

Ways To Cut Down On Your Alcohol

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You'll find that anyone who drinks heavy, will sometime in there life make a decision to cut down on there drinking or even quit it completely. But the big question they always ask themselves is HOW?

Well lets start first on how cutting down or quitting alcohol can and will improve your life, your health and you'll begin to start to enjoy life again.

You see to cut down on your drinking or quit your drinking you need to have a goal to achieve. So if you want to your going to have to write down reasons for curbing your alcohol consumption. Here's a few examples which should help you;

Are you seeking to improve your lifestyle?

Do you want to improve your relationship with your family and friends?

Are you looking to improve your health?

What makes you want to drink less?

A recent study showed and was performed on a hundred people. They got 50 people to write there goals down and the other 50 to do nothing except try and achieve there goals. What the study showed was quite amazing, the first 50 people who wrote there goals down and went through them everyday over a period of 3 months, they found 85% of them reached there goals.

The other 50 they found that a very small percentage (8%) only achieved there goals. The things here is if you don't know what you want or how to get there then you're not going to reach your goals, like quitting drinking.

So if you want to quit drinking or cut down on your drinking you must first set yourself goals, but realistic ones. (Remember Drinking Does Not Control You, You Control Your Drinking).

If you're looking for a good program to follow which will help you with

setting your goals to help you quit drinking or cut down on your drinking then I can strongly advise you to take a look at stopdrinkingadvice.org

I have read some great reports from people who have tried there training methods out with amazing results. There even offer you a full money back guarantee if there program doesn't work for you. They also have a free newsletter which gives you free tips on how to quit drinking.

Remember you have nothing to lose but everything to gain.

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