



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

*Mr julian Kirkman-Page*

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**\*\*\*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 outlook on life, 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, he 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... • Amusing 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](http://www.idontdrink.net)**

You will also find details of my new book **'One less for the Road'** for the drinker who needs to, but who doesn't want to quit!

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