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~~The absolute best way to quit drinking and beat alcoholism~~
What Are The Benefits Of Not Drinking Alcohol? How I overcame alcoholism | Claudia Christian | TEDxLondonBusinessSchool
~~How to Stop Drinking Without Rehab: Is It Possible?~~
Lose Weight In Pre-Menopause and Menopause, Get Rid Of Headaches and More - with Dr. Anna Cabeca!

Quitting Drinking Made Easy... With This Amazing Mindset Trick
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I ' d recommend " Kicking the Drink...Easily! " by Jason

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Vale to anyone who ' d like to either cut back on their alcohol consumption or cut it out of their life altogether. Vale makes many valid points such as: “ Alcohol is the only drug in the world where when you stop taking it, you are seen as having a problem. ” This statement is so true!

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16 thoughts on “ A book review: Kick The Drink Easily! by Jason Vale ” Lilly. March 18, 2014 at 12:28 am Yep, I totally feel you on this one. There are things about this book that are just laughably ignorant from an addiction standpoint and it ' s also just so poorly written and repetitive.

A book review: Kick The Drink Easily! by Jason Vale | And ...
I'd drink about half a bottle of wine but lately in the last few months this had been going up. I read half of the Jason Vale book on Saturday and haven't even thought of alcohol since. It's a really easy read and while he's not exactly a great writer and his knowledge of science is a bit dodgy, he says so many things that really make me think ...

Jason Vale - Kick the drink... easily! | Mumsnet
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Kick the Drink Easily Author: Jason Vale Publish On: 2011-03-01 This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol.

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Kick The Drink Easily What a fantastic book and thanks so much to Jason vale for all his help in my achievement of freedom from alcohol The man is a genius and an outstanding man am so indebted to you

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