

I Just Couldn't Stop Drinking Alcohol

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You'll have read about this in the newspapers, or you'll have seen it on TV. It's a fact more and more people are drinking alcohol everyday due to the pressured lifestyles, people live these days. Infact it's more common for men and women with managerial jobs to consume more alcohol. The findings of the global survey will ring true for one certain happily married person Karen.

Karen, who is a stock trader and a mother of three beautiful kids, fell into the trap of social drinking at dinner time and after work.

Karen is now 45, but it was her early twenties when her drinking problem started to get out of control, and admitted she never even noticed it.

Karen started off just having one drink at dinner and one after work to let some of her steam off from a busy day trading in stocks. Before Karen knew it, her drinking increased after work because she felt more relaxed with the more she drank, Karen found this the best way to cope with her hectic day to day lifestyle.

Karen's drinking problem became worst and worst with each passing day, she began to drink more when she got home, which caused black outs and memory loss, and was also trying to hide her drinking problem from her husband.

She would say to her husband late at night I have work to, just to carry on drinking. She even got to a stage that everything she did, she had to have a glass of wine in her hand to do it with.

At the young age of 37 and with over 14 years of continuously drinking alcohol everyday Karen began to feel pains in her stomach. By this time her husband had found out about her problems and got her an appointment to see a gastroenterologist. Her news wasn't good, and she had been diagnosed with a liver disease and pancreatitis. These symptoms are caused by long term heavy drinking.

When this bad news was given to her, she was drinking two bottles of gin everyday, plus Karen had also lost her job due to her poor time keeping, poor judgement and concentration on big money deals. This didn't just happen once, it would happen several times a month.

The worst thing about this is that poor Karen couldn't believe she was an alcoholic and why she hadn't noticed this. Her husband had been telling her for years she had a drinking problem but she just keep ignoring him, and the only two reasons he was staying to help her, one the love he still has for Karen and always will and there three beautiful kids. He even admitted there was times when he felt like walking away, but he knew this wasn't the Karen he had married.

How did I convince myself I had become an alcoholic? This was when I tried to stop drinking and I couldn't.

My loving and caring husband put me onto Lee Milteer's "Learn How To Stop Drinking Alcohol In Under 21 Days". I was very sceptical at first, but after deciding to give it my best shot I can fully recommend this program. It saved me and taught me how to become a better person.

If you are looking for more information on how to stop drinking alcohol or Lee Milteer's program then try www.stopdrinkingadvice.org you'll find all the answer you need there like Karen did.

Karen has been sober for 7 years now and back enjoying her life the way it was. She is also in the process of writing a book on how to cope with taking the stress out of your life.

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