

[KICK THE DRINK EASILY](#)



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I d recommend Kicking the Drink Easily! by Jason Vale to anyone who d like to either cut back on their alcohol consumption or cut it out of their life altogether. Vale makes many valid points such as: Alcohol is the only drug in the world where when you stop taking it, you are seen as having a problem. This statement is so true! When people stop smoking, they re often congratulated, but when people stop drinking alcohol, they re often scrutinized.

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Kick the DrinkEasily! [Jason Vale] on Amazon.com. *FREE* shipping on qualifying offers. 'There is no such thing as an alcoholic and there is no such disease as alcoholism! (as Society understands it)!' Whether or not you agree with this statement

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A book review Kick The Drink Easily by Jason Vale And

Edit March 2018: although I haven t updated this site in some years, this particular post still gets a lot of hits, and a lot of comments. Most of them are explaining why this book helped them very much.

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The way the material is presented is awesome and easily readable. It gave me the factual and emotional basis for quitting. Because it is so difficult to get along in a society that is largely hooked on alcohol without ever drinking, I will still have an occasional beer. But I no longer drink wine or hard liquor and I don't miss it. I highly recommend this book to anyone who is thinking of quitting. I wish I had read it 40 or 50 years ago.

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Kick The Drink Easily Book Juice Master

Whether you want to stop drinking altogether or simply wish to change your relationship with alcohol in the short term, this book will open your mind and show you an incredibly simple way to Kick the Drink!.

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