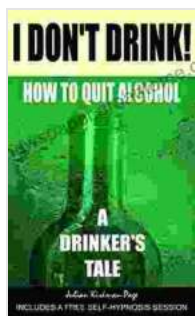


Don't Drink: The Ultimate Guide to Quitting Drinking and Living a Happy, Fulfilling Life



I Don't Drink!: How to quit alcohol - a drinker's tale

by Julian Kirkman-Page

★★★★☆ 4 out of 5

Language : English
File size : 4331 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 234 pages
Lending : Enabled



If you're struggling with alcohol addiction, you're not alone. Millions of people around the world are facing the same challenges. But there is hope. With the right help, you can overcome your addiction and live a happy, fulfilling life.

Don't Drink is the ultimate guide to quitting drinking and living a happy, fulfilling life. This comprehensive book provides you with everything you need to know about alcohol addiction, including:

- The dangers of alcohol
- The signs and symptoms of alcohol addiction
- The different treatment options available

- How to develop a relapse prevention plan
- How to live a happy, fulfilling life without alcohol

Don't Drink is written by a team of experts in the field of alcohol addiction. The authors have decades of experience helping people overcome their addiction and live happy, fulfilling lives. They know what it takes to quit drinking, and they're here to help you every step of the way.

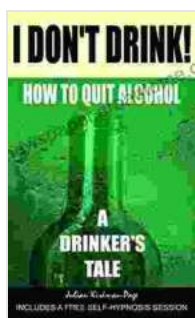
If you're ready to make a change in your life, Don't Drink is the book for you. This comprehensive guide will provide you with the knowledge and tools you need to overcome your addiction and live a happy, fulfilling life.

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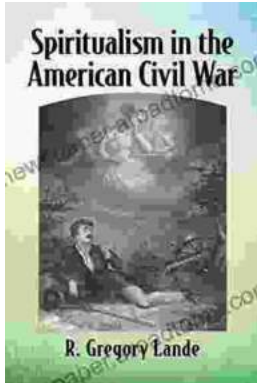
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