

Kick The Drink Easily

How I Quit Drinking (and how you can too) is a practical, helpful (and sometimes humorous) guide from an award winner blogger, who ploughed her own sober path and made it through!

'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read....

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or

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moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story.

Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

The Sober Survival Guide - How to Free Yourself from

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Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can't have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can't relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I'm drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think,

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and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind

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helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

Alcohol and Guilt-Free Strategies You'll Love for Happier Hours & a Joy-Filled Life Are you struggling with alcohol dependence or addiction? Would you love to cut back or quit but have no idea what to do or how to begin? Or do you yearn for a fresh start? First things first: start from your heart. Cassandra Gaisford, a health counselor, holistic therapist and the #1 bestselling author of *Stress Less*, *Sexy Sobriety*, *Mid-Life Career Rescue* and *Find Your Passion and Purpose*, (BCA, Dip Psych) provides the ultimate sobriety solution. This guided book leaves you free to create your own bespoke journal tailored to support your needs. Includes, Journal Writing Prompts, Empowering and Inspirational Quotes and Recovery Exercises that can be of use in your daily journal writing, working with your sponsor or use in a recovery group. The passion and purpose-inspired *Sobriety Journal* is the perfect place to begin your love affair. Think Brand You! Creating successful change and committing to sobriety is impossible without passion, enthusiasm, zest, inspiration and the deep satisfaction that comes from putting your energy into something healthier that still delivers you some kind of buzz. Very often, an important step is to swap a negative addiction with a new obsession and in this regard, nothing beats following your passion.

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Passion is a source of energy from the soul, and when you combine it with doing something that benefits yourself and others, that's where you'll find your magic. Love is the way forward. Meeting peoples' needs, hopes, dreams, and desires; or offering something which helps them solve problems for which they'd love a cure, is good for your soul and will speed your recovery. Cut back or quit drinking entirely without becoming a hermit, being ostracized, or cutting back on an enjoyable social life-all from the comfort of your home. The passion and purpose-inspired Sobriety Journal brims with a range of creative, practical and wonderfully refreshing and healthy strategies to help you stop drinking or reduce alcohol. Not everyone wants or needs to join a support group to adopt a more mindful approach to controlling their alcohol consumption or to deal with their drinking problems. Gaisford provides readers with a carefully curated, inspirational alcohol-free alternatives. "Anyone who needs to be kept on track or inspired to commit to living sober will find genuine help in this refreshingly insightful and solution-focused book." The passion and purpose-inspired Sobriety Journal grew out of Cassandra Gaisford's decades-long work in self-esteem, well-being and success coaching. This book guides you through a variety of different booze-free alternatives that will make your soul sing and send your dopamine levels soaring. Over time, The Sobriety Journal enables you to more easily make positive choices again and again. The Sobriety Journal is a companion guide to *Sexy Sobriety and Your Beautiful Mind: Control Alcohol, Discover Freedom, Find Happiness and Change Your Life-*

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integrating neuroscience, cognitive therapy, proven tools, and teachings to help people suffering from alcohol dependence and addiction. The Sobriety Journal easy strategies for happier hours & a joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now. Kick the drink easily. Swap a negative addiction for a positive, life-enhancing, passion and purpose-driven obsession one. Order your copy today! Bonus: Alcohol-Free Drink Recipes You'll Love!

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For those with an alcohol problem it will explain why they have a problem and what they can do about it. For those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many

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people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture.

In *Alcohol Explained 2* William Porter develops his insight into the alcohol phenomenon, and provides the tools you need to retake control of your life for good. Whether you're a diehard drinker or a sometimes sipper, *How to Go Alcohol Free* is here to help you take control and change to a no-alcohol lifestyle, whether you're looking for a short-term breather or a lifelong change. Drinking is on the decline, with more and more people turning away from, rather than to, the bottle. Public health stats show not only that we are drinking less alcohol and binge-drinking less than 10 years ago, but that completely giving up alcohol, or never drinking it in the first place, are becoming more mainstream, too. Many of the people who cut out drinking talk of the financial and wellbeing benefits, from more savings to better sleep. And with more and more no-alcohol beers and beverages hitting the adult-drinks market, there has never been a better time to give sobriety a go. Packed with simple steps to understanding your alcohol intake and its effects, and offers practical ways to start reducing your units and realising the benefits, *How to Go Alcohol Free* highlights the health concerns around alcohol and helps you to navigate sober social situations. This book will help you plan for, switch to and enjoy a life beyond booze.

