



## Alcoholism: How to Overcome Alcohol Addiction! 8 Useful Tips for Maintaining Sobriety and Being Happy Now! (Paperback)

By Olivia Adams

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is meant to be a guide to a happy sobriety. It begins with a short story about my way to addiction and it gives 8 tips how you can maintain your happiness without alcohol. The methods I mentioned, were very useful for me. I hope they will be useful for you too. It is all based on my experience and my searching. I hope you will enjoy the book as much as you can enjoy a sober life. We don't really need alcohol to be happy and fulfilled people. Take a chance and you'll see that our life can be amazing. You will not regret. Recovery can be and will be a beautiful journey, you will get to know yourself better, love yourself and find peace. What will I learn: How alcoholism can affect human's mind What are the best methods of staying sober How can your recovery become a great journey How to be more relaxed and peaceful How to get support What is important when you stop drinking.

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