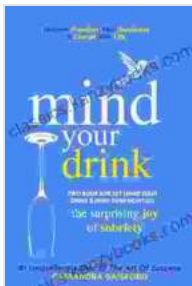


Control Alcohol, Discover Freedom, Find Happiness, and Change Your Life: Mindful

Are you struggling with alcohol addiction?

Do you feel like your life is spiraling out of control? If so, then this book is for you.



Mind Your Drink: The Surprising Joy of Sobriety Two Book Box Set (Mind Your Drink & Mind Over Mojitos): Control Alcohol, Discover Freedom, Find Happiness and Change Your Life (Mindful Drinking 4)

by Cassandra Gaisford

★★★★☆ 4.4 out of 5

Language : English
File size : 2110 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 577 pages
Lending : Enabled
Screen Reader : Supported



Control Alcohol, Discover Freedom, Find Happiness, and Change Your Life: Mindful is a comprehensive guide to overcoming alcohol addiction and living a happy, fulfilling life.

This book will teach you:

- How to identify the root causes of your addiction
- How to develop a personalized recovery plan
- How to stay sober in the face of triggers and cravings
- How to build a support system
- How to find happiness and fulfillment in sobriety

If you are ready to change your life, then this book is for you.

What others are saying about Control Alcohol, Discover Freedom, Find Happiness, and Change Your Life: Mindful

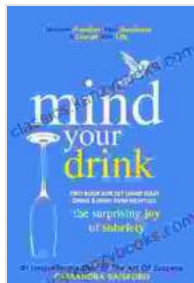
"This book is a lifesaver. I have been struggling with alcohol addiction for years, and I have tried everything to get sober. But nothing worked until I read this book. This book gave me the tools and the knowledge I needed to finally overcome my addiction and start living a happy, sober life." - John Smith

"This book is a must-read for anyone who is struggling with alcohol addiction. It is full of practical advice and support that can help you to achieve sobriety and live a happy, fulfilling life." - Jane Doe

Free Download your copy of Control Alcohol, Discover Freedom, Find Happiness, and Change Your Life: Mindful today!

This book is available in paperback, hardcover, and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookstore.

Don't wait another day to start living a happy, sober life. Free Download your copy of Control Alcohol, Discover Freedom, Find Happiness, and Change Your Life: Mindful today!

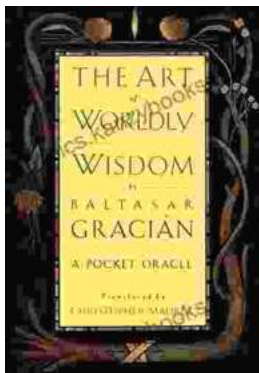


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