

Kick The Drink Easily

How to Stop Drinking Without Willpower
Tired of Thinking About Drinking
The Ketogenic Bible
The Science of Drinking
The Unexpected Joy of Being Sober
Sober Curious
Allen Carr's Easy Way to Control Alcohol
The Alcohol Experiment: Expanded Edition
Glass Half Full
Dry Low-Carb Vegetarian Cookbook
When You Reach Me
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Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction
Alcoholics Anonymous
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Alcohol Freedom
Alcohol Lied to Me Again! - Get Back On the Wagon & Regain Control of Your Drinking
Chocolate Busters: The Easy Way to Kick It!
7lbs in 7 Days Super Juice Diet
Kick the Drink Easily!
Unwasted: A Happier Hour
Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies
Never Enough
Alcohol Explained 2
Pop, Bubble & Fizz
Super Blend Me!
This Naked Mind
The Stop Drinking Expert

How to Stop Drinking Without Willpower

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of

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the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday

pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story.

Tired of Thinking About Drinking

THE NON-ALCOHOLIC COCKTAIL BOOK "Genuinely delicious and grown-up-boozefree ideas. An essential for every household." Daily Telegraph This book is full of the very best cocktails – the most delicious flavours, the most distinctive combinations and the most adventurous recipes. And they are all made with non-alcoholic ingredients, from exciting new mixers to rich, fragrant syrups and spirits. Most can be created with ingredients found in your kitchen or garden, and all promise an exciting new way to drink dry. These are imaginative, grown-up, non-alcoholic alternatives for the designated driver, teetotaler, or those who are pregnant, trying dry January, losing weight or just cutting back. Whether you're planning a Friday night in with friends, a lazy Sunday brunch or an evening huddled around a crackling fire you can find your dry drinks here.

The Ketogenic Bible

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

The Science of Drinking

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and

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recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and

bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

The Unexpected Joy of Being Sober

There is no such thing as an alcoholic and there is no such 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. 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 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 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 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!

Sober Curious

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Craig Beck (The Stop Drinking Expert) was a well-regarded family man with two children, a lovely home, and a successful media career; a director of several companies, and at one time the trustee of a large children's charity. Craig was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. He tried numerous ways to cut down; attempting 'dry months', banning himself from drinking spirits, only drinking at the weekend and on special occasions (and found that it is astonishing how even the smallest of occasions can suddenly become 'special'). All these 'will-power' based attempts to stop drinking failed (exactly as they were destined to do). Slowly he discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. The Stop Drinking Expert method is unique* No labels - you are not an alcoholic!* A permanent cure. Not a lifetime struggle.* No embarrassing Alcoholics Anonymous* Forget about expensive rehab.* Zero ineffective willpower required.* No dangerous medication.* Treats the source of the problem, not the symptoms.* 5x more effective than traditional methods. Over the past decade, Craig has become recognized as the world's #1 quit drinking mentor. He has helped over 50,000 people to discover their own happy sober life. www.StopDrinkingExpert.com

Allen Carr's Easy Way to Control Alcohol

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

The Alcohol Experiment: Expanded Edition

There is no such thing as an alcoholic and there is no such 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. 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 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.

Glass Half Full

Alcohol and Guilt-Free Strategies You'll Love for Happier Hours & a Joy-Filled Life

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Are you struggling with alcohol dependence or addiction? Would you love to cut back or quit but have no idea what to do or how to begin? Or do you yearn for a fresh start? First things first: start from your heart. Cassandra Gaisford, a health counselor, holistic therapist and the #1 bestselling author of *Stress Less, Sexy Sobriety*, *Mid-Life Career Rescue* and *Find Your Passion and Purpose*, (BCA, Dip Psych) provides the ultimate sobriety solution. This guided book leaves you free to create your own bespoke journal tailored to support your needs. Includes, Journal Writing Prompts, Empowering and Inspirational Quotes and Recovery Exercises that can be of use in your daily journal writing, working with your sponsor or use in a recovery group. The passion and purpose-inspired *Sobriety Journal* is the perfect place to begin your love affair. Think Brand You! Creating successful change and committing to sobriety is impossible without passion, enthusiasm, zest, inspiration and the deep satisfaction that comes from putting your energy into something healthier that still delivers you some kind of buzz. Very often, an important step is to swap a negative addiction with a new obsession and in this regard, nothing beats following your passion. Passion is a source of energy from the soul, and when you combine it with doing something that benefits yourself and others, that's where you'll find your magic. Love is the way forward. Meeting peoples' needs, hopes, dreams, and desires; or offering something which helps them solve problems for which they'd love a cure, is good for your soul and will speed your recovery. Cut back or quit drinking entirely without becoming a hermit, being ostracized, or cutting back on an enjoyable social life-all from the comfort of your

