

How To Quit Drinking Alcohol

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First I'd just like to say thankyou for taking the time out and secondly thankyou for reading this. I've never done wrote anything like this before in my life so anything can happen. You're probably thinking who am I and what am I writing about?

Well let me tell you, my name is Jamie Gough and for the last 22 years of my life I've been an Alcoholic, yes I know it's nothing to be proud of and yes if you look at it I've wasted 22 years of my life drinking Alcohol everyday to put it bluntly. As people used to call me a waste of space or a waste of a life!

I am now 65 years old and for the last 2 years of my life I have been Alcohol free, and to be honest I had no choice in the matter, "either give up or die" that is what my doctor told me. It took me about a mille second to make my mind up.

I was married and I have 2 lovely kids which I had never seen for 16 years. I look back it now and think to myself, how can I have been so stupid, not seeing my kids for 16 years, yes it was all my own fault, and please don't feel guilty for me, that's not why I'm writing this.

I like to basically tell you drinking isn't and shouldn't be part of your lives, if you want to enjoy the things in life which matter!

When my wife left me and took our beautiful kids with her I was 46 and drinking everyday, she kept telling me to "go and sort my problems out or I'll leave and take the kids with me", and like always I thought I know what was best, and I'd always tell her "I don't have a drinking problem". Well that day came and I must admit that was the worst day of my life.

It was a bit like someone inserting there hand into my chest and slowly turning my insides round I think people call it a "gut wrench feeling". After that I took the easy option out, which is what 97% of

people do with anything in there lives "the easy option", and I just kept on drinking more and more and I never even thought about my kids and wife anymore.

I do know that as my kids grew older, now my ex-wife would always tell them about me, she never said anything nasty about me to them, and I respect her for that.

I was the grand old age of 62, when I got a knock on my front door one morning, and there was the young tall lad stood there, smelling of vodka from the night before I opened the door, and asked "can I help you son?", and to his reply he said "are you Jamie Gough?" if so I'm your son. Well at first I thought this was some kind of joke, and after a long chat and looking at some pictures he'd brought round I'd released this was my son which I'd never seen for 16 years.

He'd come to tell me he was getting married, and asked me two very important questions.

- 1 - I'd like you to come to our wedding
- 2 - But you have to be alcohol free

My answer was, "I'd love to son". So the next day I went and so my local doctor and asked for his help, and that is when he said "either give up or you're going to die". I guess you can't be any more honest than that.

I tried every single thing out there you could think of, and to honest nothing seem to be working, and then my son came across this website stopdrinkingadvice.org I didn't have much money so my son bought this for me. I had just over 2 ½ years to sort my self out and with the help of my son and this incredible audio and book I did it. It took me 6 months, and I have never touched a drop since.

Yes it was a very long and very hard journey for me, and it was worth every single minute, nothing in the world can take that day away from me watching my son walking down the aisle to get married, I just hope I'm still here to watch my daughter get married to.

So why have a I wrote this; One you are never to old in life to quit drinking or quit anything, and if a 63 year old can do it so can you. and the other well there are so many things in life which are far more important than having a drink, that's the easy option, for once why don't you try the hard option, the rewards are far greater.

I know there are people out there like me, and people who are in a similar situation, there is help and I can strongly recommend stopdrinkingadvice.org there's no harm in trying anything you just need to find the right one that works for you, and it worked for me so it should work for you.

