



## About Us

StopDrinkingAdvice.org is run by Ed Philips

This site is dedicated to helping people affected by alcoholism, with contributions from people who have first hand experience of alcoholism.

Our blog is updated several times a week with information specifically aimed to keep you on track so we suggest you bookmark: <http://www.stopdrinkingadvice.org/> or subscribe to our RSS feed (see links on the right).

Please feel free to contribute any articles, stories and other resources which may help other people affected by this very damaging addiction. And please feel free to add a link to us to help get the word out.

Thanks,  
Ed