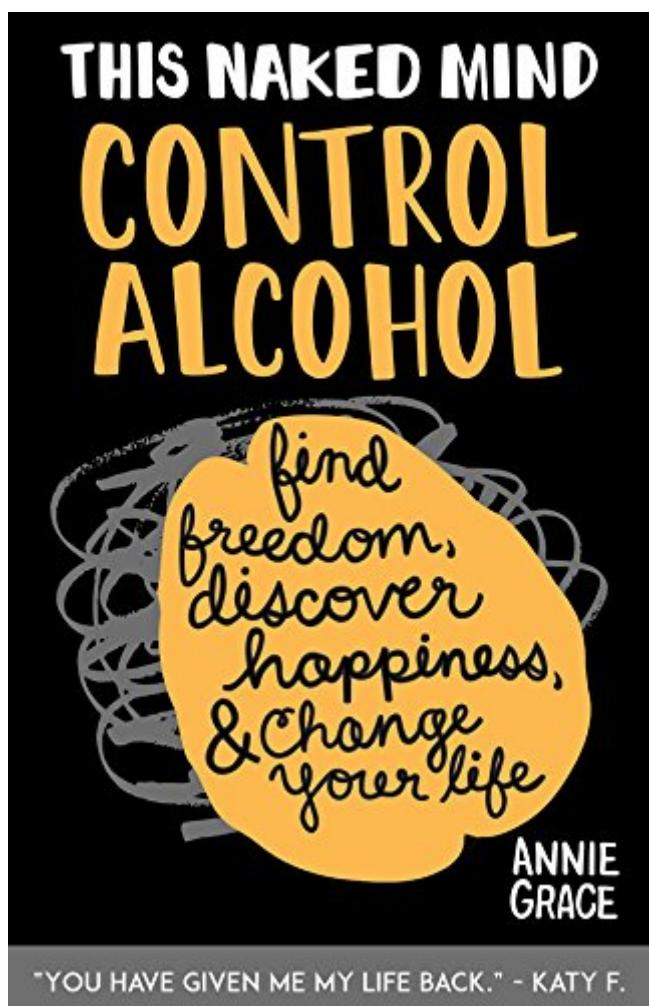


The book was found

# This Naked Mind: Control Alcohol: Find Freedom, Discover Happiness & Change Your Life



## Synopsis

Millions of people worry that drinking is affecting their health, yet are unwilling to seek change because of the misery and stigma associated with alcoholism and recovery. They fear drinking less will be boring, involving deprivation, difficulty and significant lifestyle changes. This Naked Mind offers a new solution. Packed with surprising insight into the reasons we drink, it will open your eyes to the startling role of alcohol in our culture. Annie Grace brilliantly weaves psychological, neurological, cultural, social and industry factors with her extraordinarily candid journey resulting in a must read for anyone who drinks. This book, without scare tactics, pain or rules, gives you freedom from alcohol. By addressing causes rather than symptoms it is a permanent solution rather than lifetime struggle. It removes the psychological dependence allowing you to easily drink less (or stop drinking). Annie's clarity, humor and unique ability to blend original research with riveting storytelling ensures you will thoroughly enjoy the process. In a world defined by "never enough" Annie takes us on an intellectual journey through the world of alcohol and specifically the connection between alcohol and pleasure. She dispels the cultural myth that alcohol is a vital part of life and demonstrates how regaining control over alcohol is not only essential to personal happiness and fulfillment but also to ending the heartache experienced by millions as a result of secondhand drinking. Finally, with perfect clarity, this book opens the door to the life you have been waiting for. Read this book. You'll be glad you did. This book is also available in Spanish: *Esta Mente al Desnudo*  As a fan of Jason Vale I was interested to read *This Naked Mind*. It was so interesting to read more about the science behind addiction and the unconscious mind. I highly recommend this book to anyone, whether they are interested in cutting down or staying alcohol-free. I loved it!  -Sarah L., England  What an amazing book! I thought I could consciously decide to give up alcohol, and now I understand the necessity of informing the unconscious mind and then the cravings just disappear! I have also read and applied the work of Dr. John Sarno and knew the power of the unconscious mind but cannot believe how effective the book was for me. Thank you!  -Theresa G., NC  I loved this gentle, down-to-earth explanation of problems with alcohol use, and the clear, structured way to challenge your thinking and behaviors around drinking. It helped me pass from shame and guilt into real and positive action.  -Elizabeth R., Australia "This Naked Mind brought clarity and focus on my drinking and 10-year struggle with sobriety that I had never paused to examine. Annie methodically brings the reader along a logical path of discovery. I felt she was speaking directly to me and that she knows exactly where I am mentally and physically. I continue to return to certain passages for reaffirmation. I highly recommend the excellent book to anyone seeking a refreshing approach to seeing alcohol with eyes wide open.  -Sam G.,

Australiaâ œReading This Naked Mind has been nothing short of a miracle. It has helped me to see alcohol for what it is and ended a 25-year cycle of binge drinking. I have not had a single craving since reading it, which is unheard of for me. I donâ ™t feel the need to avoid temptation, because there isnâ ™t any! A must read for anyone who wants to take control of their drinking but doesnâ ™t want a lifetime of struggle.â • -Kay W., United Kingdomâ œAnnieâ ™s book exposes the false notion that alcohol is essential for an interesting and happy life. The real gem in Annieâ ™s book is the idea that changing your relationship with alcohol need not be a life of endless suffering and deprivation, that a decision to change can be simple and liberating. This book will change lives.â • -Tony S., Australia

