

---

**FRONT COVER:**

---

# Terms and Conditions

## LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# Table Of Contents

Forward

Chapter 1:  
Smoking

Chapter 2:  
Liquor

Chapter 3:  
What You Can Do About Alcohol

Chapter 4:  
Sex

Chapter 5:  
Attacking Sexual Addiction

Chapter 6:  
Drugs

Chapter 7:  
Supporting Recovery

Chapter 8:  
Gaming

Wrapping Up

# Foreword

Dependencies in time catch up with you and alter your life in such a manner that you'll have to accept the fact that you require assistance. Regaining control from a dependency commonly occurs when you've arrived at the bottom and at last understand that you require assistance from outside sources so that you will be able to live a life that is dependence free. There are numerous types of dependencies that will bear a ravaging impact on your life.

Alcohol addiction is the most researched type of dependency. A lot of people who possess an alcohol dependency will carry out a long stage of denial because drinking is, in nearly all cases, socially accepted. Numerous people believe that it is all right to loosen up at the end of the day with a beverage in hand.

Exemption from dependencies is frequently referred to as “recovery”. There are several makeshift answers for exemption from dependencies but there is in truth doggedness required to overpower dependencies.

Here we will look at several dependencies and ways to overpower them.

## ***Addiction Breaking 101***

***Develop The Mental Strength To Break Any Bad Habit In Life.***

# Chapter 1:

## *Smoking*

---

### Synopsis

Who should you trust on what is the most successful technique for quitting smoking - the government and a lot of smoking cessation authorities in the world and the pro health organizations of the world and the pharmacological industry and nearly anyone whose career seems to be based in smoking cessation or me?

I guess using this standard it would be best not to believe me. But before jumping ship there's one extra crucial group of individuals that you may discover that will back me up and who are already quite credible to you. It's the people in your family and your friends in your real life that have with success quit smoking and been off any nicotine products for at least a year or more.



## **Put Down The Smokes**

Find out how the individuals you know who are long-term ex-smokers truly quit smoking. By long-term I mean folks who are presently off all nicotine for at the least a year or more.

You'll find out that several of them had former quits and lapsed, using all sorts of formulas that are supported by pros and possibly even a couple of them had professional help with old attempts.

You'll find that almost all of them didn't follow what is trusted to be the standard proposed advice on how to stop yet they did stop and are still continuing to remain solid.

You'll find that they most likely stopped by simply stopping smoking one day for one reason or some other and then have been able to continue there by sticking with a dedication that they made to themselves to not pick up another smoke. Talk to every ex-smoker you'll realize. Do your own analyses.

While you are at it, speak to the present smokers you know too. See how many of them have used products and followed the advice of the professionals.

Keep in mind, a lot of professional literature will advise people to utilize pharmacologic aids like nicotine alternate products. Try to see how many long-run successful quitters in your real world encounters truly followed this advice.

Another piece of advice composed in most literature produced by smoking cessation experts is something to the effect that temporary slips are common and that you shouldn't let a slip send you back to smoking.

Persons who author advice like this don't savvy addiction. A person has to comprehend that taking simply one puff is likely going to kill your attempts at stopping.

Day by day, the ex-smoker ought to wake up believing that he isn't going to smoke that day. And every night before he goes to sleep he should compliment himself for sticking to his goal. As pride is essential in remaining free from smokes.

Not only is it essential, but it's well deserved. For anyone who's quit smoking has broken free from a truly powerful addiction. For the first time in a while, he's gained command over his life, rather than being commanded by his smoke. For this, he should be proud.

So this evening, when you go to bed, pat yourself on the back and say, "another day without smoke, I feel great." And tomorrow once you wake up, state, "I'm going to go for another day. Tomorrow I'll consider tomorrow." To successfully stay free from smoking, take every day as it comes and - never pick up another smoke!

If you listen to, "don't let a mistake make you return to smoking", you might sadly, discover from experience that you've little control of the matter once you take that puff.

Our advice, if to successfully quit smoking, is to simply quit smoking. Our advice for staying off cigarettes is merely to stick to a dedication

to never pick up another cigarette. So speak to long-run ex-smokers and find out how they stopped and hear how they've managed to stay off them.

Pretty soon you'll discover it isn't a matter of matching all of the world pros against me. It gets to be a matter of matching every long-term ex-smoker you know who's successfully quit against the world's professionals.

Do the studies and then I'll merely become a different voice in the crowd of true individuals who have showed to you that the way to stop smoking and to stay smoke free is to - never pick up another smoke and stop today...put them down!



# Chapter 2:

## *Liquor*

---

### Synopsis

Alcoholism is something that can't be formed in simple terms. Alcoholism as a whole refers to the condition whereby there's an obsession in man to keep consuming beverages with alcohol content, which is harmful to health. The condition of alcoholism doesn't let the individual addicted have any control over ingestion in spite of being cognizant of the damaging consequences resulting from it.



