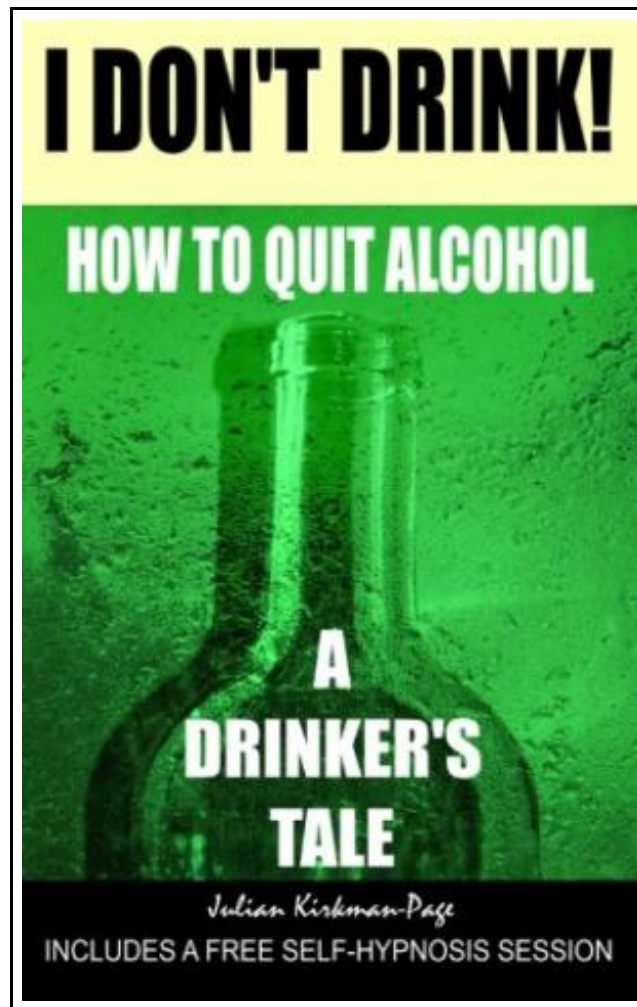


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I DON T DRINK!: HOW TO QUIT ALCOHOL - A DRINKER S TALE (PAPERBACK)



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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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