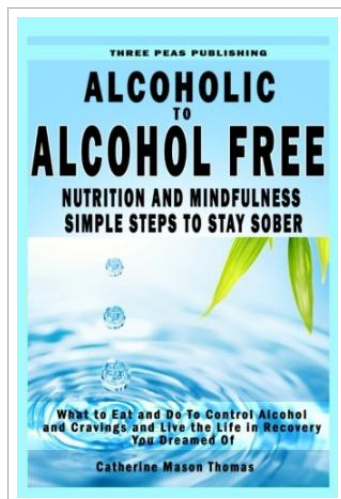




Alcoholic to Alcohol Free - Nutrition and Mindfulness Steps to Stay Sober: What to Eat to Control Alcohol and Cravings and Help You Live the Life You Dreamed of in Recovery (Paperback)

By Catherine Mason Thomas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book will help you get away from alcohol and the grip it has on you? This is Amazon Best Selling Author, THE STOP DRINKING COACH Catherine Mason Thomas s manual for experiencing life alcohol-free and experience-rich. Readers Reviews - Five Stars I laughed out loud a few times while also getting some useful advice. You can t lose with that combination Amazon verified purchase. This a great read for anyone who wants to feel better and fulfil their own potential (who doesn t, really?). It is informative with no-nonsense advice on how to feel better and give up unhealthy habits. It is never preachy as some books in the genre. It is more like the book version of a really good friend who you turn to when you needs some support on how to take care of yourself. I would recommend it to anyone who wants to feel better and manage their alcohol consumption in a healthy way. Amazon Verified Reviewer Five Stars. Inspiring read This is an inspiring read for anyone who is giving up alcohol. A good...



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