



The Binge Drinking Solution: Control Alcohol Consumption and Stop Binge Drinking for Life (Alcohol, Alcoholism, Alcoholic) (Volume 1)

Benjamin Tideas

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The Solution to End Binge Drinking for Life!

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You're about to discover how to finally gain control over binge drinking, and improve your quality of life in the process. Each and every day, so many good people go out to a party or a night on the town with friends and accidentally overdo it with their alcohol consumption. You or someone close to you has felt the effects of this mistake time and again: the loss of memory, the embarrassing photos, the terrible hangover, and possibly an aftermath of destruction that binge drinking has caused to your life or the lives of others. Finally there's a way to help you put a stop to it, while still continuing to enjoy alcohol with friends and family - the safe and responsible way. Keep in mind, this is not a book for convincing you to stop drinking, but an easy to follow guide with strategic techniques to help you curb your alcohol intake and get a handle on binge drinking once and for all!

Here is a Preview of What You'll Learn

- The effects of Binge Drinking
- Why you should control your alcohol intake
- What 'triggers' are and how you can use them
- How to gauge your limit and know when you're good
- Ways to avoid the most common reasons that start you down the wrong path
- How to use support effectively (It's not how you think!)
- Pre-Game and Post-Game drinking tips to help avoid alcohol abuse
- Keeping your mind occupied and off of alcohol and drinking
- Much, much more...

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