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I Quit Drinking But Now I
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than just a list of tips to

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instructions which have to
be followed blindly. Having
said that – the method is
beautifully simple – the
instructions just have to be
followed in conjunction with
gaining a full ...

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Way the most successful stop-
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world to quit. In Stop
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applied to problem drinking.

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By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap.

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Give up or gradually reduce
your drinking? If you want
to stop drinking alcohol as
part of a move towards a
healthier lifestyle, cutting

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down on the amount of alcohol you drink as opposed to giving up alcohol completely can help bring lots of health benefits, and can be easier to stick to.

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It will stop you from

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drinking, and you can make a quick getaway when your friends start boozing (and their chat goes downhill). And you can always give your friends a lift home if they're drinking.

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How to give up alcohol - 10
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Developed in his first book,
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Carr's approach helps people
quit their addictions by
getting them to challenge
their assumptions of

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benefit. The method is
simple: realize the ugly
truth about the nature of
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Easyway is a fundamentally
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The Easy Way to Stop
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Choose your Easyway to Stop
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programmes which will enable you to stop drinking easily, painlessly and without the need for willpower. It's been described as ' a real drinker's way to quit'. Easyway doesn't focus on the downsides of drinking –

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For The Rest Of Your Life
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Easyway method has been
applied to problem drinking.
By explaining why you feel
the need to drink and with
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instructions to set you
free, he shows you how to

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escape from the alcohol
trap.

Stop Drinking Now (Allen
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One of the best ways to stop
drinking is to stop keeping

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any alcohol in the home. A 6-pack in the fridge makes it all too easy to reach for one at the end of a long day. On the other hand, if it's not in the house, cutting back on alcohol becomes a lot easier. When

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friends bottles of
wine to dinner, send the
leftovers back with them.

Alcohol Cessation: How to
Quit Drinking Without AA
When we've quit drinking,
alcohol is no longer a

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choice. It cannot be part of our decision making process any more. When we get bored, drinking is not one of the options we have to relieve that boredom. We need a replacement. The great news is that you now have many

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Being Bored When You're Quitting Drinking - Alcohol Mastery

Most alcoholics develop a drinking routine. In order

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Way to Stop Drinking, you need to break your old habits and replace them with healthier alternatives. If you always drink at home after work in front of the TV, it's time to unplug. Make a commitment to do a different activity

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Way To unwind.
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