Kick the Drink...Easily! Crown House Publishing

YOU'RE NOT AN ALCOHOLIC BUT SOMETIMES DRINK

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TOO MUCH... Are you often unmotivated, stressed, lacking energy and tired? Are you sick of hangovers? Do you want to stop missing out on life, regain your health, improve your relationships and enjoy greater control, clarity, focus and freedom? When you quit alcohol for just 30 days, you can transform your life. You will look and feel better, save and make money and be happier. James Swanwick is a former social drinker. He is an Australian-American entrepreneur, award-winning journalist and former ESPN SportsCenter anchor. In this groundbreaking book, Swanwick reveals strategies for you to prepare for, and take, a break from alcohol. Learn how to easily reduce or stop drinking, identify what type of drinker you are, successfully socialize without drinking, relieve stress without alcohol and finally break your habit. Join thousands of people around the world taking the 30 Day No Alcohol Challenge and kick-start the healthier and happier you.

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozier to self-respecting sober lady.

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, *The 28 Day Alcohol-Free Challenge* is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website *One Year No Beer* to connect with like-

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mindful people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues.

Are you worried you might be drinking too much? Fed up of hangovers, hangxiety and feeling below par? Bored of booze culture at home, at work, as a parent? Do you have a sneaking suspicion that alcohol might be standing between you and your best life? Are you wondering if there's another way? Julia Carson found out, quite unexpectedly, that there really is, when she had her last drink of mummy-juice wine in February 2017 and then embarked on a rollercoaster journey of self-discovery in sobriety. Sober Positive is both the story of her journey over the last two years and a detailed road map for anyone else looking for their own way out of the alcohol maze. You may not believe this now, but it is entirely possible to stop drinking and be completely happy. To achieve true freedom from alcohol. To be sober positive. In this book you will learn how to change your mindset about alcohol, how to assemble your own personal sobriety toolbox

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and how to cope with sober firsts like social events, holidays and Christmas. You will gain insight into why you might be struggling with alcohol and how you can address other compulsive behaviours which may arise in early sobriety. You will develop detailed strategies for self-care and be guided through the deeper work needed to support your physical and mental wellbeing and truly thrive as a non-drinker. You will be helped to navigate changing relationships with partners, children and friends and learn some surprising truths about our best friend booze. So, if you're drinking too much and it's making you miserable, why not take a chance on being sober and happy? You might just find your best life along the way. Julia did and this book contains everything she has learned in the past two years that helped her get there.

BY THE AUTHOR OF NEW YORK TIMES

BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is

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booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. *Sober Diaries* is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

The definitive collection of works on a subject that inspired and haunted Charles Bukowski for his entire life: alcohol Charles Bukowski turns to the bottle in this revelatory collection of poetry and prose that includes some of the writer's best and most lasting work. A self-proclaimed "dirty old man," Bukowski used alcohol as muse and as fuel, a conflicted relationship responsible for some of his darkest moments as well as some of his most joyful and inspired. In *On Drinking*, Bukowski expert Abel Debritto has collected the writer's most profound, funny, and memorable work on his ups and downs with the hard stuff—a topic that allowed Bukowski to explore some of life's most pressing questions. Through drink, Bukowski is able to be alone, to be with people, to be a poet, a lover, and a friend—though often at great cost. As Bukowski writes in a poem simply titled "Drinking," "for me/it was or/is/a manner of/dying/with boots on/and gun/smoking and a/symphony music background." *On Drinking* is a powerful testament to the pleasures and miseries of a life in drink, and a window into the soul of one of our most beloved and enduring writers.

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A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as:

- The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars
- The art of creating zero-proof cocktails for all seasons
- Having a fantastic first date while completely sober
- A primer on setting up your own backyard beehive, and honey tastings

For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

There is no such thing as an alcoholic and there is no

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such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In *The Easy Way for Women to Stop Drinking*, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties-and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or

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gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of *This Naked Mind* helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and

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support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

Surrounded by alcohol and alcoholic strangers and alcoholic relatives her entire childhood, Amber never stood a chance. But for a long time she was an overachiever and a functional alcoholic. None of her relatives suspected a thing because in her family, the men were the alcoholics, not the women. After her dad died of the disease, she spiraled completely out of control -- 'Leaving Las Vegas drunk,' as she puts it. She hit rock bottom seven years ago, joined AA and has been completely sober since. The book spans from her

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first drink at the age of seven to a year following her sobriety. By telling the tale of alcoholism and recovery through a seemingly light, entertaining, child-like read -- and illustrated throughout with crude stick figures in crayon - Sober Stick Figure draws the reader into Amber's hard fought journey with wit and poignancy. With an easy three-step plan, Mindful Drinking: How To Break Up With Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: How to Break Up With Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

This Naked Mind has ignited a movement across the country, helping thousands of people forever change

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their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back."

--Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed."

--Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read."

--Bernie M., Dublin, Ireland

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' -

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Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keeffe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - *The Pool* 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of *This Naked Mind* 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for

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living a sober life.' - Eric Zimmer, host of podcast The One You Feed 'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - The Bookseller 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - Sasha Tozzi, Huffington Post

Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers

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to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

“Guides readers toward the road less consumptive, offering practical advice and moral support while making a convincing case that individual actions . . . do matter.”

—Elizabeth Royte, author, *Garbage Land* and

Bottlemania Like many people, Beth Terry didn't think an individual could have much impact on the

environment. But while laid up after surgery, she read an

article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her

plastic habit. In *Plastic-Free*, she shows you how you can too, providing personal anecdotes, stats about the

environmental and health problems related to plastic, and individual solutions and tips on how to limit your

plastic footprint. Presenting both beginner and advanced steps, Terry includes handy checklists and tables for

easy reference, ways to get involved in larger community actions, and profiles of individuals—*Plastic-Free*

Heroes—who have gone beyond personal solutions to

create change on a larger scale. Fully updated for the paperback edition, *Plastic-Free* also includes sections on

letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other

people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey

from helplessness to empowerment, *Plastic-Free* is a must-read for those concerned about the ongoing health

and happiness of themselves, their children, and the planet.

This book is not about sickly sweet soft drinks. It s about

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tasty alternatives with the perfect balance between acidity, sweetness and bitterness. Pop, Bubble & Fizz has a sparkling selection of easy-to-follow recipes for all your favourite drinks including home brewed sodas, iced teas and coffees, ice cream sodas and more. Learn how to make delicious homemade soda syrups from beautiful natural ingredients, how to mix the ultimate lemonade, how to make fun and fruity bubble tea, and discover the brewing secrets behind the kombucha trend that's taken the USA by storm. Plus, you can accompany your refreshing drinks with an array of irresistible salty and sweet snacks, from flavoured popcorn to crispy onion rings, and gourmet crisps to indulgent churros. Complemented by gorgeous photography throughout, it's never been easier to enjoy a round of thirst-quenching drinks.

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka The JuiceMaster, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide Allen applies his revolutionary method to drinking. With startling insight into why w...

Do you count down the minutes to wine o'clock on a daily basis? Is a bottle of Pinot Grigio your friend at the end of a

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long hard day? If you want to give up being controlled and defined by alcohol then now is the time to join The Sober Revolution... Fed up of living in a fog of hangovers, lethargy and guilt from too much wine? Have you tried to cut down without success? You are not alone. When it comes to alcohol, millions of people around the world find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and using more alcohol as a way of coping. The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives. Sarah Turner, cognitive behavioural therapist and addictions counsellor, and Lucy Rocca, founder of Soberistas.com, the popular social networking site for women who have successfully kicked the booze or would like to, give an insight into ways to find a route out of the world of wine. The Sober Revolution will open your eyes to the dangers of social drinking and give you the tools you need to have a happy life without the wine. Read it now and call time on wine o'clock forever.

An instant New York Times bestseller and #1 Wall Street Journal bestseller. JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more--more productivity, more transformation, more personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits. For over 25 years, Jim Kwik has worked closely with successful men and women who are at the top in their fields as actors, athletes, CEOs, and business leaders from all walks of life to unlock their true potential. In this groundbreaking book, he

