



Stop Drinking Start Living!: Get rid of hangovers and regrets forever!

Liz Hemingway

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This book is written from my heart to help you stop drinking and get your life back on track. It will help you to stay sober even when the going gets tough.

I understand what you are going through because much of my life used to be ruled by alcohol addiction. Today I hate that phrase 'alcohol addiction'. It sounds horrible and I feel embarrassed to admit it but it was true. I was addicted to alcohol. I pretended to myself that I did not have a problem with alcohol addiction. After all look at what some of my friends drank! But I was just deluding myself!

For years I drank too much and too often. I wanted to quit but I could not. This alcohol abuse made me depressed, fat and lacking in self-esteem. When you lack confidence and self-esteem the world becomes a harsher place. The thought of having to quit drinking is the furthest from the mind of the problem drinker. I was miserable and felt trapped. I wanted to stop drinking and I was scared of the thought of stopping drinking at the same time. I thought that I could control my drinking. Well that did not work – no matter how many times I tried. I learned that if you want to get rid of the problems caused by alcohol addiction then there is only one solution. You have to stop drinking! When you do all of the problems caused disappear. I hated waking up with a massive hangover wondering what I had done the night before. I thought that I just had to learn how to control my drinking and everything would be fine but in truth alcohol was controlling me. It stopped me from being the person I wanted to be. I really, really wanted to control alcohol but I failed miserably.

I felt helpless, hopeless and lost!

I eventually managed to stop drinking and believe me it is one of the best feelings in the world not to be ruled by alcohol anymore! I found out that if you keep taking a poison into your body you just keep the alcohol addiction alive.

My life has improved in so many ways.

I have gained back my self-respect and increased my self-esteem. When you feel better about yourself it gets easier and easier to leave alcohol addiction behind.

I am fitter and have more energy.

Losing weight was so much easier for me.

I am richer because I do not squander my money on alcohol anymore.

I have been able to achieve more of my goals in life. My self-esteem and confidence has increased.

I am HAPPIER than I have ever been! My problem drinking is gone and so have all the related problems.

I know what you are going through. I want to help you to understand the truth about problem drinking and addiction.

I can motivate you to stop drinking and more importantly stay stopped.

I can enable you to escape from the hangovers, the shame and that feeling that you will never be able to escape. Alcohol addiction leaves so many people feeling that there is no way that they can control alcohol but it can be done.

I can give you hope and the promise of a brighter, better future.

In my book you will learn from someone who has been there and done that. Someone who understands what you are going through.

You will find out how to quit drinking and get rid of your alcohol addiction for good.

You will learn that trying to control drinking is difficult and you are only continuing to punish yourself by

trying to.

Your problem drinking will be a thing of the past and your confidence levels, motivation and self-esteem will increase dramatically!

Best of all you will be free!

Connect with Liz Hemingway on Facebook – I Need to Stop Drinking

For a free report on how to stay stopped when you really want to have a drink please visit

www.liz-hemingway.com

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