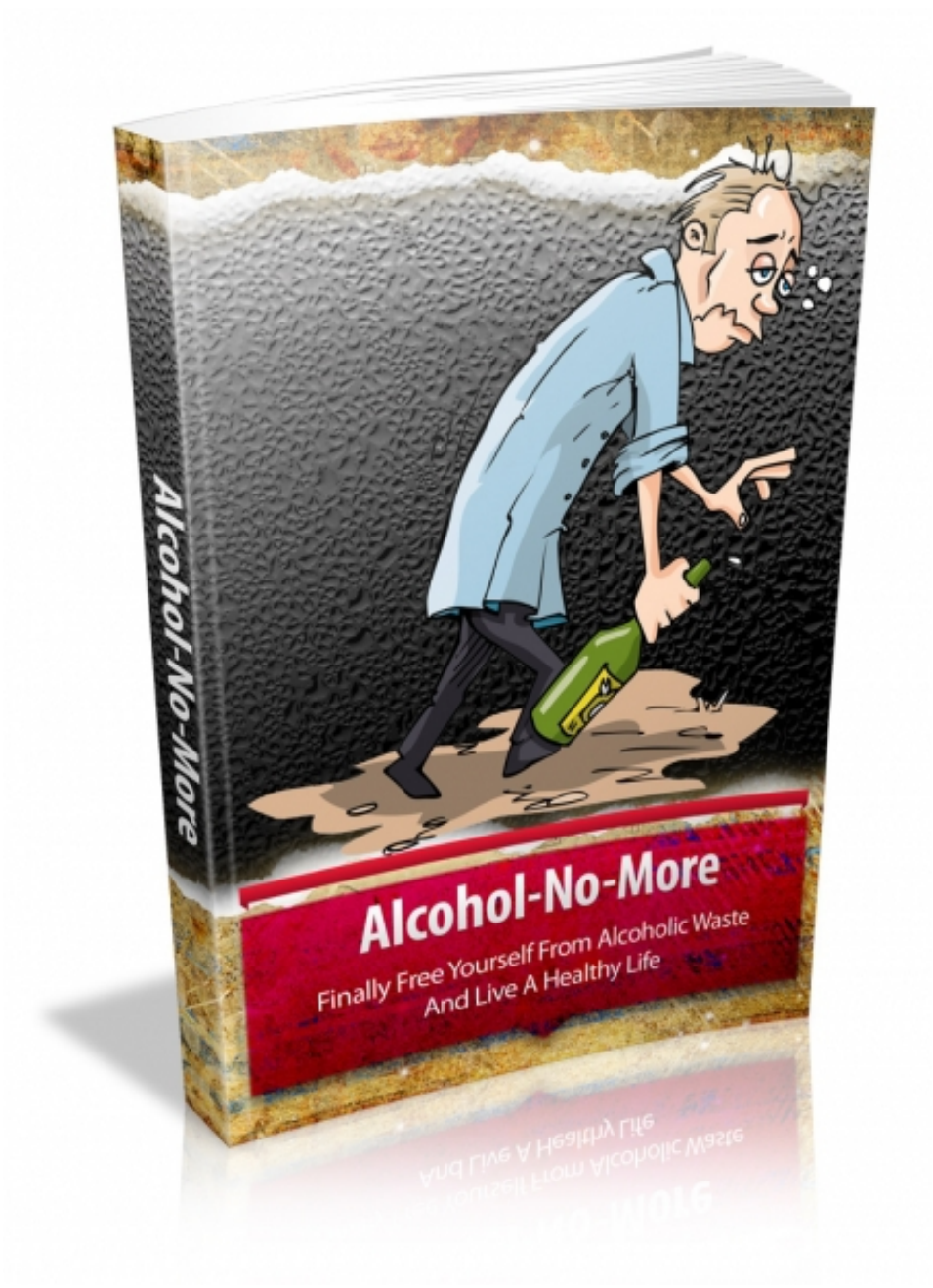


Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to reply on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Table Of Contents

Foreword

Chapter 1:
The Basics On Alcohol Use

Chapter 2:
Are You Ready To Quit

Chapter 3:
If You Start With Cutting Back

Chapter 4:
Handling Urges And Saying No

Chapter 5:
Saying No Skills

Chapter 6:
Treatment To Deal With Alcohol Abuse

Chapter 7:
Alternative Ways To Deal With Alcohol Abuse

Wrapping Up

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Foreword

Do you love a drink from time to time? A lot of us do, often when socializing with acquaintances and loved ones. Drinking may be beneficial or harmful, depending upon your age and health status, and, naturally, how much you drink.