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reveals the science-based practices and field-tested tips to accelerate self learning, communication, memory, focus, recall, and speed reading, to create fast, hard results. Learn how to: **FLIP YOUR MINDSET** Your brain is like a supercomputer and your thoughts program it to run. That's why the Kwik Brain process starts with unmasking assumptions, habits, and procrastinations that stifle you, redrawing the borders and boundaries of what you think is possible. It teaches you how to identify what you want in every aspect of your life, so you can move from negative thinking to positive possibilities. **IGNITE YOUR MOTIVATION** Uncovering what motivates you is the key that opens up limitless mental capacity. This is where Passion + Purpose + Energy meet to move you closer to your goals, while staying focused and clear. Your personal excitement will be sustainable with self-renewing inspirations. Your mind starts strong, stays strong, and drives further exponentially faster. **MASTER THE METHOD** We've applied the latest neuroscience for accelerated learning. Our process, programs, podcasts, and products unleash your brain's own superpowers. Finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time, and master new skills with ease. These are just a few of the life-changing self-help benefits. With Kwik Brain, you'll get brain-fit and level-up your mental performance. With the best Mindset, Motivation and Method, your powers become truly limitless.

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her

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evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, **BLACKOUT** is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. *Includes Reading Group Guide*

With a foreword by Ree Drummond, this beautiful book has 100 easier, faster, lightened-up Southern recipes, from the blogger behind the popular Add a Pinch website. A generation ago, home cooks may have had all day to prepare dinner, but most folks now want convenient, fast recipes that don't rely on canned soups or other processed products. Here, fresh ingredients take center stage in slow cooker meals, casseroles and one-dish suppers, salads, soups, and desserts that have deep, satisfying flavors but are a cinch to make. Smart swaps like Greek yogurt for mayo in pimento cheese and cauliflower "rice" put a modern spin on these

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dishes. With 75 color photographs and lots of sidebars, this is the new Southern cooking handbook.

When I wrote the book 'Alcohol Lied To Me, ' I had no idea the impact it would make to problem drinkers around the world. I certainly had no idea it would end up helping hundreds of thousands of people out of the miserable loop of alcoholism. I only wanted to document how I had finally dealt with my problem without any of the usual pain and struggle. Alcohol Lied To Me is how I escaped the trap of functional alcoholism without any of those embarrassing group meetings, no dangerous medication, expensive rehab, or ineffective willpower. It has been a savior to so many successful, loving, caring, and amazing people whose only flaw is being in a loop with their drinking. It offers a compelling alternative solution to the twelve steps. 1.No need to label yourself an alcoholic2.No religion or giving your problem to a higher power3.A logical and intelligent approach to problem drinking4.It's proven effective5.The only Trustpilot 5-star rated quit drinking program This book features all the best advice of 'Alcohol Lied To Me, ' and the secrets I share with attendees of Quit Drinking Bootcamp. Plus all the great sober living tips I have picked up over a decade of helping problem drinkers around the world. The truth is, this social pleasantry is a drug and a dangerous one at that. Alcohol kills millions of people every year, and yet we are repeatedly made to feel that if you refuse to join in with the consumption of attractively packaged poison, it's you who has a problem. In the western world, we live in a bubble of unreality around this drug. When you write down the nonsense, we believe about this drug; it looks quite insane.-We toast our 'good health' with a liquid proven to cause seven significant forms of cancer. -We drink when we feel down, even though alcohol is a depressant.-Alcohol is used to help us with insomnia, even though we know it disturbs sleep.-Drinkers are suspicious of the people who

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choose not to drink the poison, not the other way around. We have got ourselves into a bizarre situation where we are looking at black and insisting it is white. It's the unpicking of this universal distortion that explains why this approach has been so useful for so many problem drinkers around the world. Reading this book is a bit like going to see Penn And Teller, the famous illusionists. First they wow you with a spectacular illusion and you can see no other explanation than to call it magic. However, then they come back on the stage and show you how the trick was performed. From this point on, you will never be able to be fooled by that illusion again. It doesn't matter how long you live; you will never be able to label that routine as 'magic' again. Even if you reach the ripe old age of 100-years-old, that piece of theatre will fail to fool you again. In this book I show you how the alcohol trick is being performed. I show you why you believe that drinking helps you relax and cope with life. I reveal why you think that alcohol enables you to be more sociable and confident in public. I shine the spotlight of truth on all the nonsense and illusion of this drug. I proudly reveal myself to be the man who forever spoils alcohol for you, for good! While it is true that you can go through this book, complete my online course, or come to Bootcamp and still go back to drinking after. However, it will not be the same. You will never be able to drink using the old excuses and justification you previously employed to explain your actions. This is the book that changes your view of alcohol,

forever!www.StopDrinkingExpert.com

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple

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step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence" The Sunday Times

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