

## How To Help An Alcoholic Stop Drinking Alcohol On Their Own

admin · Saturday, February 6th, 2010

☒ If you are reading this article, it is because you need tips about **How To Help An Alcoholic**. Let's get things clear from the start, that helping an alcoholic depends only on their determination to succeed and good old will power. Your job will be to get the ball rolling, and stick by your friend or family member, while they suffer the effects of giving up alcohol. Read on and you will soon know exactly how you can help an alcoholic stop drinking on their own...

It is not necessary that a person attends meetings at Alcoholics Anonymous or join a rehabilitation center to quit incessant drinking. Drinking was an addiction that gets into somebody through their own will, and on the whole most alcoholics give themselves excuses for seeking solace in alcohol. In the same manner, an alcoholic can quit drinking on their own. Several sites dedicate sections on "how to stop drinking on your own". Let us be clear about this - no amount of attending meetings at the local AA or endless sessions and therapies at a rehab can help you quit the practice of drinking unless an alcoholic realizes the need to do so and have the determination and will to overcome the terrible cravings.

The steps below mentioned elaborate on how to stop drinking on your own, and will set the ground rules in starting to help an alcoholic;-

- 1) An alcoholic must remove all liquor bottles wherever they may be stashed - That includes at work, at home, gym locker etc.
- 2) He/she should Shun all forms of alcoholic drink and let family and friends know that they are abstaining from alcohol.
- 3) They should avoid contact with their drinking friends. They are the ones who will be the constant reminder of the existing relationship with alcohol and it is better to cut off contact from them until the alcoholic feels that they keep their cravings under control and not succumb to temptations.
- 4) Avoid going to pubs and discotheques with bars. Rather resort to entertainment like parks, movies, sports and family gatherings where liquor is not present. That includes going to parties that serve liquor without their family member or friend who is supportive of their decision to abstain from alcohol. If an alcoholic has the obligation to

attend, then ensure that the watchdog stays with them throughout the party and is willing to stop them from consuming liquor.

This is not as easy as it seems but if an alcoholic has the will and determination, their battle is half won. Now you might wonder if shunning their friends for the sake of booze may drive them away. Remember that true friends and relationships will only be happy about their decision and support it.

Other steps you can take to keep their mind off alcohol including getting involved in projects that will keep them occupied. If their work life is too stressful, they will be tempted to taste a wee bit of alcohol but should not succumb to their cravings. Instead, an alcoholic should reduce their work load stress or even volunteer for community projects as a distraction. Starting yoga, exercise at the gym or meditation classes will also help an alcoholic a great deal to reduce stress levels.

An alcoholic should consult their physician before attempting total abstinence. People sometimes experience alcohol withdrawal symptoms that can even be life threatening. Therefore, make sure the alcoholic knows what to expect beforehand, and also about the dangers of carrying on drinking, so a trip to the physician will take care of these points.

Discover more important tips about **How To Help An Alcoholic** as well as getting a FREE Stop Drinking Cure by visiting [www.StopDrinkingAdvice.org/guide](http://www.StopDrinkingAdvice.org/guide) or just **CLICK HERE...**

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## How To Help An Alcoholic By Identifying Their Drinking Problem

admin · Saturday, January 30th, 2010

A lot of us end up having a drink or two during occasions and celebrations like an unofficial client meeting, conferences, weddings, boys or girls night out and sometimes, we just visit the pub after a highly stressful weekend. But not all of us can be called alcoholics. So how does one identify if one has a drinking problem?

People can have a drinking problem if they exhibit the following four signs - craving for a drink including experiencing symptoms like sweating, shakiness and tremors if he or she has not had a drink for a day or so, losing control over the amount of drinks and the necessity to drink a significant number of "large" to achieve a "high". This condition is also known as alcohol dependence or alcohol addiction or alcoholism.

If you are still unsure if somebody is suffering from a drinking problem, just ask the questions given below. If most of the answers are "yes", it

is a matter of concern...

Do you secretly consume alcohol and stash it away in a secured place in your home, bathroom, handbag or workplace?

If somebody asked you how much drinks you've had, do you lie and reduce the amount?

