



Beating Your Alcohol Habit by Winning Yourself (Paperback)

By Balcham

Partridge Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is intended for all those who consume alcohol, from casual/social drinkers to moderate to heavy drinkers, in particular, those who have become addicted to this habit. This book focuses on how to get out of this habit successfully and without spending any money. The book is written in a short and simple language so that every common person can understand and put to practice the steps mentioned on how to beat this alcohol habit. The book talks about how the change has to come from within the infected person as it had altered the chemical system in their brain. This book also shows how the infected person can use their own weapon like decision making to beat this habit. This book takes the infected person through two simple steps and walks them through what they have to do in those steps and provides guidance as to what will happen and how to face them throughout. This book also has a note to people who wants to help the infected person and explains their mind-set so the support person can help.

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