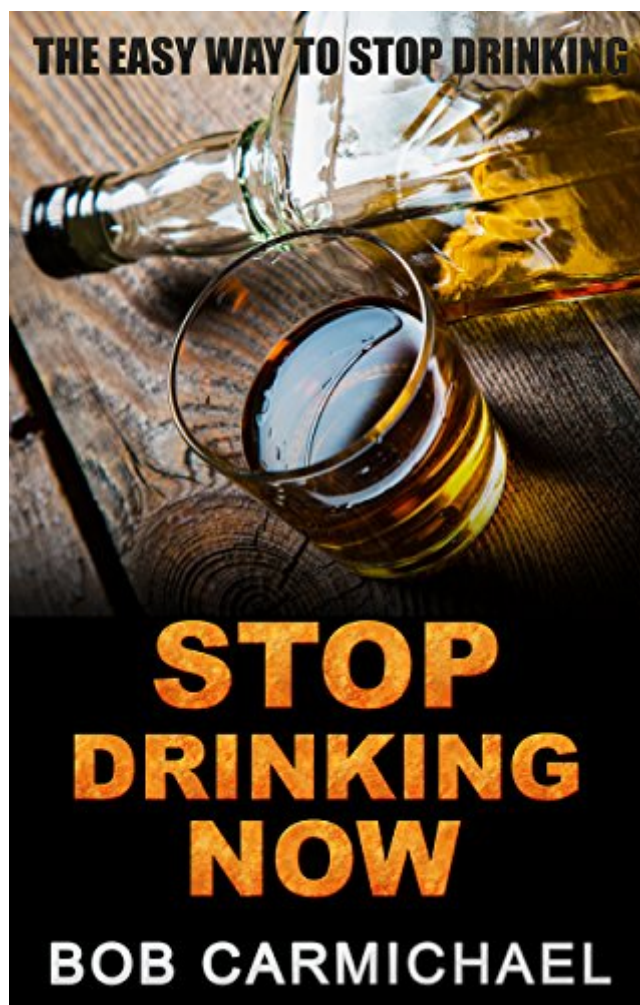


The book was found

# Stop Drinking Now: The Easy Way To Stop Drinking (quit Drinking Book 1)



## Synopsis

Sick Of Drinking? Tired Of Those Nasty Hangovers? Is It Time To Stop Drinking? If you answered YES, then you are in the right place because you will learn what you can do to stop drinking. Drinking too much can cause humiliation and pain both mentally and physically; and never knowing when to stop, or how to stop can rip someone's life apart...Inside You Will Learn:- What Alcoholism Is And How It Starts - What You Can Do To Stop Drinking And If You Need To Seek Treatment- The Risk Factors And Consequences Of Drinking Too Much Alcohol - If Alcoholism Is Curable- The Psychology Behind Drinking And Why People Keep Drinking Even Though It Hurts - How To Seek Further Treatment- And Much, Much More! Now Take A Second To Imagine What Your Life Will Look Like Once You Know How To Stop Drinking...Are You Ready??

## Book Information

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## Customer Reviews

I know there is an alcohol problem in the world and in America where I live. The author Grandma Kickass, says we shouldn't allow bars and nightclubs to offer "Happy Hour" because all this does is

encourage people to consume more. I'm sure this is true, but I don't think it's going to happen. We are a drinking society and do glorify alcohol abuse and we are probably just going to have to heal our own selves and our loved ones and do our best on the individual level. I liked what Grandma had to say about the subject of alcoholism and its physical symptoms and how it has become a way to self medicate. Good, well needed book.

This is another great book by Grandpa Kickass! He understands what it takes to deal with your addictions and move past the issues and move on to a meaningful life. Grandpa doesn't waste any time in breaking down the issue and giving you the kick in the pants you need to start moving forward with this issue. He goes through how this problem developed and also how to stop yourself from feeding this habit and addiction. He also explains the health risks of this addiction and is very persuasive both in why you need to quit and also how you can do it.

I got this book for a friend who, while not a full-fledged alcoholic, would like to cut back on the amount of drinks he consumes during social outings. It's a very interesting solution (I won't give anything away) which so far seems to be working like a charm. Amazing!

Very practical and easy to follow. I got this book for a friend of mine, Helped reduce some stress :) There are lots of great tips in the book. I just don't agree with the little part about the medications.

This book is so perfect for my partner. He really wants to stop drinking however find it hard to do so. I hope thru this book, he will enlightened what to do. Thank you to the author for sharing this book. Kudos to you.

Oversimplified, sober for. Dummies

This book, Quit Drinking! How To Stop Drinking With Grandma Kickass: Grandma's Secret Sauce To Being Sober and Conquering Alcoholism, is well written and helpful. The author has put extra efforts in writing such a masterpiece. The quality of material of this book is worth more than its price. Easy to understand content for everyone. From me, I will definitely rate this book and the author's efforts a 5-STAR. I highly recommend this book to everyone.

Oh my gosh, this was exactly what I needed. Ive been smoking for years and have tried quitting

several times but nothing worked! My addiction was too strong but this book reveals proven secrets to stop smoking! I applied the information contained in this book already and it's been a week since the last time I smoked!! Thank you so much for creating this awesome book!

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Allen Carr's Easy Way Method The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home

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