Alcohol addiction is something that can't be formed in simple terms. Alcohol addiction in general refers to the condition that is an obsession to continue drinking even if it harms health. Alcoholism means you don’t have any control over intake despite being well aware of the damaging consequences.

An alcoholic individual drinks even if he happens to get into alcohol related troubles like drunk driving, losing his job, etcetera.

Not everyone who takes in alcohol is an alcoholic. An individual who takes in alcohol in controlled quantities and is able to say no when he doesn't want to drink isn't termed alcohol-dependent. He or she is simply a social drinker.

For anybody who drinks, this book offers valuable, research-based info. What do you think of taking a look at your drinking habits and how they might affect your health? This can help you get started.

Alcohol-No-More

Finally Free Yourself From Alcoholic Waste And Live A Healthy Life

Pssst.... do you want to learn the really advanced content that we couldn’t include in this eBook? Click here!

Chapter 1:

The Basics On Alcohol Use

Synopsis

Do you realize that national surveys have suggested that nearly fourteen-million Americans, that's one in thirteen grownups, abuse alcohol or are alcoholic? For many adults, moderate alcohol use (1-2 drinks daily for men and 1 drink daily for women and elderly) isn't harmful.

As a matter of fact, moderate alcohol use has indicated to have a favorable effect on cardiac health, and may be a pleasant plus to social affairs. But, unhealthy alcohol abuse may be life-threatening.

Heavy drinking has been evidenced to step-up one's risk for particular cancers, especially liver, esophagus, throat, and larynx.

Additionally, heavy drinking may induce cirrhosis of the liver, brain damage, and damage to the immune system. Drinking step-ups one's risk of death from a car crash or recreational/occupational injury, and may induce severe economic hardship if one's drinking conduct affects one's power to maintain a steady job.

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Facts You Need To Look At

Alcoholism is a serious, often under-recognized, national disease. UR students should learn to recognize the signs and symptoms of alcoholism, and that affected individuals are given appropriate support and assistance before it is too late.
Alcohol Use

Alcohol Abuse

According to the NIAAA, alcohol abuse is outlined as a pattern of drinking that results in one or more of the accompanying situations inside a 12-month time period:

- Failure to accomplish major work, school, or household responsibilities
- Drinking in spots that are physically unsafe, like while driving a car or controlling machinery
- Having repeating alcohol-related legal troubles, like being arrested for driving under the influence of alcohol or for physically wounding somebody while drunk
- Continued drinking in spite of having ongoing relationship troubles that are caused or aggravated by the drinking

When an individual abuses alcohol s/he utilizes it with the sole purpose of getting intoxicated, utilizes it in such a way that it leads to a formula of damaging consequences, and/or experiences harm directly related to and induced by his/her usage of alcohol. A few examples of alcohol-related harms generally experienced by people

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

who abuse alcohol are: blacking out, vomiting, getting into a scrap, and/or memory lapse. Such people will have a BAC higher than 0.06.

Alcohol Dependence

When a person gets physically dependent upon a substance s/he experiences cravings and an irresistible impulse to utilize it. If s/he doesn't utilize the substance, s/he will go through withdrawal. Individuals who are dependent upon alcohol are obsessed with the utilization of the substance, and its utilization becomes a daily/weekly precedence.

Pupils who are alcohol dependent frequently schedule solely late classes, lose the power to predict how much they're going to drink in a evening (lack of self-command), experience lots of blackouts, sneak drinks in order to conceal how much they really consume from close acquaintances and loved ones, drink before going out , and acquire/maintain a high tolerance.

Additionally, any efforts utilized to cut back drinking are unsuccessful. While a lot of dependent pupils feel as if his/her drinking troubles will cease with graduation from college, these people are frequently sadly mistaken. Dependence is a serious medical issue that requires time, diligence, and support to defeat. But, help is available.

Alcoholism

Alcoholism is the disease that happens when a person gets physically dependent on/addicted to alcohol. Frequently non-alcoholics don't comprehend why an alcoholic can't overrule their desire to drink with

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

self-control or dedication. Regrettably, it isn't that easy. Alcoholics hunger alcohol just as humans crave food or water, and will literally feel an obsession to drink in order to endure.

Alcoholics lose the power to limit their intake of alcohol, as well as to confine their drinking to particular occasions and/or celebrations. Without alcohol, alcoholics experience a period of withdrawal, like that of person addicted to "hard drug" like cocaine or heroin, with symptoms like nausea, sweating, shakiness, tension, and insomnia.

Over time one's tolerance will expand, causing an alcoholic to consume a greater and greater amount of alcohol in order to pacify their physical cravings and get the "high".

