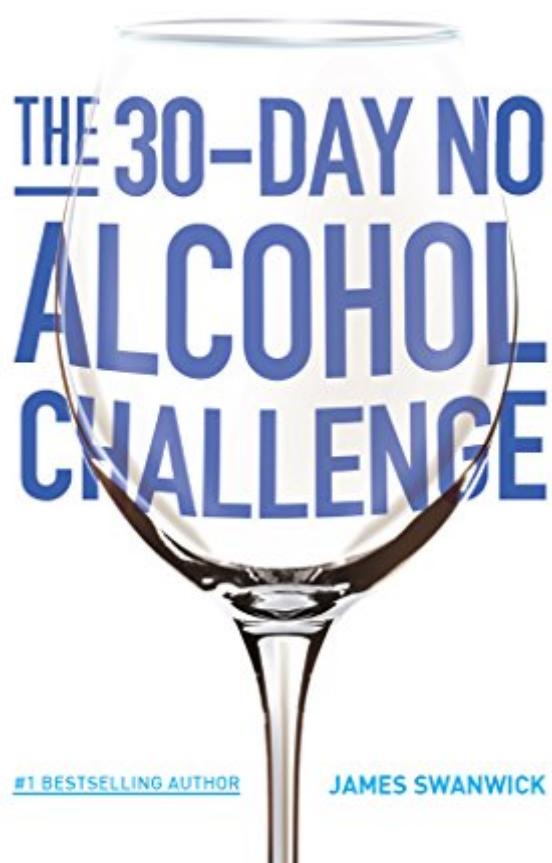


The book was found

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

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Customer Reviews

Two big thumbs up! This is a great read and a great challenge for anyone who has any 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 your credit card. Decent 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.

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