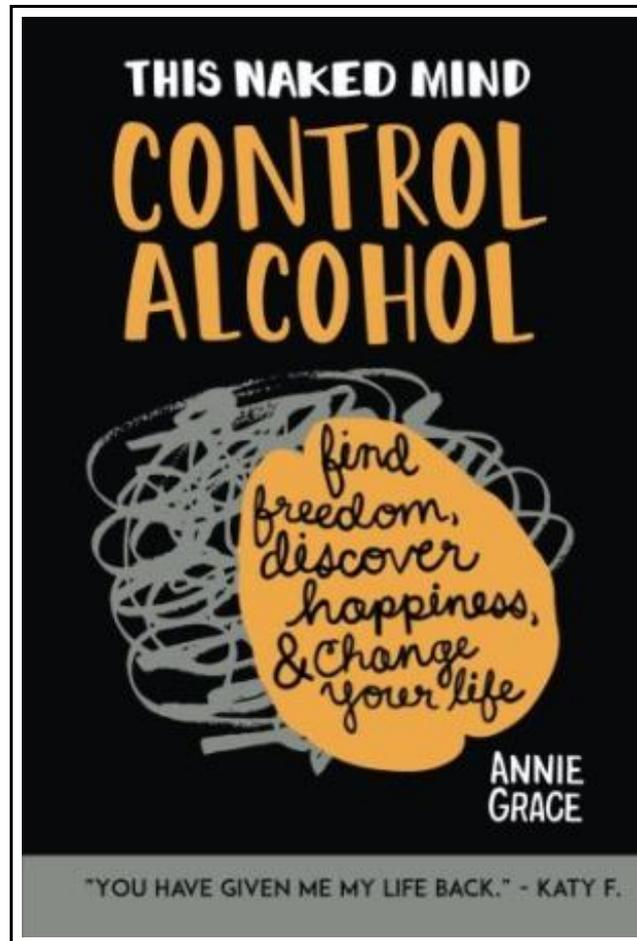


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Aspn Publications, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Millions of people worry that drinking is affecting their health, yet are unwilling to seek change because of the misery and stigma associated with alcoholism and recovery. They fear drinking less will be boring, involving deprivation, difficulty and significant lifestyle changes. This Naked Mind offers a new solution. Packed with surprising insight into the reasons we drink, it will open your eyes to the startling role of alcohol in our culture. Annie Grace brilliantly weaves psychological, neurological, cultural, social and industry factors with her extraordinarily candid journey resulting in a must read for anyone who drinks. This book, without scare tactics, pain or rules, gives you freedom from alcohol. By addressing causes rather than symptoms it is a permanent solution rather than lifetime struggle. It removes the psychological dependence allowing you to easily drink less (or stop drinking). Annie s clarity, humor and unique ability to blend original research with riveting storytelling ensures you will thoroughly enjoy the process. In a world defined by never enough Annie takes us on an intellectual journey through the world of alcohol and specifically the connection between alcohol and pleasure. She dispels the cultural myth that alcohol is a vital part of life and demonstrates how regaining control over alcohol is not only essential to personal happiness and fulfillment but also to ending the heartache experienced by millions as a result of secondhand drinking. Finally, with perfect clarity, this book opens the door to the life you have been waiting for. Read this book. You ll be glad you did. As a fan of Jason Vale I was interested to read This Naked Mind. It was so interesting to read more...

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