Have your friends and family recently expressed any concerns or worries over your drinking?

Do you often drink alone?

Do you start your mornings with a drink and end your day with a drink?

Do you tend to go out of control or irritated if you have not had a drink for a very long time?

Do you tend to end up drinking and sometimes forget to do other routine things like picking up kids from the school or forget important occasions?

Does a lot of entertainment for you mean spending time at the pub or places where drinks are available?

If they have answered positively to all the above questions, it is high time they acknowledge that they have an alcohol addiction. However, alcoholism is a disease and can be cured. The very fact that they have admitted they have a problem related to drinking is a significant step towards recovery. Most often alcoholics have a difficulty in admitting that they are addicted to alcohol and attribute their incessant drinking to things like stress which is just an excuse.

This is called "denial" and most alcoholics pass through this phase. Accepting that you have a problem related to drinking is therefore significant. However, this is not enough. In order to totally abstain from drinking, you need to have the will and determination as the very first few weeks of no drinking can be quite tough physically and mentally. Support from family and friends can work wonders, so do whatever you can to help an alcoholic by identifying that they really do have a drinking problem.

You can get more tips on [How To Help An Alcoholic](#) and a FREE Stop Drinking Cure by visiting [www.StopDrinkingAdvice.org/guide](http://www.StopDrinkingAdvice.org/guide) or just [CLICK HERE](#)

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## 7 Easy Tips That Show How To Help An Alcoholic

admin · Friday, January 22nd, 2010

If you are in the position whereby you want to know how to help an

alcoholic, because you are tired of the liquid which has given your friend or family member so many ups and downs and more downs. Like cigarettes, alcohol too takes a lot of effort and will power to keep away from.

But with expert tips to stop drinking you can help design an alcoholic's own way of staying off the booze. So if you are decided to help an alcoholic, then read them the following 7 tips as they are written.

**Tip 1** - Just stop when you decide. Don't go for the reduction experiment, it never works. Either it's nothing or nothing.

**Tip 2** - Just say no to that voice in your head that says 'just one more'. The first time you say 'No', you will get stronger through practice and the next time it will be twice as easier to say "No". Over time it will be as easy as saying no to bitter gourd juice. On the other hand, some say the drink-till-you-pass-out method worked for them, making alcohol very unattractive thenceforth. But it is not recommended, it can prove fatal!

**Tip 3** - Then there is the fruit fix you can opt for. At events, gatherings and parties just opt for a glass of fresh fruit juice instead of joining in with friends and family. You'll get healthier twice as faster this way.

**Tip 4** - Spread the word around in your gang of friends, colleagues and relatives that you are on this mission and it is serious. Convince as many as possible but at least one person compulsorily to give up the habit. Of all the tips to stop drinking, this one is the best, where you constantly engage, discuss and review your goals and progress with fellow alcoholics or loved ones.

**Tip 5** - Just like rewarding yourself after a heavy study or work session, improves efficiency, reward yourself for keeping your will power intact at regular periods of time, say weekly or fortnightly. You will eventually overcome the initial depression and empty feeling that follow every attempt at breaking any bad habit. You will soon find that waking up in the morning can be refreshing and energizing, not painful and agonizing.

**Tip 6** - Try to stay away from bars and restaurants which serve alcohol. You will automatically build a harmony with the other non-alcoholic places. Have pride in saying that you quit. Wave the hand with a little royal flair when you forbid the waiter from serving you alcohol at the table. Necessarily mention it at job interviews, business deals and members of the opposite sex. It will improve your social standing all around, contrary to the popular misconception that bingeing makes you the popular party animal. Be proud in having given up and reward yourself amply.

**Tip 7** - Don't give into temptation down the road. Once you have spent a lot of time "off" it you will feel the pinch to immediately have a drink. Resist! One "No" here is as powerful as saying "No" every evening for

weeks.

Tell them to Join a gym, go running, aerobics, dancing or engage in physical sports. The renewed vitality and stamina will be a huge incentive in itself for you to keep away from alcohol. I am sure that these tips will help any alcoholic big time, and they will at least show that you are a real friend who cares.

