



I Don't Drink!: How to quit alcohol - a drinker's tale

By Mr Julian Kirkman-Page



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As featured on the BBC

*****GIVING UP DRINK HAS TOTALLY REVOLUTIONISED MY LIFE! - I CAN HELP YOU DO THE SAME*****

If YOU want to STOP DRINKING and improve your life forever, Then this book WILL tell you HOW!

I had never considered myself to be an alcoholic. But after 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term life expectation, and I finally realised just what a mess my life had become. I had even watched my mother and elder brother die due to drink, my brother was only 56! Then, in December 2012 I decided enough was enough and I quit alcohol forever. I created my own methodology and without resorting to drugs, rehab or any outside help, I have never touched a drop since and I know I never will again. I have never been so wonderfully healthy or happy as I am now, I have revolutionised life for me and those around me I love. Even my type 2 diabetes has been resolved, and I expect to live another 30 years at least. AND IMPORTANTLY - following my methodology, despite what you may anticipate now, like me you won't miss drink at all!

My book tells you exactly how I quit, and how you can do the same. My methodology works, it's easy, it's unique, it's now helping well over a thousand other people, and most especially, it's all POSITIVE and FORWARD thinking!

The book includes: • Discussion: Was I/Are you an alcoholic? How much did I drink? Why did I give up drinking? And much more... • My proven methodology: Set out in clear terms for you to follow to rapid success. • A day to day guide: Daily diary-style help for the initial stages including advice with what and when to tell other people, and how to cope at key events including your first meal out, a wedding, a major drinking event, and more... • Hilarious drinking stories and true tales of woe to help instil in you a 'been there – done that' state of mind.

***** A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION which closely follows the methodology I employed*****

From the foreword by hypnotherapist and addiction expert Dan Jones:

It is not often a book comes along that offers the reader exactly what they are looking for, this book does just that. This book gets to the point; it gives a clear and easy to follow 'no nonsense' approach. It is full of real life examples from an author that has 'been there and done that'.

For more information and help, video extracts from my book and to keep up to date with my blog visit www.idontdrink.net

You will also find details of my book '**One less for the Road**' aimed specifically at the drinker who needs to, but who doesn't want to quit because they can't imagine life without alcohol!

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My book tells you exactly how I quit, and how you can do the same. My methodology works, it's easy, it's unique, it's now helping well over a thousand other people, and most especially, it's all POSITIVE and FORWARD thinking!

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I Don't Drink!: How to quit alcohol - a drinker's tale By Mr Julian Kirkman-Page **Bibliography**

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Editorial Review

About the Author

I have 'been there and done that', and now - I Don't Drink!

After 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term life expectation, and I finally began to realise just what a mess my life had become. I also finally recognised that I was an alcoholic. Then, in December 2012 I decided enough was enough, I put together my methodology and I quit alcohol forever. Without resorting to drugs, rehab or any outside help, I have never touched a drop since and despite my own expectations I don't miss alcohol at all. I have never been so wonderfully healthy or happy as I am now, I have revolutionised life for me and those around me, and I know I will never drink again.

If I was to create a jigsaw puzzle to depict my life, it would be a 3D 1,000 piece version and far from complete. I am now an author, but I have worked in a shop, sold insurance, owned my own computer company, been a science teacher and even managed a tobacco farm.

I have known success and failure, I have been sacked and I have sacked people, I have travelled far and wide and seen a lot of what's good and bad in the World, I have even had a gun held to my head. I have known sublime happiness and deep despair. I have had marriages and divorces, been a single parent, seen the miracle of my two daughters brought into the World, and known the sorrow of saying goodbye to parents and both brothers. I have even watched my mother and elder brother drink themselves to death.

I have my own deep philosophy on life, but I respect all the World's religions equally. But if one piece of the jigsaw puts all the rest into perspective, and will help me complete a picture I would be happy to frame and be proud of, it is being able to finally say: I Don't Drink!

For more information about me, for more help and to see some video extracts from the book visit www.idontdrink.net

If you are unsure you can cope with quitting read my book 'One less for the road' - is there life after alcohol? - it is aimed specifically at the drinker who can't imagine life without alcohol, the very type of person I was.

Users Review

From reader reviews:

Tyler Smith:

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Susan Martinez:

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On this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time very little but quite enough to get a look at some books. Among the books in the top list in your reading list will be I Don't Drink!: How to quit alcohol - a drinker's tale. This book which is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking right up and review this book you can get many advantages.

John Casper:

That guide can make you to feel relax. This specific book I Don't Drink!: How to quit alcohol - a drinker's tale was colorful and of course has pictures on the website. As we know that book I Don't Drink!: How to quit alcohol - a drinker's tale has many kinds or genre. Start from kids until teens. For example Naruto or Detective Conan you can read and think that you are the character on there. Therefore , not at all of book usually are make you bored, any it makes you feel happy, fun and chill out. Try to choose the best book for yourself and try to like reading which.

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