## **Put Down The Bottle**

Even if the individual who's an alcoholic faces societal ridicule, family insistence, abuses, insults, etc. he's in a circumstance whereby he can't dispense with the habit or obsession which is beyond his control.

His senses are whole under the influence of alcohol and any sort of an endeavor put forth by him to give up the habit doesn't work. He's consequently entirely dependant upon the beverage.

An alcohol-dependent man has such a hunger to drink that even if he happens to get into alcohol related hassles like drunk driving, losing his career, etcetera it doesn't stop him from not deserting the habit.

Not everyone who ingests alcohol is an alcoholic. An individual who takes in alcohol in restricted quantities and is able to state no when he doesn't wish to drink isn't termed an alcoholic. He or she is merely a social drinker.

Alcohol addiction is more a “disease of the mind”. There are few medical treatments for this condition. Even so, alcoholism might be effectively cared for with the help of assorted rehab and support plans that are available.

The sole requirement to get treated for alcohol addiction is for the person impacted to have a want to come out of the substance abuse. This is the first step towards freedom from the substance abuse.

Assorted rehab centers around the world supply treatment targeting the whole life of the individual in question rather than merely the symptoms. This demands identifying the base cause of the dependency and eliminating the same.

Detox centers have therapeutic sittings where the patient is softly guided to open up his concerns and fears at the deepest level. This assists in discovering the base cause of the habit.

A favorable treatment program is then worked up enabling the patient to push through his habit and continue towards leading a content and sound life.

Nutritional guidance might help after an individual gives up the habit of drinking. Generally, he or she is evaluated for counseling and is apprised of a diet to follow in order to get back to a healthy and strong life. This includes the balancing of the sugar level in the blood of the person who is on the road to recuperation.

One good alternate treatment includes acupuncture. This has turned out to be successful in many cases. Acupuncturists instruct patients to take this as a support treatment along with other treatments.

# Chapter 3:

## *What You Can Do About Alcohol*

---

### Synopsis

#### **Achieve It For The Right Reason**

The issue with many alcoholics is that once they state they're going to give up drinking, it's always to make somebody else glad like a mate, child or even a close friend.

The trouble is, if you're not performing it for YOU, you're not going to win. How come? Because what it all comes down to, nobody in this universe is more significant to you than YOU.

Self saving is amid the most potent incentives in the world. So nothing that you're able to potentially do for a different individual is going to supply you the gratification of doing something for yourself. Put differently, if you're going to desert drinking...do it for YOU. Don't do it for somebody else as you're seeking their approval.



## **Practical Help For Alcoholics**

### **Physical Exercise**

It's of the essence that you exercise on a regular basis when you go on a quit drinking plan. But how come? The answer is simple. Those who work out on a steady basis while on a program to quit drinking are less likely to relapse and start drinking again. The primary reason is tension. Exercise truly lowers your stress level... as it leaves; you get stuff out of your system. This in turn makes it less likely that you'll turn to a drink later. This is why workouts are of the essence.

### **Support**

This truly works for almost anything in life. If you're having trouble deserting drinking, reward yourself with something daily you don't take a drink. It doesn't have to be anything fancy like a new automobile or boat. It might be something simple like a supper out, a trip to the shopping center, a new CD or DVD or anything you're able to consider.

By rewarding yourself daily when you don't drink, it provides you the bonus you need to continue. What you're able to do is arrange destination posts like 1 day, 7 days, 14 days, 30 days, and so forth, without boozing. For each goal post, provide yourself a reinforcement.

Certainly, the reinforcement for 30 days ought to be bigger than the reward for 1 day. That's all right...you earned it. Keeping these rewards going will keep YOU going as you battle alcoholism.

## **Daily Functions**

Among the worst things for an alcoholic isn't to have things to do. Idle hands are Satan's workshop. So make daily functions for yourself. Write it down and check each task off as you complete it.

As a matter of fact, you're able to blend this with the rewards system. For each task you complete, you put up reinforce yourself with something little. You wish to remain busy. Every second that you've nothing to do is another second that you'll be tempted to take a drink.

And don't skip one day. Assume the habit of making a schedule for yourself each night for the following day. After a while, this will be second nature to you.

## **Take On A Hobby**

That's right. Start out something fresh that you've never accomplished before. Take up an instrument like the guitar. Learn to play chess. There are so many wonderful things in the world that you are able to absorb yourself in rather than a bottle.

Open up your brain and savor one of the many things that the cosmos has to provide...music, artistic creation, science, history, amusement...the list is unending.

This preview copy ends here and to get the full product, please go to (the website URL ) here to get the full product.