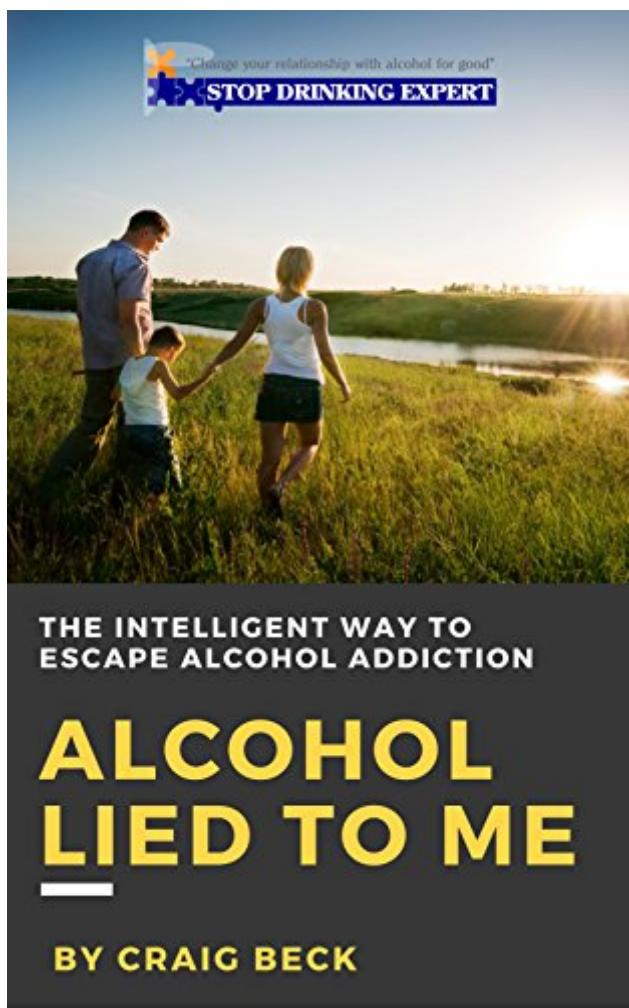


The book was found

Alcohol Lied To Me: The Intelligent Way To Escape Alcohol Addiction



Synopsis

Craig Beck is a well-regarded family man with two children, a nice home and a successful media career. A director of several companies & at one time the trustee of a large children's charity. Craig was a successful & functioning professional man in spite of a â ^2 bottles of wine a nightâ ™ drinking habit. For 20 years he struggled with problem drinking, all the time refusing to label himself an alcoholic because he didn't believe he met the stereotypical image that the word portrayed. He tried countless ways to cut down; attempting â ^dry monthsâ ™, banning himself from drinking spirits, only drinking at the weekend & special occasions (and found that it is amazing how even the smallest of event can suddenly become â ^specialâ ™). All these 'will power' based attempts to stop drinking failed (exactly as they were destined to do). Slowly he discovered the truth about alcohol addiction & one by one all the lies he had previously believed started to fall apart. For the first time he noticed that he genuinely didn't want to drink anymore. In this book he will lead you though the same amazing process. The Craig Beck method is unique... i - No need to declare yourself an alcoholic. i - A permanent cure, not a lifetime struggle. i - No group meetings or expensive rehab. i - No humiliation, no pain and 100% no â ^will powerâ ™ required. i - Treats the source of the problem not the symptoms. What people are saying about â ^Alcohol Lied To Meâ ™:â œl was so excited to find your method. I had never seen anything quite like it so of course I enthusiastically purchased it. I have to say I was blown away by the unique frankness. It REALLY hits home in a very good way. It's as if a very caring, non-judgemental friend can see right through me in a way that can only be known by someone who's been through it all. I am extremely grateful to have found your book and your logical genius. Thanks from DP (Arizona, U.S.A) •www.StopDrinkingExpert.com

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Customer Reviews

I would like to give my highest possible recommendation! The book has had a profound effect on my personal relationship with alcohol. I intentionally waited a couple of months to write this recommendation in an effort to validate his approach to quit drinking without using the concept known as will power. After reviewing the book several times, I have been able to generate my own interpretation about this crisis and his methodology. One of the most common questions that Craig receives is, "Do I have a drinking problem?" After considerable thought, I believe this question is completely off target. In my opinion, the term "problem" is much too general and nebulous. In some cases, it's interpreted as something more extreme in nature. In my opinion, the real question should be, "Is alcohol negatively affecting the quality of my life in any way?" As one of many possible examples, why do people consider waking up with a hangover and ruining the entire next day not to be negatively affecting the quality of their life? The hangover is a part of any drinker's reality whether they have been drinking for one month or thirty years. In summary, this book will definitely provide you with a new way of thinking about this socially acceptable powerful DRUG that has ruined and will continue to ruin millions of lives every single year. I personally believe that alcohol is one of the biggest marketing scams that western society has allowed to be executed over and over again!

I really like the concepts put forth in this book. It's also easy to relate to. I wish he would have discussed what happens over the 21 day program. . I'll keep these ideals in my head moving forward. I'm still deciding about the online stuff but even having the book is helpful.

Pretty damn effective when I wasn't expecting it to be. I continued to drink for a little afterwards but it made me feel really bad. I stopped. I have the audiobook version and I liked the voice the first time,

but it gets really grating after the second or third hearing. I wish he could cut a bit of the over the top sales pitch sound - but that is a minor irritation considering how effective it is.

Excellent explanation of the mechanism of alcohol dependence as well as a clear framework to understand the manifold effects on your life.

I feel that Craig Beck and this book have saved my life !Whether you drink alcohol or not, It should be required reading, FOR EVERYONE!!It awakened me from a "deep sleep", making me aware that I have been brain washed for 60 plus years! It really "pisses me off" that I have been so stupid for so long!Craig tells it "like it is", with just the approach that I needed, making me angry and now smart enough to completely QUIT this awful habit and addiction!! Just after 1 month, I'm a new person and feel absolutely wonderful!!! Just reading and reviewing parts of the book has made it very simple and easy for me!Thank you soooo much Craig Beck !!!!!MAC STEWARTNC, USA

Never thought about alcohol like its described in this book! You'd have to be crazy to drink after reading this one.

I really liked the way he explained alcohol. He made me totally understand what it really is. I'm so much better off having read this.

Excited to start his simple steps...appreciate the common sense approach to what alcohol really is, a well dressed bottle of poison

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