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Foreword

Do you love a drink from time to time? A lot of us do, frequently when socializing with acquaintances and loved ones. Drinking might be beneficial or harmful, depending upon your age and health status, and, naturally, how much you drink.

Booze dependency is something that can't be formed in simple terms. Booze dependency in general refers to the condition that's an obsession to continue drinking even if it harms health. Alcohol addiction means you don't have any control over intake despite being well aware of the damaging consequences. An alcoholic person drinks even if he happens to get into booze related troubles like drunk driving, losing his job, and so forth.

Not everybody who takes in booze is an alcoholic. A person who takes in booze in controlled quantities and is able to say no when he doesn't want to drink isn't termed booze-dependent. He or she is merely a social drinker.

For anyone who drinks, this book offers valuable, research-based info. What do you think of taking a look at your drinking habits and how they might affect your health? This may help you get started.

Booze Basher

Transformational Tools For Battling Booze Binges And Staying
Alcohol-Free

Chapter 1:

Introduction To Your New Life

Synopsis

What are a few of the advantages of stopping boozing? Is it worth it to quit boozing?



The Basics

Well naturally it all depends upon how much you're boozing and what the results of that are. Likewise, you may have to decide who to trust when it comes to some of this stuff. For instance, some research states that there are advantages to having one or two drinks a day. But naturally, if you're an alcoholic or fighting with alcohol abuse, then you don't need to follow this advice.

If you're hooked on alcohol then there are a few huge advantages to stopping boozing. For alcoholics, the advantages of stopping include:

- ✓ Improved lifespan – you will commonly pass away many years early if you're an alcoholic and carry on to drink right up until you die. Likewise, a lot of recovering alcoholics will also quit smoking eventually, which is the biggest killer of recovering alcoholics. If you go on to drink your chances of stopping smoking are slight to none. The fact that most alcoholics are likewise heavy smokers is a double curse when it comes to death rates. Heavy boozing and heavy smoking kills individuals quicker than you think.
- ✓ Bettered quality of life - if you quit boozing then your life will typically get better in just about every way. Not simply your health, but likewise your ability to work, acquire a greater job, advance in your vocation, better your relationships, and

so forth. If you go on to abuse booze all of that stuff may simply get steadily worsened over time. You might get lucky every once in a while and make a little progress, however for the most part you'll go steadily downwards.

- ✓ Better your relationships - this is big. If you stop boozing then the advantage to all of your relationships in your life will be enormous. Not simply will you communicate more honestly and openly with everybody, but you'll be about a 1000 times more helpful and useful, and the individuals in your life will give that back to you. Everything will run much better if and when you quit boozing.
- ✓ Spiritual development - if you thought of yourself as “spiritual” in the past, then stopping boozing will open up the door on this, and your life will likely be metamorphosed from a spiritual point of view. Even if you don't work a religious or spiritual plan of recovery, the general mechanics of recovery and of not boozing are spiritual in nature anyhow. You can't help but establish progress in this area when you're sober, whether you notice that growth or not.

Chapter 2:

Basics To Breaking Old Habits

Synopsis

Changing habits in steps is a simple strategy for gradually altering habits instead of making a huge alter all at once, you aim to take one little step in the right direction. This sometimes works even if you have an addiction. You have to be the judge on what your needs are.



Changing

When you have gotten comfy with the first shift, take another little step. Move forward taking little steps one at a time till you one of these days reach your goal.

For instance, if you wish to quit consuming alcohol, first take note of how much alcohol you currently take in. Then set up an initial goal to cut down your daily use by 25 %.

So if you take in 4 cupfuls of alcohol a day, you'll either drop it to 3 cupfuls a day or you'll take in 4 cupfuls that are only three-quarters full. Maintain that new level for a week prior to taking the following step. At that point, reduce your use to 50 % of your original level, and achieve that for another week.

Then drop it to simply 25 % of the original level, once again maintaining it for a week. And finally you are ready to do away with alcohol altogether.

If a 25 % shift is too much for you to manage, begin with a 10 % shift. You are able to utilize stair-stepping for a wide range of habits. I know a lot of people who've used this strategy to stop smoking, dropping their cigarette use by a little amount each week till they were down to one smoke per day (and occasionally down to one cigarette every 2 or 3 days) before finally quitting for good. A different person utilized this method to become an early riser, setting his alarm

merely 5 minutes earlier every day till he reached his goal. Remember that one person's bad habits may produce grievous results for other people, and from time to time those results are severe, just like a drunk driver causing an accident. Consequently, we must not only be responsible for ourselves, but in addition to that the world in which we reside.

Use habits to reinforce unity itself. Rather than living in a separate cocoon, make a habit of giving to other people. Find something you're able to accomplish on a regular basis to provide value to complete strangers, not simply your loved ones and acquaintances.



Chapter 3:

Nutritional Tips For Conquering Alcohol Cravings

Synopsis

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.



Nutrition

A lot of inadequacies related to nutrition develop due to excessive ingestion of alcohol. The body of the alcoholic quits soaking up crucial nutrients which helps the individual in being healthy as his small intestine is no longer able to absorb the nutrients essential. This is a result of filling the system with alcohol. There are steps to boost further healing while lessening the desire to consume sugar.