Research demonstrates that the risk of acquiring alcoholism tends to run in families. While genes surely play a role, lifestyle is truly the determinant. Alcoholism may generally be avoided with safe, continual supervising of alcohol intake.

Discerning An Issue

Discerning an issue is unique to every individual drinker. Different individuals might feel the negative effects of alcohol misuse/abuse after consuming different quantities of alcohol over variable lengths of time, and no 2 drinkers are precisely alike.

In the first place, concerned persons ought to ask themselves the accompanying questions.

- Do you drink since you have troubles? To unwind?
- Do you drink if you get angry at others, your friends or family?

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

- Do you want to drink alone, instead of with other people?
- Are your grades beginning to drop off? Are you goldbricking on your job?
- Did you ever try to stop drinking or drink less - and fail?
- Have you started to drink in the morning, prior to school or work?
- Do you swig your drinks?
- Do you ever lose memories ascribable to your drinking?
- Do you fake your drinking?
- Do you get into trouble when you are drinking?
- Do you become drunk when you drink, even if you don't intend to?

If you discover that you've answered yes to one or more of the above questions you might either have or be developing an alcohol-related issue.



Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Chapter 2:

Are You Ready To Quit

Synopsis

Are you prepared to alter your drinking?

How many times have you stated to yourself “I can’t take this any longer, I need to stop drinking alcohol”? If you're addicted to alcohol you've likely said this to yourself and possibly other people more times than you are able to count. The query is – are you truly ready to stop?



Pssst.... do you want to learn the really advanced content that we couldn’t include in this eBook? Click here!

Understand What Stage You Are At And What To Do

The reality of the issue and your initial obstacle to putting that booze down is the addicted part of you, isn't going to join forces with the part that wants to stop. The dependant part of you will never desire to quit drinking.

The healthy part of you realizes the damage you're causing from alcohol and recognizes this state of affairs has gone way over the line, but once more, the dependant part of you will never wish to stop permanently.

Life without alcohol is too dreadful a consideration if you are able to even picture it at all. And walking off from something that has become such an inherent piece of your life with predictable (consequently consoling on some level) results is a fearful step into the strange.

First of all you have to take stock of your state of affairs. You have to be really honest with yourself and take a full close up look at the harm alcohol has induced in your life. And understand that if you carry on drinking, your life will carry on to go downhill.

For a few of the more operational drinkers, your life might look great from the outside. But those who are apparently “pulling it off” are the ones who are more likely to finally run into severe health troubles or even death from the common drinking illnesses like cirrhosis, merely because they don’t feel the urging to quit drinking as soon as the drinker who's “knocked down” by alcohol earlier in their drinking .

Pssst.... do you want to learn the really advanced content that we couldn’t include in this eBook? Click here!

This brand of drinker is bearing a multitude of effects much sooner than the functional drinker and becoming more desperate and driven as a result is more probable to look for help sooner.

If drinking is taking a severe toll on you and after you've decided you've had enough of the ongoing issues alcohol addiction is inducing for you, you'll need not only the bravery to make your start, but likewise to choose a great strategy in the form of help to free yourself from the steady, ceaseless drinking that will unavoidably take away everything you care about from your lifetime.

If you're considering altering your drinking, you'll have to decide whether to cut back or to stop.

It's a great idea to talk over different alternatives with a physician, an acquaintance, or somebody else you trust.

Stopping is strongly suggested if you:

- ! Attempt cutting back but can't stay inside the limits you set
- ! Have experienced an alcohol use disorder or now have symptoms
- ! Have a physical or mental circumstance that is caused or aggravated by drinking
- ! Are taking a medicine that interacts with alcohol
- ! Are or might become pregnant

If none of the circumstances above apply to you, then talk with your physician to ascertain whether you ought to cut back or quit based on factors like:

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

- Family history of alcohol issues
- Your age
- Whether you've had drinking-related wounds
- Symptoms like sleep disorders and sexual dysfunction

If you choose whether to cut down or stop and make a change plan. Don't be amazed if you carry on to have mixed feelings. You might need to redo your decision many times before becoming comfortable with it.

Even when you have devoted yourself to making an alteration, you still might have mixed feelings at times. Making a written "change plan" will help you to set your goals, why you desire to reach them, and how you plan to do it.

A sample form is provided here.