**[Click Here To Discover How to Help An Alcoholic Stop Drinking Alcohol, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Everything Else And Failed\).](#)**

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## The AA Alcoholism Treatment

admin · Friday, January 15th, 2010

If there is an organization of people that offer **Alcoholism Treatment**, and who have rendered yeoman service in rescuing alcoholics from a life of misery and certain ruination it has to be alcohol anonymous. This fellowship of former alcoholics and alcoholics on the mend is tremendous support systems for alcoholics around the world who are desperate to clean up their act, but have no idea how to go about doing it.

All they need to do is to walk into the local chapter of the alcohol anonymous organization and he will be welcomed with open arms not by meddling busybodies but people like him who have either overcome their dependency on alcohol, or are in the process of doing so. At alcoholics anonymous members will be gently encouraged to give up alcohol and try and stay sober. There will be no pressure tactics, and no one will be given targets to achieve. Instead people will be encouraged to take each day as it comes, and try and stay sober.

You will always find help at hand not from a judgmental society but friends who have been through exactly what you are going through. Your every small step will be applauded, and as time passes you will grow in your resolve never to touch alcohol. As a matter of fact alcoholics anonymous have a famous twelve step program which helps an alcoholic give up drinking and stay sober. This has been taken up by other recover groups like Narcotics Anonymous, and is recognized as the AA official alcoholism treatment program.

Many people do not appreciate or even recognize that their drinking has become a problem for themselves and those around them and unless they take corrective measures, they will enter a downward spiral which will end in utter devastation. Alcoholics Anonymous will help such people realize that they have a problem and help is at hand. They can come and attend the nearest Alcoholics Anonymous

meeting and find out the ways and means of overcoming this problem. Anyone who has been getting into trouble with friends, family, and colleagues or someone who is increasingly unable to cope with social situations because of drinking associated problems, can come to Alcoholics Anonymous for help. They will teach you in a gentle step by step approach the way to achieving sobriety and staying that way. The fact that all the members of Alcoholics Anonymous have themselves come out of a similar situation, or are in the process of doing so makes their advice all the more helpful.

The success of Alcoholics Anonymous can be gauged from the fact that it has **Alcoholism Treatment** centers throughout the length and breadth of the world. Wherever there is somebody desirous of getting rid of his or her addiction to alcohol, there will always be help and succor at hand in the shape of Alcoholics Anonymous.

**[Click Here To Discover The Ultimate Alcoholism Treatment & Learn How To Stop Drinking Alcohol, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Everything Else And Failed\).](#)**

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## The DIY Alcoholism Treatment Program

admin · Friday, January 8th, 2010

☒ There's no better place for a bad time than home, and take it from me that treating alcoholism is a real rough ride. Alcohol withdrawals are as severe as was the urge and habit of the patient. Yes patient. A person who has given up being an alcoholic will become as weak and helpless as a hospital-admitted patient.

The very first step is acknowledging the problem and not brushing it aside with an 'I-don't-have-any-drinking-problem?' retort. Once you realize and recognize that a problem exists and it must be dealt with, you will feel no shame in your alcoholism treatment at home plan. It's way better than a rehabilitation center.

Thus when you do it at home in the care of your family you will recover and normalize faster. Very severe drug and alcohol addiction cases have no choice other than to receive **Alcoholism Treatment** at Rehab Centers. But non-severe cases can be treated in the comfort of your home.

As your body re-adjusts with the missing chemicals that it was so used to, you will get many different ailments. You might vomit after the morning tea, or feel shivers at noon, have high fevers and basically act like a diseased person. These will slowly recede too along with the urge to have a drink.

Having a family member or friends help regulate and monitor your diet, exercise, time-table and activities will make it a lot easier to endure the pain. It is recommended that you also keep your family physician in the loop on the developments. There are certain medicines that help you counter the adverse side-effects of alcohol withdrawal.

Detox with family dinners and outings with the kids. Go out with friends more often than regularly to minimize the withdrawal pains. Take a break or sabbatical from work and along with bidding alcohol goodbye you can also discover more about yourself and your goals. Cook, paint, read, write, watch movies, listen to music, do all this more often than normally and keep your thoughts away from alcohol at all times.

