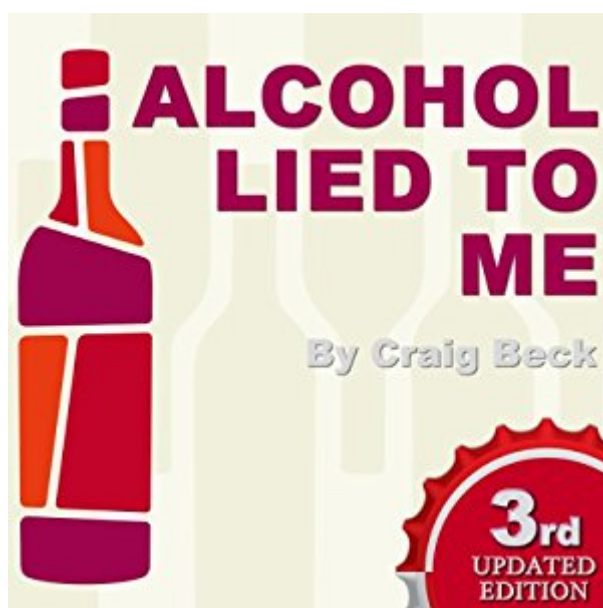


The book was found

Alcohol Lied To Me - New Edition: The Intelligent Escape From Alcohol Addiction



Synopsis

Craig Beck is a well-regarded family man with two children, a nice home, and a successful media career; a director of several companies and at one time the trustee of a large children's charity. Outwardly, Craig was a highly successful and functioning professional man in spite of a 'two-bottles-of-wine-a-night' drinking habit. For 20 years he struggled to control his drinking, all the time refusing to label himself an alcoholic because he didn't believe he met the stereotypical image that the word portrayed. He tried countless ways to cut down; attempting 'dry months', banning himself from drinking spirits, only drinking at the weekend and special occasions (and found that it is amazing how even the smallest of event can suddenly become 'special'). All these 'willpower' based attempts to stop drinking failed (exactly as they were destined to do). Slowly he discovered the truth about alcohol addiction and one by one all the lies he had previously believed started to fall apart. For the first time he noticed that he genuinely didn't want to drink anymore. In this book he will lead you through the same amazing process. Craig is known around the world as "The Stop Drinking Expert" and many thousands of people just like you have quit drinking using his method. This updated edition of the best-selling *Alcohol Lied to Me* is new for 2014. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain, and 100% no 'will power' required. Treats the source of the problem not the symptoms.

Book Information

Audible Audio Edition

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Alcoholism #232 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance

Abuse #903 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I would like to give my highest possible recommendation! The book has had a profound effect on

my personal relationship with alcohol. I intentionally waited a couple of months to write this recommendation in an effort to validate his approach to quit drinking without using the concept known as will power. After reviewing the book several times, I have been able to generate my own interpretation about this crisis and his methodology. One of the most common questions that Craig receives is, "Do I have a drinking problem?" After considerable thought, I believe this question is completely off target. In my opinion, the term "problem" is much too general and nebulous. In some cases, it's interpreted as something more extreme in nature. In my opinion, the real question should be, "Is alcohol negatively affecting the quality of my life in any way?" As one of many possible examples, why do people consider waking up with a hangover and ruining the entire next day not to be negatively affecting the quality of their life? The hangover is a part of any drinkers' reality whether they have been drinking for one month or thirty years. In summary, this book will definitely provide you with a new way of thinking about this socially acceptable powerful DRUG that has ruined and will continue to ruin millions of lives every single year. I personally believe that alcohol is one of the biggest marketing scams that western society has allowed to be executed over and over again!

I really like the concepts put forth in this book. It's also easy to relate to. I wish he would have discussed what happens over the 21 day program. . I'll keep these ideals in my head moving forward. I'm still deciding about the online stuff but even having the book is helpful.

Pretty damn effective when I wasn't expecting it to be. I continued to drink for a little afterwards but it made me feel really bad. I stopped. I have the audiobook version and I liked the voice the first time, but it gets really grating after the second or third hearing. I wish he could cut a bit of the over the top sales pitch sound - but that is a minor irritation considering how effective it is.

Excellent explanation of the mechanism of alcohol dependence as well as a clear framework to understand the manifold effects on your life.

I feel that Craig Beck and this book have saved my life !Whether you drink alcohol or not, It should be required reading, FOR EVERYONE!!!It awakened me from a "deep sleep", making me aware that I have been brain washed for 60 plus years! It really "pisses me off" that I have been so stupid for so long!Craig tells it "like it is", with just the approach that I needed, making me angry and now smart

enough to completely QUIT this awful habit and addiction!! Just after 1 month, I'm a new person and feel absolutely wonderful!!! Just reading and reviewing parts of the book has made it very simple and easy for me! Thank you sooooo much Craig Beck !!!!!MAC STEWARTNC, USA

Never thought about alcohol like its described in this book! You'd have to be crazy to drink after reading this one.

I really liked the way he explained alcohol. He made me totally understand what it really is. I'm so much better off having read this.

Excited to start his simple steps...appreciate the common sense approach to what alcohol really is, a well dressed bottle of poison

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