Goal: (select one)

____ I want to drink no more than ____ drink(s) on any day and no more than ____ drink(s) per week.

____ I want to stop drinking.

Timing:

I will start on this date: ____

Reasons:

My most important reasons to make these changes are:

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

_____

_____

_____

Strategy

I will use these strategies:

_____

_____

_____

People:

The people who can assist me are (names and how they can help):

_____

_____

_____

_____

Signs of success:

I will know my plan is working if:

_____

_____

Possible roadblocks:

Some things that might interfere—and how I'll handle them:

Roadblocks

_____

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

_____

How I'll handle them

_____

_____

If you feel you are not yet ready to take any action, consider these suggestions in the meantime:

- ! Keep track of how frequently and how much you're drinking
- ! Observe how drinking affects you
- ! Make or refashion a list of pros and cons about modifying behavior
- ! Deal with additional priorities that might be in the way
- ! Ask for support from your physician, a acquaintance, or somebody else you trust
- ! Consider steps to be safe.

Keep Track

Date	Situation (what's going on)	Sort	Amount	Consequences

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Chapter 3:

If You Start With Cutting Back

Synopsis

Little changes may make a huge difference in cutting back your chances of having alcohol-related issues. Whatsoever techniques you pick out, give them an impartial trial. If one plan of attack doesn't work, attempt something else. But if you have not made advancement in cutting back after 2 to 3 calendar months, you may need to stop drinking altogether, look for professional help, or both.



Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

Beginning Tips

Here are a few techniques to try out, and you'll be able to add your own at the end. Mark off maybe 2 or 3 to attempt in the following week or two.

Keep a record.

Keep a record of how much you are drinking. Discover a way that works for you, carry around drinking tracker cards in your wallet (in the previous chapter), make checks on a kitchen calendar, or record notations in a mobile phone notepad or PDA. Making note of every drink prior to you drinking it might help you slow down when you need to.

Tally and measure.

Understand the standard drink sizes so you are able to tally your drinks precisely. Measure drinks at home. Away from home, it may be hard to keep track, particularly with mixed drinks, and from time to time, you might be getting more alcohol than you believe. With wine, you might need to ask the host or server not to "top off" a partly filled glass.

Many people are amazed to learn what counts as a drink. In the U.S., a "standard" drink is any drink that bears about 0.6 fluid ounces or 14 grams of "pure" alcohol. Although the drinks here are different sizes,

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

each contains about the same amount of alcohol and counts as a single standard drink.

12 fl oz of regular beer =
8-9 fl oz of malt liquor =
5 fl oz of table wine =
3-4 oz of fortified wine =
2-3 oz of cordial, liqueur, or aperitif =
1.5 oz of brandy (a single jigger or shot) =
1.5 fl oz shot of 80-proof spirits ("hard liquor")

Arrange goals.

Select how many days a week you wish to drink and how many drinks you'll consume on those days. It's a great idea to have a few days when you do not drink. Drinkers with the lowest rates of alcohol use disorders remain within the low-risk limits.

! "Low risk" isn't "no risk." Even inside these limits, drinkers may have issues if they drink too quickly, have ill health, or are older (both men and women over sixty-five are commonly advised to have no more than 3 drinks on any day and 7 per week). Based on your wellness and how alcohol affects you, you might need to drink less or not at all.

Pace and distance.

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

If you do drink, pace yourself. Sip bit-by-bit. Have no more than one standard drink with alcohol per hour. Use "drink spacers"—make every other drink a non-alcoholic one, like water, soda, or juice.

Put in food.

Don't drink on an empty-bellied stomach. Consume some food so the alcohol will be soaked up into your system more slowly.

Discover alternatives.

If drinking has used up a lot of your time, then fill spare time by developing fresh, healthy activities, hobbies, and relationships, or regenerating ones you've missed. If you've counted on alcohol to be more comfortable in sociable situations, handle moods, or cope with issues, then seek other, good for you ways to deal with those areas of your life.

Prevent "triggers."

What triggers your impulse to drink? If particular individuals or places make you drink even when you don't wish to, attempt to avoid them. If particular activities, times of day, or feelings touch off the urge, plan something else to do rather than drinking. If drinking at home is an issue, keep little or no alcohol there.

Plan to manage urges.

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!

When you can't avoid a trigger and an impulse hits, think about these options: Remind yourself of your causes for changing (it may help to carry them in writing or store them in an electronic message you are able to access easily).

Or talk things over with somebody you trust. Or get involved with a fit, distracting activity, like physical exercise or a hobby that doesn't call for drinking. Or, rather than fighting the feeling, accept it and ride it out without buckling under, knowing that it will shortly crest like a wave and pass.

Also, see the following chapters to help you handle urges to drink.

Understand your "no."

You're likely to be offered up a drink at times when you don't need one. Have a civil, convincing "no, thanks" prepared. The quicker you are able to say no to these offers, the less likely you are to buckle under. If you waver, it allows you time to consider excuses to go along. Also, see the following chapters to help you build up drink refusal skills.

List your own strategies:

_____

_____

Pssst.... do you want to learn the really advanced content that we couldn't include in this eBook? Click here!