The other benefit of treating alcoholism at home is that you will be free of most of the stresses of work and travel. Stress is the main reason why people choose to become alcoholics. Yoga and other exercises can help detox faster and keep oneself stress-free.

A very humorous line in the movie "28 Days", about rehab clinics, went thus - go home and grow a plant, if you can keep the plant alive for 4 weeks, then you can start drinking. So if you can follow a new lifestyle and time-table for at least a month then you can be assured that you are somewhat cured. The ultimate cure is hard-wiring it into ones brain to never become an alcoholic again and to never face the problem again.

**[Click Here For The Ultimate Alcoholism Treatment & Learn How To Stop Drinking Alcohol, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Everything Else And Failed\)](#)**

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## Getting Information About Alcoholics Anonymous Online

admin · Saturday, December 26th, 2009

If you are interested in knowing more about Alcoholics Anonymous as an association or want to attend an AA meeting, visit the web site of **[Alcoholics Anonymous Online](#)**. Like any other popular organization, Alcoholics Anonymous has made its presence online through its official web site [aa.org](#).

In this web site, any person can find a veritable treasure of information for different interested parties with details of AA meetings that will be held across the world including the venue, day and timings. If you are unsure if Alcoholics Anonymous can help you, there is a specific section dedicated for those who want to understand how AA can help

them. There are also booklets for people who are gay, a certain race, people who are related to alcoholics detailing the people about AA meetings, their structure and purpose and how people can benefit from them. The web site also provides a detailed background history of how the concept of AA originated and their various traditions and other trivia. It helps you understand the advantages of attending an AA meeting and some of its limitations including things and matters that are outside the scope of AA.

There is also a section for members and groups with suggestions on how to improve AA meetings, details on the 12 Step program with download booklets, details on medications and drugs used for treatment for alcoholism and how to interact with members of local community forums and media for AA meetings and AA related information.

To encourage online interaction among members, there is a special site called AA Grapevine which is a mirror of a live meeting. The AA Grapevine is written, edited and even illustrated by AA members. The AA grapevine consists of stories and experiences of other members as an alcoholic, a recovering alcoholic and a sober person who was once an alcoholic. Unlike AA meetings that are restricted to a local neighborhood, the AA Grapevine bridges these geographical boundaries and reaches to recovering alcoholics all across the world. It is also a good opportunity for people who are shy in crowds to express their concerns and solutions. It is also a great way of letting recovering alcoholics exercise their creativity or channelize their energy through a creative approach.

The Alcoholics Anonymous online web site has several download pamphlets and booklets on different topics relevant for alcoholics, people who are interested in attending these meetings, AA members, relatives and friends of alcoholics who are equally impacted and have to deal with and support alcoholics who are abstaining from alcohol. If you or any of your acquaintances are interested in attending an Alcoholics Anonymous meeting and need more information, aa.org is the one stop web site for all your queries and information.

If you are too shy to take this step, and wish to remain 100% anonymous then you would need the necessary support given to you in your very own home. So if you are reading this now and you want to find out more about the StopDrinkingAdvice.Org online alcoholics anonymous support program, you are virtually just one step away from managing to finally quit drinking alcohol on your own; and most important of all, from the comfort of your very own home.

**[Click Here Now To Discover Alcoholics Anonymous Online & How To Stop Drinking Alcohol, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Everything Else And Failed\)](#)**

## Depression And How Never To Forget How To Quit Drinking

admin · Friday, December 18th, 2009

Now many people think that alcohol actually helps depression or that it helps you to relax. Well you may or may not be surprised to hear that is not the case. Alcohol may help you to forget about your going life problems, or even relax you temporarily, but there will always come a time when you have to face up to reality.

Unfortunately alcohol can turn somebody with problems into an alcoholic virtually overnight, so it certainly is not the answer for anybody to avoid feeling depressed. I mean, do you really think a drink of whatever is going to help us in any way at all? - The answer as you know is NO, so anybody in the right mind would want to know how to quit drinking.

