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**FRONT COVER:**

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# Foreword

Do you love a drink from time to time? A lot of us do, frequently when socializing with acquaintances and loved ones. Drinking might be beneficial or harmful, depending upon your age and health status, and, naturally, how much you drink.

Booze dependency is something that can't be formed in simple terms. Booze dependency in general refers to the condition that's an obsession to continue drinking even if it harms health. Alcohol addiction means you don't have any control over intake despite being well aware of the damaging consequences. An alcoholic person drinks even if he happens to get into booze related troubles like drunk driving, losing his job, and so forth.

Not everybody who takes in booze is an alcoholic. A person who takes in booze in controlled quantities and is able to say no when he doesn't want to drink isn't termed booze-dependent. He or she is merely a social drinker.

For anyone who drinks, this book offers valuable, research-based info. What do you think of taking a look at your drinking habits and how they might affect your health? This may help you get started.

## ***Booze Basher***

Transformational Tools For Battling Booze Binges And Staying  
Alcohol-Free

# Chapter 1:

## *Introduction To Your New Life*

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### Synopsis

What are a few of the advantages of stopping boozing? Is it worth it to quit boozing?



## **The Basics**

Well naturally it all depends upon how much you're boozing and what the results of that are. Likewise, you may have to decide who to trust when it comes to some of this stuff. For instance, some research states that there are advantages to having one or two drinks a day. But naturally, if you're an alcoholic or fighting with alcohol abuse, then you don't need to follow this advice.

If you're hooked on alcohol then there are a few huge advantages to stopping boozing. For alcoholics, the advantages of stopping include:

- ✓ Improved lifespan – you will commonly pass away many years early if you're an alcoholic and carry on to drink right up until you die. Likewise, a lot of recovering alcoholics will also quit smoking eventually, which is the biggest killer of recovering alcoholics. If you go on to drink your chances of stopping smoking are slight to none. The fact that most alcoholics are likewise heavy smokers is a double curse when it comes to death rates. Heavy boozing and heavy smoking kills individuals quicker than you think.
- ✓ Bettered quality of life - if you quit boozing then your life will typically get better in just about every way. Not simply your health, but likewise your ability to work, acquire a greater job, advance in your vocation, better your relationships, and

so forth. If you go on to abuse booze all of that stuff may simply get steadily worsened over time. You might get lucky every once in a while and make a little progress, however for the most part you'll go steadily downwards.

- ✓ Better your relationships - this is big. If you stop boozing then the advantage to all of your relationships in your life will be enormous. Not simply will you communicate more honestly and openly with everybody, but you'll be about a 1000 times more helpful and useful, and the individuals in your life will give that back to you. Everything will run much better if and when you quit boozing.
- ✓ Spiritual development - if you thought of yourself as “spiritual” in the past, then stopping boozing will open up the door on this, and your life will likely be metamorphosed from a spiritual point of view. Even if you don't work a religious or spiritual plan of recovery, the general mechanics of recovery and of not boozing are spiritual in nature anyhow. You can't help but establish progress in this area when you're sober, whether you notice that growth or not.

# Chapter 2:

## *Basics To Breaking Old Habits*

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### Synopsis

Changing habits in steps is a simple strategy for gradually altering habits instead of making a huge alter all at once, you aim to take one little step in the right direction. This sometimes works even if you have an addiction. You have to be the judge on what your needs are.





## **Changing**

When you have gotten comfy with the first shift, take another little step. Move forward taking little steps one at a time till you one of these days reach your goal.

For instance, if you wish to quit consuming alcohol, first take note of how much alcohol you currently take in. Then set up an initial goal to cut down your daily use by 25 %.

So if you take in 4 cupfuls of alcohol a day, you'll either drop it to 3 cupfuls a day or you'll take in 4 cupfuls that are only three-quarters full. Maintain that new level for a week prior to taking the following step. At that point, reduce your use to 50 % of your original level, and achieve that for another week.