This step involves taking vitamins, specifically:

- ✓ Vitamin C - to aid in detoxification, the output of serotonin, and healing from adrenal fatigue
- ✓ Vitamin B complex - again to support the production of serotonin and in the metabolism of carbohydrates into fuel
- ✓ Zinc - helps promote healing and supports proper insulin function

This step also advocates consuming a little amount of a complex carbohydrates right before going to bed to boost the brain to produce sufficient serotonin to help you feel calmer, competent, and able to say "no" to sugar and alcohol.

Part of a potato with the skin on is the advised carb. Think about the potato as "medication"-sort of an antidepressant in another package.

In this step, you make certain to shift the processed carbohydrates that you consume to complex carbohydrates. Complex carbohydrates 'burn' slower and thus prevents a sudden blood sugar elevation and subsequent collapse.

Examples of complex carbohydrates include:

- ✓ Whole wheat
- ✓ Oats
- ✓ Quinoa
- ✓ Brown rice
- ✓ Potatoes with the skin on
- ✓ Veggies
- ✓ Beans

Simple carbohydrates include items like:

- ✓ White bread
- ✓ White rice
- ✓ White flour tortillas
- ✓ Most prepackaged desserts and snacks

Also, dried fruit might be a trigger for some sensitive individuals due to the concentrated fructose and is therefore limited or avoided. Using a food journal might help determine what foods work for you and which ones set off those unpleasant, moody sugar feelings and even drinking.

This step is a personal determination. Some individuals will significantly cut down the sum of sugar in their overall diet and feel easy with that.

A lot of other individuals go on to remove all sugar from their diets. Having surmounted each of the previous steps will assure a smooth and successful bout with this step.

You might need to altogether detox from all alcohol and what learn what may be expected. It involves learning where alcohol is in foods, having a plan in place for the day you say adios to all alcohol, and what to expect subsequently.

A truly big part of this step consists of planning, waiting, studying, and then taking action steps in a thoughtful way. This is immense for addicts. There's a big payoff if you decide to wipe out alcohol from your diet. You will feel better than you ever have

Following is the recovery period after beating the alcohol demon. It provides calm and stability. It provides the chance to learn fresh skills to deal with life events without alcohol, which might occasionally be challenging. It's a lifelong procedure to learn and enjoy.

Progress not perfection" is a center Twelve-Step slogan and one that's especially useful for doing alcohol recovery. You can't ever get a

perfect journey with alcohol. Life is too composite and textured for perfection. The true perfection you will attain is the joy and confidence you will feel about controlling your "crazy" body chemistry.

It's about discovering what works for your body, recovering your life, and living it to the fullest.



Chapter 4:

Meditation versus Medication

Synopsis

Religious counsel as a treatment choice for the condition of alcoholism is gaining in fame. Spiritual belief might act as a major motive for an individual to desert his habit of drinking.

Varied meditation strategies instructed by spiritual leaders of several organizations go a long way in helping addicts defeat stress and attain serenity thereby making it simpler for them to desert their habit and begin leading a peaceful and calm life.



Calming

Strategies include yoga, different types of meditations and trance. Meditation helps an individual center inward thereby making the person ease his mind and turn tension free and loosened up.

When the individual is pleased and content with himself, he's not impacted by anything occurring around him and he no longer requires anything habit-forming to feel happy, comfy and peaceful.

Many individuals are going in for this sort of program as they feel that meditation is better than medication. While medicine is impermanent, meditation supplies one a lasting answer.

Trance work is similarly something like meditation. This helps the individual center his brain on studying deeper truths and furnishes the addict with amazing inner strength to help him master his enticements with relative simplicity.

Meditation will be made better if one follows certain things before starting it. Learning how to meditate is a crucial aspect, if you don't want to spoil your practice. There are certain things, which you need to ignore to avoid devastation. So in short, there are some do's and don'ts of the meditation, which one ought to follow to make meditation better. Now, I will discuss these things separately.

Produce a Calm Environment: The foremost important thing is to create an environment which is free of disruptions. Make certain that nobody is going to disturb you during meditation. If you have some fixed responsibilities at home, try to wind up them first. Furthermore, while going for meditation, inform all family not to disturb you for awhile. Choose a place where there will be no noise.

Comfy Sitting Positions: It is not required to use any specific sitting positions. Sit in a position in which you feel comfy. You may use yoga cushions as well.

Comfy Clothing: Choose the clothes in which you feel most comfy. Simple clothing will distract your attention less than any other superior clothing.

Deep Breathing: While beginning meditation, you ought to try to breathe deeply and relaxing. Center on your breath, and feel as it is coming from your abdomen.

Relaxing your Body: Try to relax your body. Begin from one part of body and extend this practice to other parts.

Develop your Concentration: Try to center on a single thing. You may also center on dim lights of your room. The cause is that, your mind ought to not be wandering here and there during meditation.

