

The book was found

# The 30-Day No Alcohol Challenge: Your Simple Guide To Easily Reduce Or Quit Alcohol

YOUR SIMPLE GUIDE TO EASILY REDUCE OR QUIT ALCOHOL



## Synopsis

YOU'RE NOT AN ALCOHOLIC BUT SOMETIMES DRINK TOO MUCH | Are you often unmotivated, stressed, lacking energy and tired? Are you sick of hangovers? Do you want to stop missing out on life, regain your health, improve your relationships and enjoy greater control, clarity, focus and freedom? When you quit alcohol for just 30 days, you can transform your life. You will look and feel better, save and make money and be happier. James Swanwick is a former social drinker. He is an Australian-American entrepreneur, award-winning journalist and former ESPN SportsCenter anchor. In this groundbreaking book, Swanwick reveals strategies for you to prepare for, and take, a break from alcohol. Learn how to easily reduce or stop drinking, identify what type of drinker you are, successfully socialize without drinking, relieve stress without alcohol and finally break your habit. Join thousands of people around the world taking the 30 Day No Alcohol Challenge and kick-start the healthier and happier you.

## Book Information

File Size: 6237 KB

Print Length: 135 pages

Publication Date: December 13, 2016

Language: English

ASIN: B01MQVUUWU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #44,687 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #21

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery >

Alcoholism #90 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes &

Cleanses #111 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

## Customer Reviews

Two big thumbs up! This is a great read and a great challenge for anyone who has any level of level of alcohol consumption. Just being able to get to the truth and knock down the misconceptions in such a clear and easy way is truly awesome. We all want to be healthy and clear minded. This is a

great way to get started down that path.

Good book. Goes through most of his journey and 30 day program. He lures you into his 30 day challenge which is good. Just make sure you watch you credit card. Descent program, but he is in it for the money and fame.

This challenge and associated "ready-made" facebook support group are a great way to re-evaluate your relationship with alcohol. The book provides a practical, time tested and easy to follow 30 day plan if you want to hit the pause button on consumption for the social drinker.

Has some good ideas, the fundamentals of the methods described are realistic, I think.

Excellent read ! It definitely makes you critically think about your life ! you won't want to put this book down ! Challenge yourself to reach greater heights is the name of the game ! James seems to be truly sincere about what's he discusses in the book and hopefully we meet some day to exchange great ideas . Peace and love !

If you have ever wanted to quit or take a break from alcohol, read this book! I just completed James Swanick's 30 day no alcohol challenge and I feel great. He is a great motivator and this will change your life. Forever grateful!

Book is well put together with great info, easy to read and understand. James Swanwick is very inspirational. I took the challenge using the online program and the change was wonderful. I strongly encourage any social drinker, heavy drinker or binge drinker to buy this and take the 30 day no alcohol challenge

If you are looking to take a break from alcohol or even quit this is the book to help you accomplish your goals. It's written in such a way as to keep you interested in why you need to take a break and also the techniques to help you get started and follow through. I highly recommend reading this book if you are serious about gaining control of alcohol.

[Download to continue reading...](#)

The 30-Day No Alcohol Challenge: Your Simple Guide To Easily Reduce Or Quit Alcohol Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop

Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life)  
Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About  
Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health  
Series) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit  
Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop  
Smoking for life Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop  
Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit  
Your Job and Move to Key West - The Complete Guide (Quit Your Job and Move to...) Paleo: 30  
Day Paleo Challenge: Discover the Secret to Health and Rapid Weight Loss with the Paleo 30 Day  
Challenge; Paleo Cookbook with Complete 30 Day Meal Plan Quit Your Job And Move To  
Southeast Asia: Vietnam, Laos, and Cambodia (Quit Your Job And Cost Of Living Guides Book 3)  
30 Day Whole Food Slow Cooker Challenge: Over 200 Proven Whole Food Slow Cooker Recipes  
with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose  
Weight easily. 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow  
Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet  
Plan to Lose Weight easily. Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit  
Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to  
Deal with Cravings, Effects of Quitting) 30 Day Whole Food Challenge: The Complete 30 Day  
Whole Food Challenge to Lose Weight and Live a Healthier Lifestyle Quit Smoking Today!: The  
Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking,  
Addiction) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce  
Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System,  
Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory  
Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System,  
Reduce Inflammation) (Volume 1) What Every Good Lawyer Wants You to Know: An Insider's  
Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Ketogenic  
Diet: 30 Day Challenge - Lose Up to 30 Pounds Quickly and Easily I Quit: Stop Smoking Easily  
Through the Power of Hypnosis Stop Alcohol Cravings, Quit Drinking with Hypnosis, Meditation,  
Relaxation, and Affirmations: The Sleep Learning System Reduce Your Alcohol Craving

[Contact Us](#)

[DMCA](#)

[Privacy](#)