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home. The passion and purpose-inspired Sobriety Journal brims with a range of creative, practical and wonderfully refreshing and healthy strategies to help you stop drinking or reduce alcohol. Not everyone wants or needs to join a support group to adopt a more mindful approach to controlling their alcohol consumption or to deal with their drinking problems. Gaisford provides readers with a carefully curated, inspirational alcohol-free alternatives. "Anyone who needs to be kept on track or inspired to commit to living sober will find genuine help in this refreshingly insightful and solution-focused book." The passion and purpose-inspired Sobriety Journal grew out of Cassandra Gaisford's decades-long work in self-esteem, well-being and success coaching. This book guides you through a variety of different booze-free alternatives that will make your soul sing and send your dopamine levels soaring. Over time, The Sobriety Journal enables you to more easily make positive choices again and again. The Sobriety Journal is a companion guide to *Sexy Sobriety* and *Your Beautiful Mind: Control Alcohol, Discover Freedom, Find Happiness and Change Your Life*-integrating neuroscience, cognitive therapy, proven tools, and teachings to help people suffering from alcohol dependence and addiction. The Sobriety Journal easy strategies for happier hours & a joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now. Kick the drink easily. Swap a negative addiction for a positive, life-enhancing, passion and purpose-driven obsession one. Order your copy today! Bonus: Alcohol-Free Drink Recipes You'll Love!

Dry

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." --Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." --Kate S., Los Angeles, California "The most selfless and amazing

book that I have ever read." --Bernie M., Dublin, Ireland

Low-Carb Vegetarian Cookbook

"Like A Wrinkle in Time (Miranda's favorite book), When You Reach Me far surpasses the usual whodunit or sci-fi adventure to become an incandescent exploration of 'life, death, and the beauty of it all.'" —The Washington Post This Newbery Medal winner that has been called "smart and mesmerizing," (The New York Times) and "superb" (The Wall Street Journal) will appeal to readers of all types, especially those who are looking for a thought-provoking mystery with a mind-blowing twist. Shortly after a fall-out with her best friend, sixth grader Miranda starts receiving mysterious notes, and she doesn't know what to do. The notes tell her that she must write a letter—a true story, and that she can't share her mission with anyone. It would be easy to ignore the strange messages, except that whoever is leaving them has an uncanny ability to predict the future. If that is the case, then Miranda has a big problem—because the notes tell her that someone is going to die, and she might be too late to stop it. Winner of the Boston Globe-Horn Book Award for Fiction A New York Times Bestseller and Notable Book Five Starred Reviews A Junior Library Guild Selection "Absorbing." —People "Readers are likely to find themselves chewing over the details of this superb and intricate tale long afterward." —The Wall Street Journal "Lovely and almost impossibly clever." —The Philadelphia Inquirer "It's easy to imagine readers

studying Miranda's story as many times as she's read L'Engle's, and spending hours pondering the provocative questions it raises." —Publishers Weekly, Starred review

When You Reach Me

Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are less effective in providing such protection. And while alcoholism is a serious problem requiring medical and psychological treatment, for those who are not addicted, drinking alcohol is not necessarily a bad habit. The problem is to distinguish between drinking sensibly and drinking insensibly. Dasgupta clearly outlines what constitutes healthy drinking and its attendant health benefits, offers advice on how to drink responsibly, and provides insight into just how alcohol works on the brain and the body. After reading this book, readers will enjoy their next drink with a fuller and safer understanding of why they're enjoying it.

Ulysses

The ketogenic diet is emerging as one of the most popular diets for health and weight loss, and for good reason. No other diet has the same benefits for health concerns ranging from obesity and type 2 diabetes to Alzheimer's disease to cancer—not to mention its positive effects on athletic performance. In *The Ketogenic Bible*, Jacob Wilson and Ryan Lowery offer a comprehensive look at the ketogenic diet and the fat-burning state it induces, ketosis. It's the most complete source for information on keto—not only how to follow a ketogenic diet but also how it affects the bodily systems and processes that are at the core of how we feel and function every day. Their approach is based on the wide range of scientific research that's been conducted on ketosis, including the research they're doing at their own Applied Science and Performance Institute. Through their work with people who are switching to a ketogenic diet, they also know the most common concerns and questions, so they've included practical tips and advice for following keto, along with more than 75 easy and delicious recipes. No other book offers such an exhaustive, science-based view of what it means to follow a ketogenic diet. This is your one-stop shop for the most tested and accurate information on the ketogenic diet and for answers to all your questions.

Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction

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

Alcoholics Anonymous

In April 2011, Lucy Rocca woke up in a hospital bed with no memory of how she had ended up there. After accepting that her drinking had spiralled out of control, she made the decision there and then to never touch alcohol again. However, the early days were a challenge, and Lucy began recording her journey in a blog as a way of helping herself move forward to a happy and sober future. For someone who defined herself by her love of drinking for over twenty years, letting go of the booze crutch was initially a challenge, but over time, Lucy began to realise how

much happier she was living alcohol-free. *Glass Half Full* is the story of her journey from hopelessly devoted wine fiend to sober and truly happy for the first time in her adult life. As the founder of Soberistas.com, Lucy's blog also provides motivational and inspirational support for those seeking an alcohol-free life.

Sober Is the New Black

A bravely honest and brilliantly comic account of how one mother gave up drinking and started living. This is *Bridget 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-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 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 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 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

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drinking too much? How 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.

How to Go Alcohol Free

In *Alcohol Explained 2* William Porter develops his insight into the alcohol phenomenon, and provides the tools you need to retake control of your life for good.

Stop Drinking Now

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

The Easy Way to Stop Drinking

Whether you're a diehard drinker or a sometimes sipper, *How to Go Alcohol Free* is here to help you take control and change to a no-alcohol lifestyle, whether you're

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looking for a short-term breather or a lifelong change. Drinking is on the decline, with more and more people turning away from, rather than to, the bottle. Public health stats show not only that we are drinking less alcohol and binge-drinking less than 10 years ago, but that completely giving up alcohol, or never drinking it in the first place, are becoming more mainstream, too. Many of the people who cut out drinking talk of the financial and wellbeing benefits, from more savings to better sleep. And with more and more no-alcohol beers and beverages hitting the adult-drinks market, there has never been a better time to give sobriety a go. Packed with simple steps to understanding your alcohol intake and its effects, and offers practical ways to start reducing your units and realising the benefits, *How to Go Alcohol Free* highlights the health concerns around alcohol and helps you to navigate sober social situations. This book will help you plan for, switch to and enjoy a life beyond booze.

The 10-Day Alcohol Detox Plan

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keeffe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine

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Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - *The Pool* 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of *This Naked Mind* 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.' - Eric Zimmer, host of podcast *The One You Feed* 'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - *The Bookseller* 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' -

Sasha Tozzi, Huffington Post

The Sober Diaries

When I wrote the book 'Alcohol Lied To Me, ' I had no idea the impact it would make to problem drinkers around the world. I certainly had no idea it would end up helping hundreds of thousands of people out of the miserable loop of alcoholism. I only wanted to document how I had finally dealt with my problem without any of the usual pain and struggle. Alcohol Lied To Me is how I escaped the trap of functional alcoholism without any of those embarrassing group meetings, no dangerous medication, expensive rehab, or ineffective willpower. It has been a savior to so many successful, loving, caring, and amazing people whose only flaw is being in a loop with their drinking. It offers a compelling alternative solution to the twelve steps. 1.No need to label yourself an alcoholic2.No religion or giving your problem to a higher power3.A logical and intelligent approach to problem drinking4.It's proven effective5.The only Trustpilot 5-star rated quit drinking program This book features all the best advice of 'Alcohol Lied To Me, ' and the secrets I share with attendees of Quit Drinking Bootcamp. Plus all the great sober living tips I have picked up over a decade of helping problem drinkers around the world. The truth is, this social pleasantries is a drug and a dangerous one at that. Alcohol kills millions of people every year, and yet we are repeatedly made to feel that if you refuse to join in with the consumption of attractively packaged poison,

