



I Don't Drink! - How to Quit Alcohol: American Special Edition

mr Julian R Kirkman-Page

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A unique and proven *COMMON SENSE* approach to *QUITTING ALCOHOL - FOREVER* You **don't** have to be an alcoholic for life and you **don't** need to spend the rest of your life going to meetings and berating yourself for past sins. My approach worked for me and is now working for countless others. I focus on the *POSITIVE*; unlike other programs I don't believe being an alcoholic is for life so why carry that burden around with you like a millstone - you already know alcohol is bad for you, but what you *DON'T* yet realise is how wonderful life is once you say goodbye to drink forever, and how despite what you believe right now, you really **WILL NOT** miss drinking. After 40 years of being a drunken wreck I finally decided I **wanted** to give up drink. Without resorting to rehab, drugs or any other outside help I created an easy to follow methodology that worked for me and I have never looked back. Since the launch of my book in January 2015, my approach is now also working for countless others like *YOU!* So if *YOU* want to *STOP DRINKING* and *IMPROVE YOUR LIFE FOREVER*, *Then this book will tell you HOW!* My book includes:

- Discussion: Was I/Are you an alcoholic? Why did I give up drinking? What can you expect to feel? And much much more...
- My proven methodology: Follow the straightforward routine I followed to immediate success.
- A day to day guide: A daily diary help for the initial stages followed by advice on what to tell other people, how to cope at key events including your first meal out, a wedding, a major drinking event, and more...
- Hilarious drinking stories and tales of woe to help instil in you a **'been there – done that'** state of mind.

*** **IT ALSO INCLUDES A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION put together by alcohol recovery hypnotherapy expert Dan Jones***** *This American special edition includes a forward by my niece from Baltimore, Estelle Page Stevenson. She lost her father (my brother) to alcohol, and should you need one, her own tale is a poignant reminder of the darker side to alcohol abuse. We both sincerely hope this book will help you. Find further advice, video extracts and my blog at <https://www.idontdrink.net> You will also find details of my new book **One Less for the Road** aimed at the drinker who doesn't want to quit and who can't imagine life without alcohol!*

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From reader reviews:

Bill Underhill:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get lot of stress from both day to day life and work. So , when we ask do people have time, we will say absolutely yes. People is human not only a robot. Then we inquire again, what kind of activity have you got when the spare time coming to you of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is definitely I Don't Drink! - How to Quit Alcohol: American Special Edition.

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Janet Kline:

The book untitled I Don't Drink! - How to Quit Alcohol: American Special Edition contain a lot of information on the idea. The writer explains your girlfriend idea with easy way. The language is very simple to implement all the people, so do certainly not worry, you can easy to read that. The book was published by famous author. The author brings you in the new period of literary works. It is possible to read this book because you can continue reading your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice study.

Peter Delaune:

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