Remember that “Meditation is Meditation”:

Occasionally, it happens that people, who become conscious about meditation, can't take benefit from it. For instance, an individual who's conscious about the couch, on which he has to sit for meditation, and his clothing, won't be able to center on meditation. One ought to remember that there's no set standard criterion for practicing meditation and one ought to do what makes him comfy. The purpose of meditation is to bring calm and peace to the mind, not to make you less focused on immaterial things.

Every meditation session gives you fresh experience with different level of peace and concentration. Don't expect that all sessions will be equivalent in terms of their results.

Don't worry about what is happening and what will you get after your meditation session. Simply enjoy it as much as you can, to acquire the full benefits out of it and don't take burden on yourself.

Chapter 5:

Affirmations For Alcohol Abstinence

Synopsis

By definition, an affirmation is a statement that's on a regular basis restated to accent its message. Affirmations might be verbally or mentally restated - or read from written copy.



Changing It

The words of an affirmation statement by themselves - when expressed, thought about, or read without a visualized (pictorial) result or a strong emotional affiliation, are weak affirmations.

Affirmations, once formulated correctly and associated with emotionally charged feelings are able to tap into the positive power of your subconscious and sustain the results you wish.

- ✓ I only consume alcohol in moderation.
- ✓ I choose to be healthy and feel good.
- ✓ I know that my body is a temple and I choose to respect that by making fit choices.

The importance of repeating can't be overstressed. It imprints the affirmation into your subconscious. Each exposure compounds the effect.

Picture the end result like a clear snapshot image in your brain. Be passionate about what you see. Keep the picture in your mind till you feel the matching emotion as distinctly as the picture. Then, think carefully about the meaning of the words as you recite them. The might is in the combination of mental image, feeling and easily understood result.

Restating affirmations on a regular basis produces results much faster than restating them from time to time.

The results of your sessions continue building on one another and have a compounding effect.



Chapter 6:

Healthy Habits For A Better Life

Synopsis

How you think about any decision to alter your habits might affect your success. Many People who choose to cut down or stop drinking think, "I'm not allowed to drink," as if an outside authority were enforcing rules.



A Plan

Thoughts like this might breed bitterness and make it easier to give in. It's important to challenge this kind of thinking by telling yourself that you're in charge, that you know how you wish your life to be, and that you've decided to make a change.

Also, you might worry about how others will respond or view you if you make a shift. Again, challenge these thoughts by recalling that it's your life and your option, and that your determination should be respected.

Recognize your "no"

If you realize alcohol will be served, it's crucial to have some resistance techniques lined up in advance. If you anticipate to be offered a drink, you'll have to be prepared to give up a convincing "no thanks." Your goal is to be clear-cut and steadfast, yet friendly and respectful. Prevent long explanations and timid excuses, as they tend to extend the discussion and supply more of a chance to give in.

Here are a few additional points to bear in mind:

- ✓ Don't waver, as that will give you the chance to dream up reasons to go along
- ✓ Look directly at the person and accomplish eye contact
- ✓ Keep your reaction short, clear, and simple

The person offering you a drink may not know you're attempting to cut down or quit, and his or her level of insistency may vary. It's a great idea to plan a series of reactions in case the person persists, from an easy refusal to a more assertive reply.

Think about a sequence like this:

- ✓ No, thanks.
- ✓ No, thank you, I don't wish to.
- ✓ You know, I'm (cutting back/not drinking) now (to get fitter/to take care of myself/as my doctor said to). I'd truly appreciate it if you'd help me out.

You're able to likewise try the "broken record" technique. Every time the person makes a statement, you're able to simply repeat the same short, clear response. You might wish to acknowledge some part of the People points ("I hear you...") and then return to your broken-record reply ("...but no thanks"). And if words flunk, you're able to walk away.

Script and rehearse your "no"

A lot of people are astonished at how hard it might be to say no the first couple of times. You might establish confidence by scripting and rehearsing your lines. First imagine the situation and the person who's putting up the drink. Then write both what the person will say and how you'll answer, whether it's a broken record strategy or your own unique approach.

Repeat it aloud to get comfortable with your choice of words and delivery. Likewise, consider asking a supportive person to role-play with you, somebody who'd offer truthful pressure to drink and truthful feedback about your answers. Whether you rehearse through fabricated or real world experiences, you'll learn as you go. Keep at it, and your tools will grow over time.



Wrapping Up

This may be a hard journey and there might be time that you slip up...
If you do remember this:

- ✓ Get right back on track. Stop drinking-the sooner the better.
- ✓ Remember, each day is a fresh day to start over. Although it might be unnerving to slip, you don't have to carry on drinking. You're responsible for your choices.
- ✓ Understand that setbacks are standard when people undertake a huge change. It's your progress in the long run that counts.
- ✓ Don't run yourself down. It doesn't help. Don't let feelings of discouragement, anger, or guilt stop you from asking for help and going back on track.
- ✓ Get a little help. Contact your counselor or a sober and supportive acquaintance immediately to discuss what occurred, or go to an AA or other mutual-help meeting.
- ✓ Think it over. With a little space, work on your own or with support to better understand why the episode occurred at that certain time and place.
- ✓ Learn from what came about. Decide what you have to do so that it won't happen again, and write it down. Utilize the experience to beef up your commitment.