



The Easy Way To Stop Drinking: Craft Beer, Cocktails, and Wine: Stop Drinking It All Today!

James Christiansen

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Alcoholism is an enormous problem worldwide, and affects us as a society and as individuals as well. Whether its drinking craft beer, wine tasting, or pounding down rounds of cocktails, alcoholism not only causes hangovers, it can ruin your life! It tears apart families, make people lose their jobs, and causes friendships to dissolve. BUT, *it can be overcome*. This book will teach you the easy way to stop drinking (and not just to stop having hangovers!); you need to start TODAY to regain control over your life before its too late! In this book, you'll learn the various ways to stop drinking. All of these methods are easy to implement in your life IF you have the desire to change, and change NOW. This is a personal choice supported by your family and friends, and this book will teach you how to stop drinking and provide you with additional resources to help stop drinking now. Knowledge is power! This book will teach you: 1. The root causes and reasons why people are addicted to alcohol 2. The harmful medical and social effects that stem from alcohol abuse 3. The steps needed to prepare to stop drinking (its not as easy as just putting down the bottle!) 4. The therapies, counseling method, medications, and alternative treatments that have been found effective in treating alcohol addiction 5. What recovery truly means And much more including helpful additional resources to aid you in your quest to stop drinking. **Need another reason to buy this book? Here's a fantastic one: I feel that children's literacy is extremely important, and as such, I donate 5% of the proceeds from the sale of my books to Reading Is Fundamental, the largest and most respected children's literacy non-profit in America.**

Every day that goes by, you or your loved one is missing out on life due to alcoholism and alcohol addiction. It doesn't matter if its beer, cocktails, or wine--any addiction to alcohol is harmful. Purchase this book TODAY to find out the easy way to stop drinking so that your life can be normal once again!

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