

## Alcoholic or Heavy Drinker? - Stop Drinking Alcohol

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☒ It is a misconception that while there are many people who have alcohol related problems, not all fit the medical definition of an alcoholic which means that there is no medical treatment required or AA support necessary if they wish to quit drinking. Many people feel that stopping drinking is a complicated process and for these people this is great news.

It is a proven fact that most people who successfully quit drinking do so without any third party or medical support. You might wonder how this is possible. It is simply a matter of will power and the overwhelming desire to change their drinking patterns. Most heavy drinkers have drinking buddies and if one quits then the others may be inspired to do the same.

What does all this mean for you? If you feel you have a problem with alcohol and desire to quit you don't need to automatically assume you will have heavy medical bills or need to attend AA meetings. Even if you drink heavily on a daily basis and are chemically dependent on alcohol you still may not fit the medical definition of an alcoholic as the disease that is more complex than simply a craving for alcohol. If you are a heavy drinker you may, in the beginning, need some medical assistance to help with the detoxification process, however with a little bit of will power you soon should be able to manage on your own the rest of the way.

If you feel that you fall into the category of a heavy drinker and wish to cut back or even quit completely, the Stop Drinking Advice guide will become your blueprint to achieve your goals on your own. The guide will show you how others have managed to quit and change their life without the need for medical or AA assistance.

Alcohol destroys relationships and families and if you feel you are letting it you're yours you need to make some changes now. You can take the steps you need to stop drinking now; you have the will power to do it. Trying to quit on your own is a challenging process but don't let the fear hinder your progress. All it takes is will power and you can change the lives of your children, your friends and your significant other; you will be amazed at how kind and helpful previous heavy drinkers become, so make sure they get this stop drinking advice that will benefit so many other people too.

**Click Here Now To Discover How To Stop Drinking Alcohol Permanently, Within 21 Days (Or Less) - Guaranteed (Even If You've Tried Everything Else And Failed?)**

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