one of your beginning books that are good idea. Many of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to set every word into enjoyment arrangement in writing Stop Drinking: Stop Drinking, Get Sober and Stay Free From Alcohol Addiction For Life (How To Quit Drinking Alcohol And Stay Sober Book 1) nevertheless doesn't forget the main point, giving the reader the hottest in addition to based confirm resource details that maybe you can be one among it. This great information can easily drawn you into new stage of crucial thinking.

Jennifer Trojanowski:

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following is difficult job because you are scared that the inside maybe not while fantastic as in the outside appearance likes. Maybe you answer could be Stop Drinking: Stop Drinking, Get Sober and Stay Free From Alcohol Addiction For Life (How To Quit Drinking Alcohol And Stay Sober Book 1) why because the fantastic cover that make you consider with regards to the content will not disappoint you actually. The inside or content will be fantastic as the outside or cover. Your reading sixth sense will directly make suggestions to pick up this book.

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