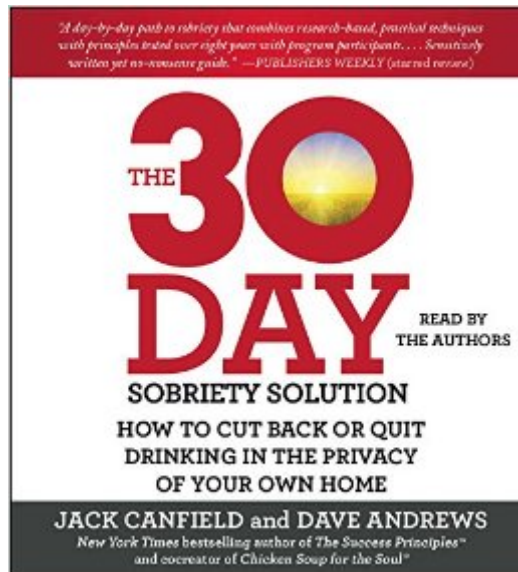


The book was found

The 30-Day Sobriety Solution: How To Cut Back Or Quit Drinking In The Privacy Of Your Own Home



Synopsis

Jack Canfield, the #1 New York Times bestselling author of the Chicken Soup for the Soul® franchise and coauthor of The Success Principles, and Dave Andrews, a recovery expert, join forces to present a revolutionary program to help you cut back or quit drinking entirely "in the privacy of your own home. Alcohol kills one person every ten seconds worldwide, according to the World Health Organization. Thankfully, now, for anyone who feels that alcohol has become a problem "and for the 23.5 million Americans living in recovery and looking to be re-inspired "this new program introduces a groundbreaking model for sobriety that you can achieve in your own home. The 30-Day Sobriety Solution grew out of Jack Canfield's decades-long work in self-esteem and success training. Its principles were carefully developed into a program by Dave Andrews and tested by thousands whose amazing stories of recovery are shared throughout the book. Organized into five phases that span 30-day periods, this book guides you through each day with practical exercises that, over time, allow you to more easily make positive choices again and again. "The Sobriety System" is an empowerment program that moves systematically from beliefs (including limiting ones) to feelings and emotions to concrete actions and behaviors that promote better outcomes. Integrating neuroscience, cognitive therapy, proven tools, and teachings, The 30-Day Sobriety Solution is a clear, practical daily program that will help you achieve your goals "whether that's getting sober or just cutting back "and create positive, permanent change in your life.

Book Information

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Customer Reviews

As a retired firefighter/paramedic I am very familiar with the effects of alcohol abuse. I've seen individuals with multiple degrees who had become homeless and started begging to be able to continue their drinking. I've seen numerous alcohol related fatalities due to drunk driving, domestic violence (some ended up in murder), the end stages of cirrhosis, and on and on. The really sad part was when I saw how each one of these stories affected family and loved ones. It wasn't easy to respond to and help these people...especially since I could relate so closely to what the alcoholics were experiencing and feeling. You see, I was an alcoholic, too. I was what they call a "High Functioning" alcoholic. I excelled at my job. I was a paramedic field instructor, I promoted through the ranks, I was respected by my subordinates, and I was trusted by my supervisors. At night on my days off, I would drink heavily...a fifth of vodka a night heavily at my highest. I had been able to reduce my nightly consumption of alcohol down from that insane level, but I was never able to quit or reduce it to one or two beers at night. I had tried many times before but I always reverted back into the same routine of drinking starting at 5 o'clock. This continued on even after I retired. Every time I tried to quit, it felt like I was holding my breath underwater...sure I could do it for a little bit, but I always came up for air. I always came back to drinking. Two years after I retired, I found this book at the bookstore. One evening around 5 o'clock, I came strolling in the house with a 6-pack of beer in one hand and a book on how to achieve and thrive in sobriety in the other.

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