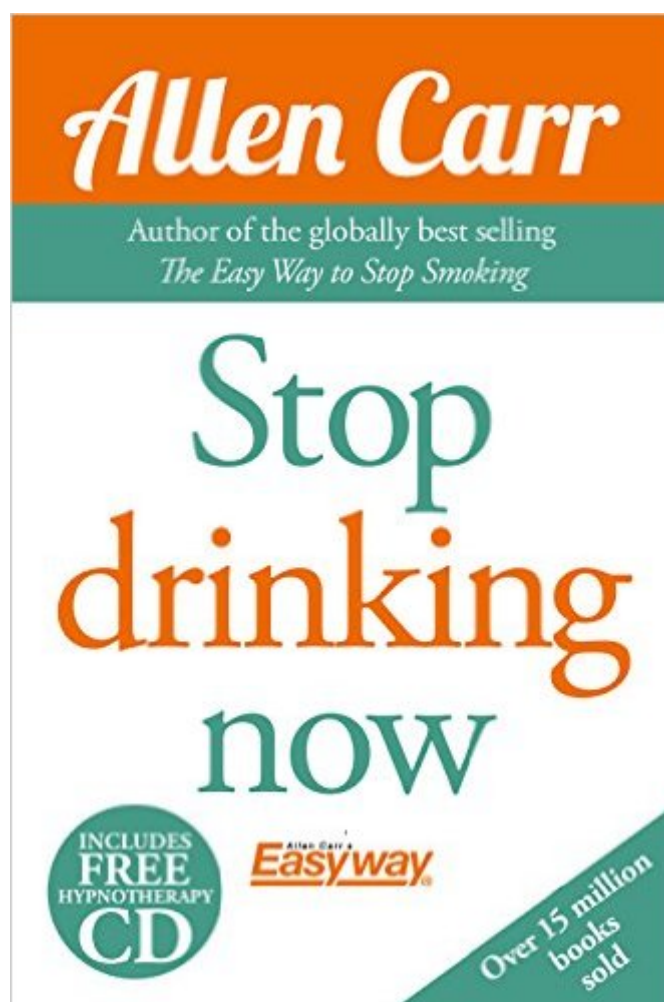


The book was found

Stop Drinking Now



Synopsis

A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind thinks it needs. Stop Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

Book Information

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Best Sellers Rank: #19,822 in Books (See Top 100 in Books) #24 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #62 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #2622 inÂ Books > Self-Help

Customer Reviews

To be clear, I have nothing invested in whether you buy or read this book other than the desire to share with the world the freedom that I now feel from no longer requiring nor desiring alcohol in my life. You think it's going to be hard, that you will feel deprived, well something just clicked for me while reading this book. Without thinking about it, after 22+ years of drinking every night, I just decided to stop. I have absolutely no desire to take another drink. Yes, there is a little anxiety around stopping because it was so much a part of my life, but now I'm looking forward to seeing what life will be like without being a slave to alcohol. I felt powerless to quit for so many reasons all

the while knowing I needed to. The constant battle with drink is exhausting. Every attempt to "control" my drinking just turned into a constant battle of how much and when and how often. I was consumed with thinking about drinking 24/7 and stuck and utterly powerless to do anything about it. I didn't want to do it anymore but I really did feel powerless to stop. Why did I keep doing the same thing? A chain smoking friend of mine suddenly dropped her ciggs like a hot rock after reading Allen's Easyway to Quit Smoking, I thought there might be something to this. While browsing the Easyway to quit smoking I came across this title. I've known for a while that I couldn't go on the way I have been, enough was enough, but how would I stop. There is something to be said about the moment you find clarity, when it's revealed to you that you are a rat in a maze and the maze is the booze and I have been running around like a rat since the first time I tasted it. None of my friends or family know the degree of the struggle that I have gone through.

I generally don't write reviews, however, I have to write one for this book. A little background on me. I am 37 years old, high income producer, good family life, 3 kids aged 18, 17, 10 and happily married for 11 years. I started drinking when I was 17 years old. I remember tipping the bottle and chugging thinking "why do people think this tastes bad?" then my next thought was "what the heck happened?" as I found myself covered in vomit near a river with no idea how I got there. From that point on I was a heavy binge drinker on and off. I would go a few months or a year drinking about a bottle of bourbon every 3 days and then a few months or a year not drinking really at all. Recently, I have been in a heavy binge drinking mode. I would come home from work where I deal with high stress environment, my job is the type of job that most people don't want due to the conflict inherent with the job, and just want a drink to take the "edge" off. That is how I would realize I was in trouble when I needed bourbon to feel normal, to remove the "edge" I found it harder to stop drinking this time around vs. times in the past. The "edge" seemed to be more powerful, seemed to make my skin crawl, and bourbon would be sitting there with a way to make that go away. I found that I was drinking more and almost nightly. I needed it to stop so I did some research and didn't feel as if AA was the right way to go. I picked this book up and thank the Lord I did. I honestly can say I am shocked by the results. I didn't realize quitting drinking was going to be so easy. About halfway through the book I raised an eyebrow and said to myself "okay, I see what you are doing, well, I don't think it will work on me" but I kept an open mind and kept reading.

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