



This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1)

Annie Grace

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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 about the science behind addiction and the unconscious mind. I highly recommend this book to anyone, whether they are interested in cutting down or staying alcohol-free. I loved it!" *Sarah L., England*

"What an amazing book! I thought I could consciously decide to give up alcohol, and now I understand the necessity of informing the unconscious mind and then the cravings just disappear! I have also read and applied the work of Dr. John Sarno and knew the power of the unconscious mind but cannot believe how effective the book was for me. Thank you!" *Theresa G., NC*

"I loved this gentle, down-to-earth explanation of problems with alcohol use, and the clear, structured way to challenge your thinking and behaviors around drinking. It helped me pass from shame and guilt into real and positive action." *Elizabeth R., Australia*

"This Naked Mind brought clarity and focus on my drinking and 10-year struggle with sobriety that I had never paused to examine. Annie methodically brings the reader along a logical path of discovery. I felt she was speaking directly to me and that she knows exactly where I am mentally and physically. I continue to return to certain passages for reaffirmation. I highly recommend the excellent book to anyone seeking a refreshing approach to seeing alcohol with eyes wide open." *Sam G., Australia*

“Reading This Naked Mind has been nothing short of a miracle. It has helped me to see alcohol for what it is and ended a 25-year cycle of binge drinking. I have not had a single craving since reading it, which is unheard of for me. I don’t feel the need to avoid temptation, because there isn’t any! A must read for anyone who wants to take control of their drinking but doesn’t want a lifetime of struggle.” *Kay W., UK*

“Annie’s book exposes the false notion that alcohol is essential for an interesting and happy life. The real gem in Annie’s book is the idea that changing your relationship with alcohol need not be a life of endless suffering and deprivation, that a decision to change can be simple and liberating. This book forces us to confront society’s relationship with alcohol and will change lives.” *Tony S., Australia*



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From reader reviews:

Dorcas Starling:

Hey guys, do you desire to find a new book to learn? May be the book with the title This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1) suitable to you? The particular book was written by renowned writer in this era. The actual book untitled This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1) is the main one of several books which everyone read now. This book was inspired a lot of people in the world. When you read this book you will enter the new dimension that you ever know before. The author explained their plan in the simple way, thus all of people can easily be aware of the core of this publication. This book will give you a great deal of information about this world now. So you can see the represented of the world with this book.

Margherita Pettit:

People live in this new time of lifestyle always make an effort to and must have the free time or they will get lots of stress from both way of life and work. So, when we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer may unlimited right. Then do you try this one, reading textbooks. It can be your alternative throughout spending your spare time, typically the book you have read is definitely This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1).

Alan Durham:

Reading can be called imagination hangout, why? Because when you are reading a book particularly book entitled This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1) your head will drift away through every dimension, wandering in every single aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging just about every word written in a book then become one web form conclusion and explanation that maybe you never get before. The This Naked Mind: Control Alcohol: Find Freedom, Rediscover Happiness & Change Your Life (Volume 1) giving you one more experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us teach you the relaxing pattern the following is your body and mind are going to be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Carolyn Scott:

Many people spending their time by playing outside along with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to invest your whole day by studying a book. Ugh, do you think reading a book can really hard because you have to use the book everywhere? It ok you can have the e-book, getting everywhere you want in your Smart phone. Like This Naked Mind: Control

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