



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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