It is an extremely complicated process, but the light at the end of the tunnel is permanently visible, so don't ever doubt that knowing how to quit drinking is beneficial for anybody hooked on that dreadful poison.

Learning how to quit drinking is not as difficult as you may think and even possible overnight, although the true results of having actually really achieved the goal of having discovered how to quit drinking will become truly apparent after approximately three weeks.

This may not be the time or the moment for you or anybody else you might know with alcohol addiction problems, but NEVER forget that there is a way for anybody to learn exactly how to quit drinking.

**[Click Here Now To Discover How To Quit Drinking Alcohol Permanently, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Every Known Quit Drinking Product And Failed\)!!!](#)**

## Drinking Too Much Alcohol? Learn How To Quit Drinking Online

admin · Friday, December 11th, 2009

Bingeing or Binging is a very real and very current phenomenon. Hordes of PYTs, office goers, young people and old alike, college and university kids spend many days a week drinking massive amounts of alcohol without restrictions whatsoever.

They drink so much that their capacity gets rapidly inflated. They don't get drunk even if they drink 10 times what they used to and they simply crash and/or become unconscious once the alcohol hits the breaking point in the bloodstream. They get so addicted to it that if they don't do their regular binge party at the bar for a few evenings, they feel lost and dazed. The habit becomes so severe that one begins to stock up more than normal amounts of alcohol at home. Then one starts drinking at odd hours and whenever one is thinking, working or under stress. Slowly, alcohol is introduced into the system so often that it loses all its potency, and instead now, its lack rather than its presence affects the body.

They drink because it is considered cool to drink, they drink because they are stressed, are used to, are forced under peer pressure to, or they are simply too bored to be doing anything else worthwhile. Some stupidly drink as much as they can just to show how much they can drink. It hardly takes a reason now-a-days for urban folk to head to the bar. Images in the media and the movies are syndicated by the alcohol and media cartels which many a time has mixed ownership. The best and most expensively produced TV Commercials in the world's most expensive media slot - that of the Super bowl, mostly has beer and alcohol ads. It's a testament to the strength, money and power the booze-lords possess.

Kids in colleges and universities drink in their heydays like there is no tomorrow. Every night is a party in the dorm or the bar. They forget the lasting damages that such violent infliction of booze has on the human body.

The almost empty bottle in the hand of the troubled antagonist is a quintessential image in movies the world over. People start drinking too much in order to keep their minds blank and be too drunk to be worried by their troubles. It is worse than Binging. Here the drinker knowingly and maniacally drowns him/herself into the bliss through ignorance that alcohol offers.

Don't see that image in your mirror ever. Drink Responsibly. A thing of enjoyment should be savored and not drained through one's body. Discourage drinks at parties, office meetings, family functions, and other events. Visit the booze-bar less, visit the salad-bar more. Your body is your temple, it will shine or fall apart depending upon what you put in it.

Drinking is no more than a legal bad habit, that the state prefers to encourage rather than engage, but only doing nothing just makes the problem worse. So why don't you just quit drinking on your very own, without actually being told to do so. You know it makes sense!

It's no different any other bad habit. We know it's bad, but we just continue to do it regardless. So don't just allow yourself to get sucked in to the bad habit club, and come clean today. You will get loads of support, plus great tips to finally grasp how to quit drinking before

Christmas this year on the Stop-Drinking.org blog, which is regularly posted with new ideas to help quit drinking alcohol once and for all.

**Hurry, start today and learn how to quit drinking before Christmas this year.**

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## **How To Quit Drinking Through Online Support**

admin · Sunday, December 6th, 2009

☒ To quit drinking should be the obvious thing to do for someone whose health is adversely affected by the drinking of alcohol. But every alcoholic takes some time to accept that he is one. By the time the realization sets in, he is in a much deeper mess than before, and extricating himself from it is that much more difficult.

