

Alcohol and You



How to
Control
and Stop
Drinking

Lewis David

Alcohol And You

**United States. 61st Congress,
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Alcohol and You Lewis David,2017-04-06 Alcohol and You includes everything you need to self diagnose alcohol problems and find the solution that is right for you The writer is a leading addictions therapist and author of the Amazon bestseller The 10 Day Alcohol Detox Plan and Mindfulness for Alcohol Recovery His research with hundreds of clients in treatment revealed the best ways to overcome problematic drinking In this landmark book he passes on that knowledge to you Written in an uplifting easy to follow format Alcohol and You clearly explains The best scientifically proven ways to reduce or quit drinking How to self diagnose alcohol dependence in minutes How to motivate yourself to change and enjoy the process How to decide whether cutting down or quitting is right for you Medications and strategies to help deal with cravings The best free support to help maintain your progress over time Alcohol and You will leave you feeling inspired fully informed and excited about your future Order this book today and say good bye to alcohol problems **Alcohol and You--How to Control and Stop Drinking** Lewis David,2019 Alcohol and You includes everything you need to self diagnose alcohol problems and find the solution that is right for you The author is a therapist working in public health helping drinkers from all backgrounds His research with hundreds of clients showed the best ways to overcome alcohol issues In this landmark book he passes on that knowledge to you Alcohol and You does not judge you or preach at you Instead it treats you as the unique human being that you are calmly explaining the options that are open to you You can then choose the way forward that feels right for you which will produce the results you want Written in an uplifting and easy to follow format Alcohol and You clearly explains The best scientifically proven ways to reduce or quit drinking How to self diagnose alcohol dependence in minutes How to motivate yourself to change and enjoy the process How to decide whether cutting down or quitting is right for you Medications and strategies to help deal with cravings The best free support to help maintain your progress over time Alcohol and You will leave you feeling inspired fully informed and excited about your future Order this book today and say good bye to alcohol problems **Alcohol and You - 21 Ways to Control and Stop Drinking** Lewis David,2017-04-13 Everything you need to know to control or stop drinking alcohol all in one book This is practical scientific advice that you can put to work in your own life right away It doesn't matter whether you want to reduce your drinking stop drinking temporarily or stop permanently as this book will clarify which option is best for you The writer is a leading addiction therapist in government funded services who has carried out thousands of hours face to face research with problem drinkers This book explains the methods he has found that really work not just in theory but in the real world with real people like you An Amazon 1 Best Seller Alcohol and You provides essential reading including How to reduce and control your drinking How to stop drinking temporarily or permanently How to test and self diagnose alcoholism instantly How to build and sustain motivation How to choose your method reduction or detox How to do safe alcohol detoxification without rehab How to maintain alcohol recovery over time Discover prescription drugs that stop alcohol cravings Find out if going to

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