



I Don't Drink! - How to Quit Alcohol: American Special Edition

mr Julian R Kirkman-Page

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*****A unique and proven COMMON SENSE approach to QUITTING ALCOHOL - FOREVER***** You **don't** have to be an alcoholic for life and you **don't** need to spend the rest of your life going to meetings and berating yourself for past sins. My approach worked for me and is now working for countless others. I focus on the POSITIVE; unlike other programs I don't believe being an alcoholic is for life so why carry that burden around with you like a millstone - you already know alcohol is bad for you, but what you DON'T yet realise is how wonderful life is once you say goodbye to drink forever, and how despite what you believe right now, you really **WILL NOT** miss drinking. After 40 years of being a drunken wreck I finally decided I **wanted** to give up drink. Without resorting to rehab, drugs or any other outside help I created an easy to follow methodology that worked for me and I have never looked back. Since the launch of my book in January 2015, my approach is now also working for countless others like YOU! So if YOU want to STOP DRINKING and IMPROVE YOUR LIFE FOREVER, *Then this book will tell you HOW!* My book includes:

- Discussion: Was I/Are you an alcoholic? Why did I give up drinking? What can you expect to feel? And much much more...
- My proven methodology: Follow the straightforward routine I followed to immediate success.
- A day to day guide: A daily diary help for the initial stages followed by advice on what to tell other people, how to cope at key events including your first meal out, a wedding, a major drinking event, and more...
- Hilarious drinking stories and tales of woe to help instil in you a **'been there – done that'** state of mind.

***** IT ALSO INCLUDES A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION put together by alcohol recovery hypnotherapy expert Dan Jones***** *This American special edition includes a forward by my niece from Baltimore, Estelle Page Stevenson. She lost her father (my brother) to alcohol, and should you need one, her own tale is a poignant reminder of the darker side to alcohol abuse. We both sincerely hope this book will help you. Find further advice, video extracts and my blog at <https://www.idontdrink.net>* You will also find details of my new book **One Less for the Road** aimed at the drinker who doesn't want to quit and who can't imagine life without alcohol!

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From reader reviews:

Richard Martinez:

Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite reserve and reading a book. Beside you can solve your condition; you can add your knowledge by the guide entitled I Don't Drink! - How to Quit Alcohol: American Special Edition. Try to stumble through book I Don't Drink! - How to Quit Alcohol: American Special Edition as your buddy. It means that it can to get your friend when you sense alone and beside that of course make you smarter than before. Yeah, it is very fortunated to suit your needs. The book makes you considerably more confidence because you can know almost everything by the book. So , let me make new experience as well as knowledge with this book.

Alexandra Dickey:

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Lynn Hardie:

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Often the book that recommended to your account is I Don't Drink! - How to Quit Alcohol: American Special Edition this book consist a lot of the information on the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer make usage of to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book appropriate all of you.

Bradley Roberts:

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nothing reading really. Any students feel that looking at is not important, boring as well as can't see colorful images on there. Yeah, it is to be complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this I Don't Drink! - How to Quit Alcohol: American Special Edition can make you sense more interested to read.

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