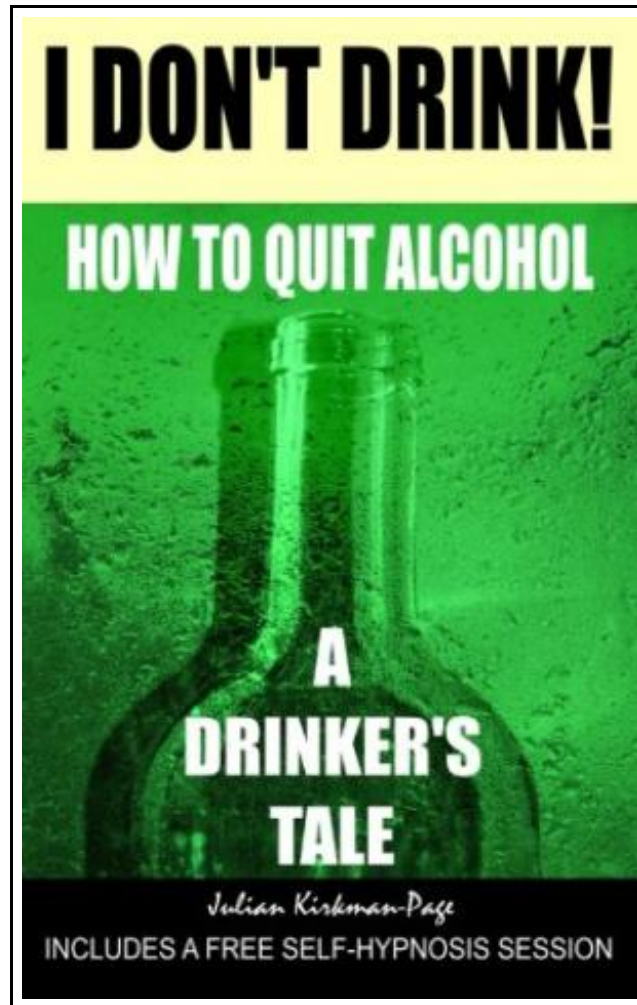


I Don t Drink!: How to Quit Alcohol - A Drinker s Tale (Paperback)



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Reviews

*Comprehensive guide for ebook lovers. It is written in simple words and phrases and never confusing. You are going to like how the writer created this pdf.
(Dr. Cullen Schmitt MD)*

I DON T DRINK!: HOW TO QUIT ALCOHOL - A DRINKER S TALE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. ***GIVING UP DRINK HAS TOTALLY REVOLUTIONISED MY LIFE! - I CAN HELP YOU DO THE SAME*** If YOU want to STOP DRINKING and improve your life forever, Then this book WILL tell you HOW! I had never considered myself to be an alcoholic. But after 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term outlook on life, and I finally realised just what a mess my life had become. I had even watched my mother and elder brother die due to drink, he was only 56! Then, in December 2012 I decided enough was enough and I quit alcohol forever. I created my own methodology and without resorting to drugs, rehab or any outside help, I have never touched a drop since and I know I never will again. I have never been so wonderfully healthy or happy as I am now, I have revolutionised life for me and those around me I love. Even my type 2 diabetes has been resolved, and I expect to live another 30 years at least. AND IMPORTANTLY - following my methodology, despite what you may anticipate now, like me you won t miss drink at all! My book tells you exactly how I quit, and how you can do the same. My methodology works, it s easy, it s unique, it s now helping well over a thousand other people, and most especially, it s all POSITIVE and FORWARD thinking! The book includes: Discussion: Was I/Are you an alcoholic? How much did I drink? Why did I give up drinking? And much more. My...



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