

Happy Sober Solution: The Easy Step by Step Escape from Problem Drinking



Are you worried about the amount of alcohol you are drinking? Have you tried to cut down and failed? Are you waking up most mornings full of regret and guilt? This book may be one of the most significant discoveries of your life. You are not alone; millions of hardworking, successful people around the world have also fallen into the trap of alcoholism. It has slowly become their go-to panacea for the stress and strain of life. However, there is a problem with this little treat we allow ourselves: it makes us miserable, steals our precious time, and ultimately wants to kills us. Yet, despite all this we cant imagine a life without it! When you lose control of alcohol there are very few options open to you. Your GP will most likely agree you are drinking too much and advise you to cut down, not very helpful. You could try AA but perhaps you dont want to stand up and label yourself a broken alcoholic or spend the rest of your life with an inch you are not allowed to scratch. My name is Craig Beck. I am a former problem drinker who found a way to quickly and easily remove alcohol from my life. This intelligent approach involved no willpower, no cravings, no medication, no embarrassing group therapy, and no expensive rehab. The Happy, Sober Solution is not just a way to break the cycle of alcohol addiction but a complete life overhaul. The end result being a return to the old, happy version of you. A you with more energy, better health, amazing relationships and starting everyday with vitality and excitement. Yes, I know it sound far too good to be true - but dont let that stop you taking a chance. Discover this spiritually uplifting way to get back in control of alcohol and start enjoying life again!

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overwhelmed by new involvement develops in the wake of sobriety and instead, as the months go by, patient to identify small real steps towards a solution and to take those steps. as geographical escape, with the problems in no way resolved but taken along **17 Best images about Craig Beck Books on Pinterest Drinking, The** Happy Sober Solution: The Easy Step by Step Escape from Problem Drinking PDF by Craig Beck : Happy Sober Solution: The Easy Step by Step. Escape from **Craig Beck - Happy Sober Solution: The Step by Step Escape** Happy Sober Solution: The Step by Step Escape From Problem Drinking By The Law of Attraction can easily be understood by becoming aware that like **happy sober solution Archives - Craig Beck** Happy Sober Solution: The Easy Step by Step Escape From Problem Drinking by [Beck, Craig]