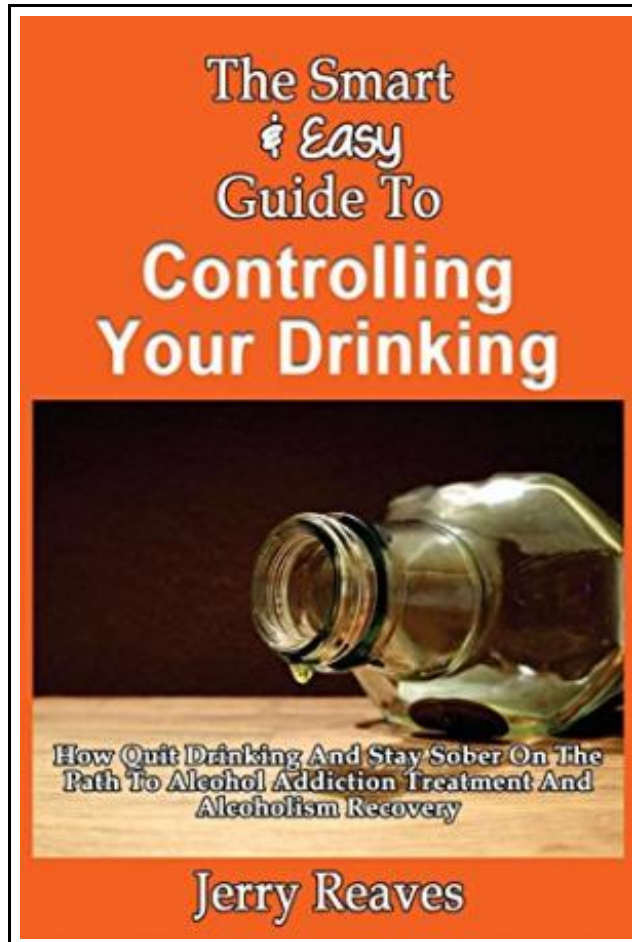


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THE SMART EASY GUIDE TO CONTROLLING YOUR DRINKING: HOW QUIT DRINKING AND STAY SOBER ON THE PATH TO ALCOHOL ADDICTION TREATMENT AND ALCOHOLISM RECOVERY



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Every day is a new opportunity. Whether or not you consider yourself an alcoholic, if you re struggling with any problem with alcohol you re in luck. This groundbreaking work is designed to give you everything you need to quit the habit and all of the destructive, distressing and damaging effects that come with alcohol abuse, binge drinking and habitual over-indulgence. Whether you only suspect you have a problem, or you ve been drinking to inebriation for many years, this book is designed to provide an alternative to drug rehab scenarios, and to traditional 12 step Alcoholics Anonymous programs. It can also be a complement for those considering a more traditional treatment for alcoholism, or a first step towards any of the alcohol treatments described herein. All readers need to understand: The nature and difficulty of the commitment required. The emotional fortitude required, and how to build up your strength gradually and rationally. Getting help where you can. All kinds of alternatives are available. Finding the right one will help you, too. Learning is a still a part of your life, and what you re doing is learning to be yourself, and to make yourself truly happy. Millions of Americans and people all around the world suffer from alcoholism. And they do suffer. The effects and consequences of alcohol abuse are well known and often most apparent to the drinker. But being helpless about changing and improving your lot in life is not an answer any more. Re-dedicating yourself to a solution, everyday, and to a new beginning is something every one with a drinking problem does on their own. Alone and individually. You may feel that way...

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