



How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick

Laura Willoughby, Jussi Tolvi

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Taking a month or longer off drinking can sometimes be hard. Packed with useful hints and tips, this book takes you through everything you need to successfully take a month off drinking and change your relationship with alcohol. At the end we will help you reflect on the next steps from what you have discovered.

The book covers planning your month off alcohol, beating cravings, keeping momentum, how to go out and socialise, and how to make your dry and sober month stick; whether January or any other month.

Written by Club Soda founder Laura Willoughby, drawing on her personal experience of quitting drinking, and those of Club Soda members and experts. Whether your goal in the long term is to moderate or quit completely, this book gives you the advice and tools you need.

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From reader reviews:

Lula Barnes:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the publication untitled How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick can be excellent book to read. May be it is usually best activity to you.

Brian Grant:

Reading a book being new life style in this calendar year; every people loves to go through a book. When you examine a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what types of book that you have read. If you wish to get information about your study, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, along with soon. The How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick provide you with new experience in examining a book.

Denise Church:

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Silvia Smedley:

A lot of people said that they feel fed up when they reading a guide. They are directly felt the item when they get a half portions of the book. You can choose the particular book How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick to make your personal reading is interesting. Your current skill of reading proficiency is developing when you just like reading. Try to choose basic book to make you enjoy to learn it and mingle the feeling about book and examining especially. It is to be 1st opinion for you to like to open up a book and read it. Beside that the book How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick can to be your new friend when you're sense alone and confuse in what must you're doing of that time.

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