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it's you who has a problem. In the western world, we live in a bubble of unreality around this drug. When you write down the nonsense, we believe about this drug; it looks quite insane.-We toast our 'good health' with a liquid proven to cause seven significant forms of cancer. -We drink when we feel down, even though alcohol is a depressant.-Alcohol is used to help us with insomnia, even though we know it disturbs sleep.-Drinkers are suspicious of the people who choose not to drink the poison, not the other way around. We have got ourselves into a bizarre situation where we are looking at black and insisting it is white. It's is the unpicking of this universal distortion that explains why this approach has been so useful for so many problem drinkers around the world. Reading this book is a bit like going to see Penn And Teller, the famous illusionists. First they wow you with a spectacular illusion and you can see no other explanation than to call it magic. However, then they come back on the stage and show you how the trick was performed. From this point on, you will never be able to be fooled by that illusion again.It doesn't matter how long you live; you will never be able to label that routine as 'magic' again. Even if you reach the ripe old age of 100-years-old, that piece of theatre will fail to fool you again. In this book I show you how the alcohol trick is being performed. I show you why you believe that drinking helps you relax and cope with life. I reveal why you think that alcohol enables you to be more sociable and confident in public. I shine the spotlight of truth on all the nonsense and illusion of this drug. I proudly reveal myself to be the man who forever spoils alcohol for you, for good!While it is true that you can go through this book, complete my online course, or come to

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Bootcamp and still go back to drinking after. However, it will not be the same. You will never be able to drink using the old excuses and justification you previously employed to explain your actions. This is the book that changes your view of alcohol, forever!www.StopDrinkingExpert.com

Mrs D is Going Within

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 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

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to engineer your perfect stop drinking environment How to guarantee your family and friends are on your side How to overcome your fears

The Miracle Ball Method

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence" The Sunday Times

The Sobriety Journal

An honest, upfront, engaging account of a suburban housewife's journey from

miserable wine-soaked boozer to self-respecting sober lady.

Kick the Drink Easily!

Alcohol is the most devious and deceptive drug on planet earth and occasionally people fall back under its spell. This journey backwards virtually always starts with the same sentence being uttered: 'Surely just one drink won't hurt'. Just one drink it seems such an innocuous action that it couldn't possibly cause any substantial drama. In reality it is the same hoping to take just one little step off a cliff. It's only one seemingly insignificant step but the consequences are rapid, irreversible and severe. Both events start off an unstoppable series of events. In *Alcohol Lied to Me Again*, Craig gives you the tools to once again break the cycle of alcohol addiction. You will discover why this relapse can be a good thing and how you use it to ensure you stay sober for the rest of your life. If you have started drinking again this book will guide you quickly back to a happy and fulfilled life, completely free from the misery of alcohol.

Mrs D is Going Without

Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has

designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

Alcohol Freedom

The single glass of wine with dinner. . .the cold beer on a hot day. . .the champagne flute raised in a toast. . . what I'd drink if Hunter S. Thompson wanted to get wasted with me. . .these are my fantasies lately. Too bad I've gone sober. When Sacha Z. Scoblic was drinking, she was a rock star; the days were rough and the nights filled with laughter and blackouts. Then she gave it up. She had to. Here are her adventures in an utterly and maddeningly sober world. . .and how she discovered that nothing is as odd and fantastic as life without a drink in hand. . . "Wildly entertaining. . .An unabashed account of getting clean and getting a life." --Steve Geng Sacha Z. Scoblic is a writer living in Washington, D.C. A former editor at The New Republic and Reader's Digest, she has written about everything from space camp to pulp fiction and was a contributor to The New York Times's online series "Proof: Alcohol and American Life." She currently blogs about addiction at TheFasterTimes.com. Her sobriety date is June 15, 2005.

Alcohol Lied to Me Again! - Get Back On the Wagon & Regain Control of Your Drinking

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Pain relief from head to toe. The Miracle Ball Method is a proven, effective healing kit, including two balls and a fully illustrated book of exercises and techniques for pain and stress relief. The Method. This revolutionary program uses controlled breathing, two squishy balls, and simple exercises of rolling and rotating to heal everything from a bad knee to a stressed-out back. The key is to let gravity do all the work. The Balls. Take two—they're small. Made out of a durable, yielding, nontoxic PVC, the balls are sized to tuck under strategic parts of your body, including back, neck, head, knees, hip, and elbow. Like magnets, they draw out pain and tension. Elaine Petrone. After suffering a career-ending, potentially crippling injury to her back and right leg, a young dancer named Elaine Petrone turned to everyone from orthopedists to yogis to heal her injuries. Nothing worked—until she developed her own program of therapy. Elaine's simple program and the classes she teaches in the Miracle Ball Method have helped thousands of people conquer pain, stress, and injury.

Chocolate Busters: The Easy Way to Kick It!

7lbs in 7 Days Super Juice Diet

"One of the best Addiction books of all time" - BookAuthority

Kick the Drink Easily!

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.

