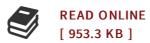




# The Smart Easy Guide to Controlling Your Drinking: How Quit Drinking and Stay Sober on the Path to Alcohol Addiction Treatment and Alcoholism Recovery (Paperback)

By Jerry Reaves

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...



#### Reviews

The ebook is great and fantastic. We have read and i also am sure that i am going to likely to go through once again again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Erica Turcotte

Very useful to any or all group of men and women. It is writter in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

-- Althea Fahey MD

### See Also



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



### Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



# Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



## To Thine Own Self (Paperback)

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



### How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...