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# I Need To Stop Drinking!

How to stop drinking and get your self respect back.



**I NEED TO  
STOP DRINKING!**

Liz Hemingway



## Synopsis

Are you sick to death of what drinking is doing to you? Would you like to stop drinking? Are you fed up of the horrible hangovers and that sickening feeling when you remember what you did the night before? Have you tried to quit drinking but never managed? Have you had enough of the pain? Bestselling author, Liz Hemingway writes from the heart and with brutal honesty. She has experienced first-hand the devastation that alcohol can have on you. It takes over your mind and soul and takes everything it can from you, including your self-respect. Married, with three grown up daughters, Liz shares her escape from alcohol plan that has worked for her in the hope that it will help you to live the life that you always wanted for yourself and for the people that you love. Liz wants everyone who is being torn apart by alcohol to know that it is possible to finally escape from it and experience the joy and freedom for themselves. Do yourself a favour and read this book and act on it! Your life will change in so many ways for the better! You will get back your self-respect. Your friends and family will be amazed. You will save an absolute fortune. Losing weight will be so much easier! Find out how Liz managed to escape and is enjoying life so much more! You can find this freedom and happiness too. What people are saying about *I Need to Stop Drinking!* â™ If you need to stop drinking this book will definitely give you the inspiration that will help you to become a non-drinker. Liz Hemingway describes her struggle to stop drinking in moving detail. It is quite a shocking book but ultimately uplifting and gives the problem drinker hope for a brighter future without alcohol. So if you need to stop drinking then I would highly recommend this book. â™ This book is the best hangover cure ever! I now wake up every morning feeling so happy and without that feeling of dread about how I am going to get through the day with feeling awful because I have drank too much the night before. I feel so much better mentally and physically. â™ If you need to quit drinking then this book will inspire you to do so! â™ Help yourself to the life that you know that you should be living. Read this book today! Connect with Liz Hemingway on Facebook. Find her page - 'I Need to Stop Drinking' for continued positive, daily support. For a free report on how to stop yourself from having a drink when you really want one please visit [www.liz-hemingway.com](http://www.liz-hemingway.com). Please note you do not need a Kindle to buy this book you can download the Kindle app onto your phone or computer.

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## **Customer Reviews**

This was a great, upbeat book that could help anyone with alcoholism. The author speaks first of her own experience with alcohol-how she witnessed her drunk father night after night-and also tells stories of others who also suffer (or suffered) from alcohol addiction. She offers many different ways to overcome the addiction, addressing how so many people would be too embarrassed or just plain reluctant to join AA. This book is definitely well worth reading; no doubt anyone suffering from alcoholism knows all too well the pain, shame, and despair one experiences on a regular basis and this book will have at least one or two ways to help overcome their addiction as well as many relatable stories offering hope. I highly recommend this book to anyone who realizes that his/her drinking is out of control and needs some help, especially if as I mentioned earlier you are unwilling or too embarrassed to go to AA. You don't have to do it alone (it's too hard anyway!) and this book will give you the tools and the hope you need to get through it.

If you would like to quit drinking or would like to help someone else to quit drinking, then this book will definitely benefit you. The author, Liz Hemingway, lays bare her innermost thoughts and her long struggle to stop drinking alcohol in this direct, no punches pulled book. It is a painful journey outlining the agony and humiliation of drinking too much and never knowing when to stop, even

when you are really hurting yourself mentally and physically. She explains the moment of revelation in her life when she finally 'got it' and how she managed to stop drinking and abusing herself with alcohol. She outlines in the book some simple, easy to implement strategies that she found useful to help keep her on track and combat stress. The book ends on a very positive note expressing how much better her life is today, now that she has stopped drinking. She gives the problem drinker hope and inspiration for the future! If you drink too much or know anyone in your life who does, I would highly recommend this book to you.

I have been struggling with alcoholism for quite some time and I still am today. I have recently given serious thought to cutting it down to a minimum or possibly out of my life completely. This book puts positive spins on giving up alcohol and gives the reader a positive spin on getting sober. I have been to AA meetings and it was pretty depressing. Not that I didn't belong there, but it isn't for everyone. I feel that a book like this is perfect for those who need positive encouragement on giving up alcohol. Thanks Liz.

First of all, I want to note that I respect and admire the author very much for sharing her own personal experiences with alcohol in a format that is educational and well-written. This book contains a lot of very helpful advice for people struggling with alcohol, especially those who want help but are unsure of where to look and how to help themselves. As mentioned previously, what I really admire most is how the author shares memories of her own ordeals with alcohol - the reason why I think this is a great addition to this book is because it adds a much more personal and emotional feel that I'm sure many drinkers can relate to. Too often have I come across books that talk about alcohol from an objective and senseless point of view; it's easy to speculate about the problems of drinking, but when you know someone has really come from the bottom and gotten through it and written in a way to help others, then that's how I know it's information that should definitely be taken into consideration. I highly recommend this book to anyone struggling with alcohol or who thinks they may even have a small problem with the drug.

This is an upbeat, cheerful book! Though it doesn't demean 12 step programs, it gives a viable alternative for those of us who are sick of life through the lens of hangovers and blackouts.

This is a great book. I could totally relate to the author and her experience. I felt like she was talking about my life. I highly recommend this book for those that are just starting their sober life or who are

in early recovery.

I have never before read a book on the subject. But lets just say I needed to. I don't think I will ever view things the same. And in a good way! You can tell that everything said is from someone who has been there. I really felt as if I could have written this book. She gives you a great way to look at things. Great tips for seeing how your life can be once free from drinking. I am very glad I read this book. And I think I will read a few pages often... just to keep it fresh in my head. A must read if you are struggling.... as I am.

This inspirational book has a lot of great information. I highly recommend it to anyone struggling with an addiction. If someone you know has an addiction they want to get rid of, do them a favor and send them a kindle copy of this book.

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