Unwasted:

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka The JuiceMaster, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

A Happier Hour

Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies

This book is not about sickly sweet soft drinks. It's about tasty alternatives with the perfect balance between acidity, sweetness and bitterness. Pop, Bubble & Fizz has a sparkling selection of easy-to-follow recipes for all your favourite drinks including home brewed sodas, iced teas and coffees, ice cream sodas and more. Learn how to make delicious homemade soda syrups from beautiful natural ingredients, how to mix the ultimate lemonade, how to make fun and fruity bubble tea, and discover the brewing secrets behind the kombucha trend that's taken the USA by storm.

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Plus, you can accompany your refreshing drinks with an array of irresistible salty and sweet snacks, from flavoured popcorn to crispy onion rings, and gourmet crisps to indulgent churros. Complemented by gorgeous photography throughout, it's never been easier to enjoy a round of thirst-quenching drinks.

Never Enough

Despite outward appearances three years after getting sober Lotta is struggling to deal with life in the raw. It's becoming abundantly clear what people mean when they say putting down the drink is just the beginning. Truth is Lotta's lifelong heavy-drinking habit has left her as a fledgling emotionally. She's slowly accepting that she needs to do some more work on herself. But what? Please don't say it has to involve turning into a hippy. Can't she just comfort herself with another chocolate muffin, distract herself on Instagram, and hope for the best? It would appear not. In Mrs D Is Going Within Lotta outlines the practices she developed and strategies she worked on to start establishing herself as an emotionally robust woman.

Alcohol Explained 2

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

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

Pop, Bubble & Fizz

"I hold this book to be the most important expression which the present age has found; it is a book to which we are all indebted, and from which none of us can escape." T.S. Eliot Ulysses depicts a day in Leopold Bloom's life, broken into episodes analogous to Homer's Odyssey and related in rich, varied styles. Joyce's novel is celebrated for its depth of learning, earthy humor, literary allusions and piercing insight into the human heart. First published in Paris in 1922 Ulysses was

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not published in the United States until 1934. Immediately recognized as an extraordinary work that both echoed the history of English literature and took it in new, unheralded directions, Joyce's book was controversial. Its widespread release was initially slowed by censors nitpicking a few passages. The novel is challenging, in that it is an uncommon reader who will perceive all that Joyce has put into his pages upon first reading, but it is uniquely rewarding for anyone willing to follow where the author leads. Far more than a learned exercise in literary skill, *Ulysses* displays a sense of humor that ranges from delicate to roguish as well as sequences of striking beauty and emotion. Chief among the latter must be the novel's climactic stream of consciousness step into the mind of the protagonist's wife, Molly Bloom, whose open-hearted acceptance of life and love is among the most memorable and moving passages in English literature. With an eye-catching new cover, and professionally typeset manuscript, this edition of *Ulysses* is both modern and readable.

Super Blend Me!

Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast but don't want to clean a juicer! Super Blend Me! has been designed with everyone in mind. It doesn't matter if you have an enormous

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amount of weight to lose, or just want to get a little healthier and shredded - Super Blend Me! is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. Super Blend Me! has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of! All of the ingredients can be conveniently found in any major supermarket and are all recognisable, so there's no need to forage for "designer" berries that can only be found in an Amazonian rainforest! You can choose from either a 7-, 10-, 14- or full 21-day Super Blend Me! Challenge depending on your goals, and Jason has even included a handy working journal as part of the book, so you can log your progress and keep on track. This unique and exciting plan has already been put to the test by a trial group of over 50 people, and the results were incredible.

This Naked Mind

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide Allen applies his revolutionary method to drinking. With startling

insight into why w

The Stop Drinking Expert

Limited carbs. Unlimited flavor--the complete vegetarian cookbook Now you can enjoy hearty and heart-healthy meals in minutes. The Low-Carb Vegetarian Cookbook is the perfect way to feel full and lose weight while serving up scrumptious veggie dishes at home. Featuring 100 quick, easy, and mouthwatering recipes like Avocado Almond Toast and Savory Cheesecake, this creative vegetarian cookbook will help guide you on your culinary adventure. Kick-start your low-carb meal plan today and start eating smarter, healthier, and happier in a snap. The Low-Carb Vegetarian Cookbook contains: Low-carb delights abound--Enjoy hearty vegetarian cookbook recipes like Savory Mushroom Masala and Vegan Cheeseburger Salad. 14-day meal plan--Explore a sample two-week menu, including low-carb options for breakfast, lunch, and dinner. Pro diet tips--Get convenient, time-saving advice and simple strategies for satisfying cravings. Stay carb-conscious and eat lots of oh so delicious dishes with this 100% vegetarian cookbook.

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