

5 Good Reasons to Stop Drinking Alcohol by Ed Philips

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☒ **Money** - Money is not really the major reason to stop drinking alcohol, but it is something we all worry about and alcohol will no doubt eat away at your monthly budget. Often alcohol leads to other addictions like gambling and smoking, so if you stop drinking alcohol you manage to save quite a big chunk of money that you probably could do with right now. Money probably doesn't lead to happiness, but it certainly does give stability and helps to take life with a certain ease.

Family - Alcohol is a terrible addiction, so that does not necessarily mean that everyone reacts in the same way, but alcohol can and will take over your life. So that means that your family is no longer your main priority in life, and that really is the road to disaster. Family unity really is the most fundamental factor in giving life a real meaning, so don't mess with that or you really will experience the darker side of life. Just think how so many children suffer through the presence of alcohol in their homes. Don't add to this sad state of affairs and believe in a better life for yourself and the rest of your family.

Health - You really don't want to know the amount of fatal diseases that alcohol can cause and you already know that we only have one liver and one heart. So you can see that our health is under serious threat from the social disease of alcoholism. Drink alcohol free beer and enjoy the taste without the fatal consequences of alcohol,

Stability - Alcohol may start out to be part of our day to day life and you might even be able to get away with a few drinks while at work. But it's a slippery slope and sooner or later you will get caught. Once you have lost your job for drinking alcohol, you will find it extremely difficult to get another job and the consumption of alcohol will increase.

No future - Well, I think you can see that if you drink alcohol and alcohol starts to make your decisions for you, you have lost a very important battle for everything that is most important to you in your life, and there is only one way out - stop drinking alcohol! If you can carry on through life and alcohol is well under control and your family unity is not at risk, then enjoy but be alert for other people that may need some good advice to stop drinking alcohol.

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