The problem with drinking is that it is socially sanctioned in so many cultures. Then there is the association with fun, good times and manliness about the act of drinking so assiduously built up by the multibillion dollar liquor industry. They cleverly associate drinking with major sports, fashion and lifestyle events around the world. This carefully crafted image of harmless fun and good times often leads to an endless spiral of drinking parties, binges, and more and more reasons to drink for some young people. What they need to do is to view things in perspective, and realize that their future will be one of grief, disease and misery if they do not quit drinking and adopt a healthy lifestyle

In fact nations have been brought to ruin because people will not quit drinking. Take the case of Russia for example whose people have a historical love affair with Vodka. Empires and governments have come and gone, but the Russian people will not sober up. This has caused untold damage to their national productivity, the health of the citizens and indeed the problem has become so grave that another Russian head of state has had to exhort is people to quit drinking.

The realization that drinking ruins one's career, family and social life, health and not to speak of one's finances is a powerful reason for people to want to quit drinking. There are people who are strong willed enough to totally give up drinking for ever once they have realized the folly of continuing with pernicious habit. Then there are others who need more time and professional help to assist them in quitting.

The family of course can be a pillar of strength to somebody trying to quit drinking because it often involves a lot of emotional trauma. Then

of course there is the redoubtable Alcoholics Anonymous, an informal association of reformed and reforming alcoholics who not only offer invaluable advice but are often bedrock of immense support.

To those who would not quit and persist with their drinking ways one would only offer one's sympathies for they are on the highway to disaster and oblivion. They will eventually ruin their health; lose their job, money and family. There would be no hope left for them, and what could have been a life full of promise would have come to naught.

If you really need to know how to quit drinking, the information is freely available on the Internet, as so many people have now managed to quit drinking through the means of online support, and why not. The Internet has so much bad publicity, whereas really it is no more than a massive library full of information that can help us to find out or achieve virtually anything.

**[Click Here Now To Discover How To Quit Drinking Alcohol Permanently, Within 21 Days \(Or Less\) - Guaranteed \(Even If You've Tried Every Known Quit Drinking Product And Failed\)!!!](#)**

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## Need To Know How to Quit Drinking?

admin · Friday, November 27th, 2009

For someone who wants to find out how to quit drinking the first step is usually the realization that drinking has become a problem that needs to be addressed. Once that part is clear, one comes to the question of the best way of doing that. There will always be people who can completely quit drinking once they have made up their minds to do so. Others might not be so fortunate. In fact there are people who need medical assistance in helping them quit. Yet others are heavily dependent on support groups, such as family and organizations like Alcoholics Anonymous.

It is best to be very methodical and focused in deciding the best way to achieve the goal of quitting drinking completely. The first thing to do is to deliberate on this problem in a state of sobriety, so that you come up with a sensible and workable strategy. You could begin with getting rid of all the alcohol that you possess, since you have decided that you are not going to need it again.

Next maintain a journal in which you jot down your thoughts about what made you decide to quit drinking. This will keep you focused and away from temptation. The next extremely important and perhaps just as extremely difficult thing to do is to keep your drinking partners at an arm's length. Also give a miss to those social events where drinking is inevitable.

In case you suffer from a damaged liver on account of excessive drinking you may want to repair the damage by taking medication for it, now that you have decided to not cause any more damage to it by continuing to drink. Imbibe healthy eating habits. Consume whole grain food and lots of fruit. You may want to take multi vitamin pills as well.

Start exercising. It will not only make you feel better and healthier you will also gain in confidence by and by. Take up new hobbies. Engage in extra -curricular activities. Read books, watch movies, take up a social cause-anything that keeps you busy in useful activity.

Come to think of it why would anyone persist with something which only causes grief, distress and ultimately disaster? You have everything to gain and nothing to lose besides hangovers, ruined relationships and a tattered social life. Even the most desperate alcoholic knows in his heart that drinking is a one way to street to oblivion, but lacks the courage or conviction to give it up. In such cases professional and societal help is required. Almost nobody is beyond redemption. God created man to be happy, and quitting drinking takes one right back on the path to happiness. Once a person has decided that he needs to quit, there is every hope that he will. Some may do it quite easily, and others may have to be helped along the way- but everyone can quit.

So if you do have the need or know somebody else who does need to find out how to quit drinking urgently, then you have found the help needed to fulfill that need.

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