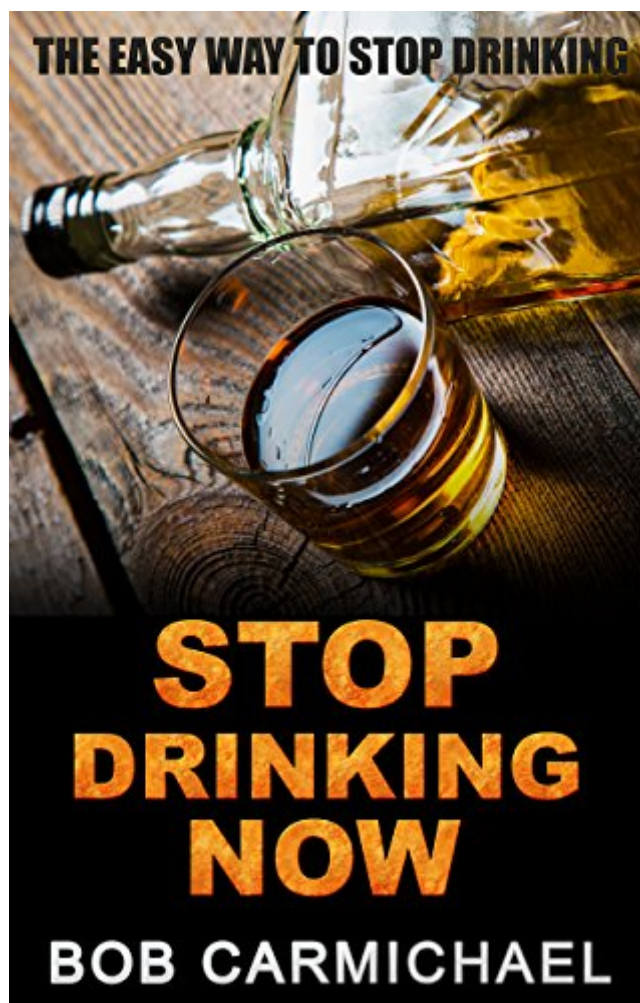


The book was found

Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking)



Synopsis

Sick Of Drinking? Tired Of Those Nasty Hangovers? Is It Time To Stop Drinking? If you answered YES, then you are in the right place because you will learn what you can do to stop drinking. Drinking too much can cause humiliation and pain both mentally and physically; and never knowing when to stop, or how to stop can rip someone's life apart... Inside You Will Learn:- What Alcoholism Is And How It Starts - What You Can Do To Stop Drinking And If You Need To Seek Treatment- The Risk Factors And Consequences Of Drinking Too Much Alcohol - If Alcoholism Is Curable- The Psychology Behind Drinking And Why People Keep Drinking Even Though It Hurts - How To Seek Further Treatment- And Much, Much More! Now Take A Second To Imagine What Your Life Will Look Like Once You Know How To Stop Drinking... Are You Ready??

Book Information

File Size: 1904 KB

Print Length: 30 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 15, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B016PNLYCI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,281,157 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42

in Books > Children's Books > Growing Up & Facts of Life > Health > Substance Abuse #596

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Recovery > Alcoholism

Customer Reviews

This is another great book by Grandpa Kickass! He understands what it takes to deal with your addictions and move past the issues and move on to a meaningful life. Grandpa doesn't waste any time in breaking down the issue and giving you the kick in the pants you need to start moving

forward with this issue. He goes through how this problem developed and also how to stop yourself from feeding this habit and addiction. He also explains the health risks of this addiction and is very persuasive both in why you need to quit and also how you can do it.

I know there is an alcohol problem in the world and in America where I live. The author Grandma Kickass, says we shouldn't allow bars and nightclubs to offer "Happy Hour" because all this does is encourage people to consume more. I'm sure this is true, but I don't think it's going to happen. We are a drinking society and do glorify alcohol abuse and we are probably just going to have to heal our own selves and our loved ones and do our best on the individual level. I liked what Grandma had to say about the subject of alcoholism and its physical symptoms and how it has become a way to self medicate. Good, well needed book.

I wanted to love this book. When i heard him say that the book is nearing the end (i didnt the audio book) i was like REALLY? already? Thats it? I liked the ideas but i wished there was more to it. Honestly, i still feel like having a drink and i really did listen to the book with an open mind and very hopefully. It helped me somewhat but i dont think it completely eliminated the urge to drink.

My husband is alcoholism, at first i really dont understand him why?and in the end we ended up with fight! Now i got this book, i know a smarter way to deal with him with all the good tips and techniques to stop his addiction.

This book provides a step in the right direction to stop drinking. What I think is also important to note is that it serves as a guide to know if a certain level of drinking is a problem or not as well. It goes through various methods and approaches and provides the pros and the cons. It was very helpful. This book will help you to take control of your life.

I got this book for a friend who, while not a full-fledged alcoholic, would like to cut back on the amount of drinks he consumes during social outings. It's a very interesting solution (I won't give anything away) which so far seems to be working like a charm. Amazing!

Very practical and easy to follow.I got this book for a friend of mine,Helped reduce some stress :)There are lots of great tips in the book. I just don't agree with the little part about the medications.

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