Then drop it to simply 25 % of the original level, once again maintaining it for a week. And finally you are ready to do away with alcohol altogether.

If a 25 % shift is too much for you to manage, begin with a 10 % shift. You are able to utilize stair-stepping for a wide range of habits. I know a lot of people who've used this strategy to stop smoking, dropping their cigarette use by a little amount each week till they were down to one smoke per day (and occasionally down to one cigarette every 2 or 3 days) before finally quitting for good. A different person utilized this method to become an early riser, setting his alarm

merely 5 minutes earlier every day till he reached his goal. Remember that one person's bad habits may produce grievous results for other people, and from time to time those results are severe, just like a drunk driver causing an accident. Consequently, we must not only be responsible for ourselves, but in addition to that the world in which we reside.

Use habits to reinforce unity itself. Rather than living in a separate cocoon, make a habit of giving to other people. Find something you're able to accomplish on a regular basis to provide value to complete strangers, not simply your loved ones and acquaintances.



# Chapter 3:

## *Nutritional Tips For Conquering Alcohol Cravings*

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### Synopsis

Nutritional guidance might help after an individual gives up the habit of drinking.

Generally, he or she is evaluated for counseling and is apprised of a diet to follow in order to get back to a healthy and strong life. This includes the balancing of the sugar level in the blood of the person who is on the road to recuperation.



## **Nutrition**

A lot of inadequacies related to nutrition develop due to excessive ingestion of alcohol. The body of the alcoholic quits soaking up crucial nutrients which helps the individual in being healthy as his small intestine is no longer able to absorb the nutrients essential. This is a result of filling the system with alcohol. There are steps to boost further healing while lessening the desire to consume sugar.

This step involves taking vitamins, specifically:

- ✓ Vitamin C - to aid in detoxification, the output of serotonin, and healing from adrenal fatigue
- ✓ Vitamin B complex - again to support the production of serotonin and in the metabolism of carbohydrates into fuel
- ✓ Zinc - helps promote healing and supports proper insulin function

This step also advocates consuming a little amount of a complex carbohydrates right before going to bed to boost the brain to produce sufficient serotonin to help you feel calmer, competent, and able to say "no" to sugar and alcohol.

Part of a potato with the skin on is the advised carb. Think about the potato as "medication"-sort of an antidepressant in another package.

In this step, you make certain to shift the processed carbohydrates that you consume to complex carbohydrates. Complex carbohydrates 'burn' slower and thus prevents a sudden blood sugar elevation and subsequent collapse.

Examples of complex carbohydrates include:

- ✓ Whole wheat
- ✓ Oats
- ✓ Quinoa
- ✓ Brown rice
- ✓ Potatoes with the skin on
- ✓ Veggies
- ✓ Beans

Simple carbohydrates include items like:

- ✓ White bread
- ✓ White rice
- ✓ White flour tortillas
- ✓ Most prepackaged desserts and snacks

Also, dried fruit might be a trigger for some sensitive individuals due to the concentrated fructose and is therefore limited or avoided. Using a food journal might help determine what foods work for you and which ones set off those unpleasant, moody sugar feelings and even drinking.

This step is a personal determination. Some individuals will significantly cut down the sum of sugar in their overall diet and feel easy with that.

A lot of other individuals go on to remove all sugar from their diets. Having surmounted each of the previous steps will assure a smooth and successful bout with this step.

You might need to altogether detox from all alcohol and what learn what may be expected. It involves learning where alcohol is in foods, having a plan in place for the day you say adios to all alcohol, and what to expect subsequently.

A truly big part of this step consists of planning, waiting, studying, and then taking action steps in a thoughtful way. This is immense for addicts. There's a big payoff if you decide to wipe out alcohol from your diet. You will feel better than you ever have

Following is the recovery period after beating the alcohol demon. It provides calm and stability. It provides the chance to learn fresh skills to deal with life events without alcohol, which might occasionally be challenging. It's a lifelong procedure to learn and enjoy.

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