## **Book Information**

File Size: 999 KB

Print Length: 266 pages

Page Numbers Source ISBN: 0996715002

Simultaneous Device Usage: Unlimited

Publisher: ASPN Publications; 1 edition (October 12, 2015)

Publication Date: October 12, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B016JP45PU

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #3,894 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #2 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #5 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

## **Customer Reviews**

Background: IÃ¢Â Â™m a woman in my early 30s and IÃ¢Â Â™ve considered myself a

Ã¢Âœproblem drinkerÃ¢Â• for the better part of the past 10 years. My habit was 2-3 glasses of wine most evenings - more or less depending. My biggest downfall was that I was someone who on certain occasions couldnÃ¢Â™t stop drinking once I started, which always lead to painful consequences. I was on a quest to improve my relationship with alcohol, be able to moderate, slow down, and make better choices; my ultimate goal was simply to feel in control around alcohol. This book changed my relationship with alcohol without any feelings of deprivation or suffering, nor the need for willpower or stressful exercises in self-control. I had previously read Allen CarrÃ¢Â™s Easy Way to Stop Drinking and some of the information stuck with me, but the language was a bit dated and the motivation to keep improving my relationship with alcohol was short lived. After finishing This Naked Mind, it felt as if any temptation to drink and the struggle to control cravings were wiped clean from my brain. For the first time in a decade I feel in control and empowered to effortlessly make informed conscious decisions about drinking, where before I consistently gave in to physical and psychological cravings to drink even when I didnÃ¢Â™t actually want to give in. ThatÃ¢Â™s the battle most of us face when we become regular drinkers, and This Naked Mind will help you win that battle. I am able to do everything I did as a drinker, including hanging out in bars with friends, without any of the anxiety that I used to experience struggling to moderate or resist temptation. Life is just more enjoyable now. Annie Grace offers a lot of personal accounts in her book which I found helpful and relatable. Some of the information is repetitive but that is intentional and most of all it is important, because repetition is needed to undo the deep conditioning from society where drinking culture dominates! You donÃ¢Â™t have to label yourself an alcoholic or addict to benefit from this book. No matter how much or how little you drink, if you are seeking to improve your relationship with alcohol, This Naked Mind is the answer. I would even recommend this book to those who feel they have a healthy relationship with alcohol, because the information contained in this book is invaluable and we are all better off for knowing it!

I came to the realization that I had to improve my relationship with alcohol and this book gave me the tools to do just that.

This is a great book. If you're on the road towards sobriety this is like having GPS. It gives you the facts and is upbeat about taking on the demon called alcoholism in an alcohol-centric society. A must read!!!

Helpful but in some ways a book that seems to take the approach that if I can persuade you that

alcohol is poison, then you won't want it. I could see it working for some but others will struggle to agree.

I began reading it skeptically.....and have been absolutely delighted throughout between all of the incredible information and the actual change that has occurred in how I relate to drinking. Well done.

A powerful book that examines the facts behind our cultural assumptions regarding alcohol use. A must-read for anyone who wants to be fully informed about what they are choosing to put into their body. Discover a world free of alcohol's influence and live life on your own terms.

Life Changing..Verified and legitimized my long held beliefs.Organized for me in a clear,cogent and concise message that i could never put my finger on by myself. Have not looked back. I am happy to say that i am now simply "a non-drinker"

Very good reading and insightful book with good info on how to curb your alcohol dependence and put you back on track

[Download to continue reading...](#)

This Naked Mind: Control Alcohol: Find Freedom, Discover Happiness & Change Your Life This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Change Your Clothes, Change Your Life: Because You Can't Go Naked The 30-Day No Alcohol Challenge: Your Simple Guide To Easily Reduce Or Quit Alcohol The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated A Millennials Guide To Live Your Dream: The Most Likely To Succeed Will Find That Elusive Something That Leads Them To Success and Happiness.

Find Your Inner Super Power! NLP: Maximize Your Potential- Hypnosis, Mind Control, Human Behavior and Influencing People (NLP, Mind Control, Human Behavior) Alcohol Lied to Me: The Intelligent Way to Escape Alcohol Addiction Alcohol Lied to Me - New Edition: The Intelligent Escape from Alcohol Addiction Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) NLP: Persuasive Language Hacks: Instant Social Influence With Subliminal Thought Control and Neuro Linguistic Programming (NLP, Mind Control, Social Influence, ... Thought Control, Hypnosis, Communication) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Persuasion: Dark Psychology - Techniques to Master Mind Control, Manipulation & Deception (Persuasion, Influence, Mind Control) Manipulation: Proven Manipulation Techniques To Influence People With NLP, Mind Control and Persuasion! ( Persuasion, Mind Control, Influence People) Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. ( dark psychology, mind control, hypnosis, forbidden psychology, manipulation)) Mind Control Mastery 4th Edition: Successful Guide to Human Psychology and Manipulation, Persuasion and Deception! (Mind Control, Manipulation, Deception, ... Psychology, Intuition, Manifestation,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)