



# **I Need to Stop Drinking!: How to stop drinking and get back your self-respect.**

*Liz Hemingway*

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# I Need to Stop Drinking!: How to stop drinking and get back your self-respect.

*Liz Hemingway*

## **I Need to Stop Drinking!: How to stop drinking and get back your self-respect.** Liz Hemingway

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 favor 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! '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.' '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 drunk too much the night before. I feel so much better mentally and physically.' 'If you need to quit drinking then this book will inspire you to do so!' 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.

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