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The World's 5 Best Stop Drinking Books Revealed ~~The Easy Way To Control Alcohol~~ **Rachel Elnaugh**
u0026 Jason Vale on How to Give Up Drinking Alcohol How to Stop Drinking Alcohol Full Audio
Book **TEDxDubai 2010| Jason Vale| One disease,one solution**

How To Stop Drinking Alcohol - My Top 3 Steps **How and Why I Quit Drinking Alcohol the Easy Way**

5 Easy Ways to Stop Drinking Too Much *How I Quit Drinking By Rebalancing My Brain Chemistry*
William Porter - Alcohol Explained ~~Four Months Without Alcohol - The Easy Way to Stop Drinking~~
~~Breaking the Cycle of Alcohol: Allen Carr Book Review | HEYKACKIE I Quit Drinking Alcohol For~~
~~30 Days... Here's What Happened ? Why Alcohol Is Killing Your Body u0026 Brain, And How To~~

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~~Reverse The Damage! —by Dr Sam Robbins Top 10 Reasons To Quit Drinking Alcohol~~

~~10 Surprising Things That Happened When I Quit Drinking Alcohol I've been duped by alcohol | Paul Churchill | TEDxBozeman A simple way to break a bad habit | Judson Brewer 8 Things To Expect When You Quit Drinking Alcohol 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 EWTN: Dr. Rev. Kappes \u0026 William Albrecht on Mary in the Bible 8 Tips for Quitting Alcohol in the First Few Days Get Rid of a Cold Quickly \u0026 Naturally Quit Drinking Alcohol Hypnotherapy Kick the drink :D~~

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I'd recommend "Kicking the Drink...Easily!" by Jason 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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