



Quit Alcohol (for a month) (Paperback)

By Helen Foster

Ebury Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Start the year fresh and sober this dry January and reset your drinking habits in 28 days Tired of hangovers and splitting headaches? Want to save the cash you spend on cocktails? With over 3 million adults taking part in Dry January in 2017, not to mention Dryathlon, Stoptober, or plain old giving up the booze for Lent, more and more people are attempting a `dry spell every year. But how do you actually give up booze for more than a few days without falling off the wagon? The health benefits are obvious and if it was easy to quit we might all be teetotallers. The truth is, there are a lot of people who have trouble admitting how hard cutting out alcohol is, and definitely need help to ease the transition. It s not about willpower alone - it s about changing habits and being ready for the multiple challenges that lie ahead. Quit Alcohol (For a Month) gives you an effective, 360-degree approach to getting the most out of your dry spell, with all the emotional, psychological and practical support you need in a...



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