

## Kick The Drink Easily

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~~The World's 5 Best Stop Drinking Books Revealed The Easy Way To Control Alcohol Rachel Elnaugh \u0026 Jason Vale on How to Give Up Drinking Alcohol~~ How to Stop Drinking Alcohol Full Audio Book **TEDxDubai 2010| Jason Vale| One disease,one solution**

~~How To Stop Drinking Alcohol - My Top 3 Steps~~**How and Why I Quit Drinking Alcohol the Easy Way**

~~5 Easy Ways to Stop Drinking Too Much~~*How I Quit Drinking By Rebalancing My Brain Chemistry William Porter - Alcohol Explained Four Months Without Alcohol* ~~The Easy Way to Stop Drinking~~ Breaking the Cycle of Alcohol: Allen Carr Book Review | HEYKACKIE | Quit Drinking Alcohol For 30 Days... Here's What Happened ? Why Alcohol Is Killing Your Body \u0026 Brain, And How To Reverse The Damage! ~~by Dr Sam Robbins~~ Top 10 Reasons To Quit Drinking Alcohol

~~10 Surprising Things That Happened When I Quit Drinking Alcohol~~I've been duped by alcohol | Paul Churchill | TEDxBozeman A simple way to break a bad habit | Judson Brewer 8 Things To Expect When You Quit Drinking Alcohol ~~The absolute best way to quit drinking and beat alcoholism~~ What Are The Benefits Of Not Drinking Alcohol? How I overcame alcoholism | Claudia Christian | TEDxLondonBusinessSchool ~~How to Stop Drinking Without Rehab: Is It Possible?~~ Lose Weight In Pre-Menopause and Menopause, Get Rid Of Headaches and More - with Dr. Anna Cabeca!

~~Quitting Drinking Made Easy... With This Amazing Mindset Trick~~**EWTN: Dr. Rev. Kappes \u0026 William Albrecht on Mary in the Bible & Tips for Quitting Alcohol in the First Few Days** Get Rid of a Cold Quickly \u0026 Naturally Quit Drinking Alcohol Hypnotherapy Kick the drink :D

Kick The Drink Easily

This item: Kick the Drink...Easily! by Jason Vale Paperback \$16.69. In stock. Ships from and sold by Book Depository US. This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life by Annie Grace Paperback \$14.29. In Stock. Ships from and sold by Amazon.com.

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Kick the Drink...Easily!: Jason Vale: 8601404233234 ...

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Kick the Drink...Easily! - Kindle edition by Vale, Jason ...

I'd recommend "Kicking the Drink...Easily!" by Jason Vale to anyone who'd like to either cut back on their alcohol consumption or cut it out of their life altogether. Vale makes many valid points such as: "Alcohol is the only drug in the world where when you stop taking it, you are seen as having a problem." This statement is so true!

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Kick the Drink...Easily! by Jason Vale - Goodreads

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Kick the Drink Easily!: Vale, Jason: 8601404233234: Books ...

16 thoughts on "A book review: Kick The Drink Easily! by Jason Vale" Lilly. March 18, 2014 at 12:28 am Yep, I totally feel you on this one. There are things about this book that are just laughably ignorant from an addiction standpoint and it's also just so poorly written and repetitive.

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A book review: Kick The Drink Easily! by Jason Vale | And ...

I'd drink about half a bottle of wine but lately in the last few months this had been going up. I read half of the Jason Vale book on Saturday and haven't even thought of alcohol since. It's a really easy read and while he's not exactly a great writer and his knowledge of science is a bit dodgy, he says so many things that really make me think ...

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Jason Vale - Kick the drink... easily! | Mumsnet

Buy Kick the Drink. . .Easily! Reprint by Vale, Jason (ISBN: 8601404233234) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Read "Kick the Drink...Easily!" by Jason Vale available from Rakuten Kobo. There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether ...

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Kick the Drink...Easily! Jason Vale. 4.4 • 87 Ratings; \$11.99; \$11.99; Publisher Description. There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading ...

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Kick the Drink Easily Author: Jason Vale Publish On: 2011-03-01 This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol.

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Kick The Drink Easily What a fantastic book and thanks so much to Jason vale for all his help in my achievement of freedom from alcohol The man is a genius and an outstanding man am so indebted to you

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues.

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and

advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, *The 28 Day Alcohol-Free Challenge* is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website *One Year No Beer* to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In *The 28 Day Alcohol-Free Challenge* Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

'I'm the binge-drinking health reporter. During the week, I write about Australia's booze-soaked culture. At the weekends, I write myself off.' Booze had dominated Jill Stark's social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world awash with booze? This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is 'a year with no mates'. In re-examining her habits, Jill also explores Australia's love affair with alcohol, meeting alcopop-swigging teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from the six o'clock swill that encouraged bingeing to the tangled weave of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

**READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE.** Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling *Easy Way to Stop Smoking* has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • **A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE** What people say about Allen Carr's Easyway method: "The Allen Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." *The Sunday Times*

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozer to self-respecting sober lady.

A fresh take on the Allen Carr method with all-new text. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. Includes free hypnotherapy CD.

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka *The JuiceMaster*, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

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