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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!Ã¢â ¬Ëœ 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.Ã¢â ¬â„¢Ã¢â ¬Ëœ 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.Ã¢â ¬â„¢Ã¢â ¬Ëœ If you need to quit drinking then this book will inspire you to do so!Ã¢â ¬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.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.

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.

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.

"Spend your time with positive, supportive people.Steer clear of people who are negative or put you down."These words by the author apply not to just someone who is trying to regain control of his/her life due to having a drinking problem, but to anyone who may be feeling down on themself and as a result may find comfort in drinking.As many other reviews state, I also wish to echo the sentiment of how difficult it is for anyone to admit they have a drinking problem, and commend the author for taking a different spin on how she stopped letting alcohol ruin her life. While a lot of the content is personal experience, she also provides some suggestions for how to get on the road to losing the drinking habit. Her stories from childhood and even the ones she shares about her drinking in adulthood make what she is trying to convey real, especially for those who can relate to allocating more money for alcohol than food, as her father did when she was growing up.I would highly recommend this book to anyone who may be looking to make a change in their life to give up drinking or even for someone who thinks a friend or loved one may have a drinking problem. There is life beyond the bottle, and the author is living proof of that.

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 heron 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.

It would be easy to pass this off as a lightweight sobriety expose. It’s better than that because you get the real sense of how Liz Hemingway knows she escaped from disaster. Her commitment to removing herself from a life of alcohol abuse and torment through "massive action" is honest, true and necessary. The book also serves as a very good touchstone to remind yourself just how bad the drinking game got sometimes - because it’s so easy to minimize what brought us to buying Hemingway’s book in the first place. Gratitude, integrity, self-love and surprising freedom are all a part of the amazing gift of sobriety. Hemingway has a breezy yet serious way of helping us along. We need to do the rest, like she did.

The author has done a fabulous job in the book describing her own experiences with alcohol and how it effects people’s lives. She went into great details of the downfalls of drinking, the excuses/rationalizations people make to have one drink but end up finishing a whole bottle, and the positive outcomes of not drinking or limiting the amount of alcohol consumed can have mentally, financially, and spiritually.There was a part in the book where the author talked about the effects being hungover creates by spending money on alcohol and then having to spend money on eating junkfood since she couldn’t cook, increasing her overall costs in general (I can relate to that because I have done that plenty of times and felt like crap mentally and physically) especially if this is a regular thing. There were a lot of eye-openers inside and it really has helped me with controlling my drinking to just a couple drinks at most. I would recommend this book to anyone that drinks.

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.

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