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Kick the Drink...Easily! - Kindle edition by Vale, Jason ...

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!

Kick the Drink....Easily! by Jason Vale - Goodreads

Kick The Drink...Easily by Jason Vale Book Review 5/5 Commonsense, straight forward, repetitive in a logical way. Dispels the myths of drinking and encourages the mindset to embrace freedom rather than recovery. Jason Vale is known for his juicing books but I just stumbled upon him with a recommendation from where I don't remember anymore.So...

Kick The Drink...Easily | Moderately Sober

The Sobriety Journal easy strategies for happier hours & a joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive, permanent transformational change in your life. Stop drinking now. Kick the drink easily.

PDF Download Kick The Drink Easily Free - NWC Books

Kick the Drink...Easily! 4.36 (825 ratings by Goodreads) Paperback. English. By (author) Jason Vale. Share. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues.

Kick the Drink...Easily! : Jason Vale : 9781845903909

Kick The Drink Easily What a fantastic book and thanks so much to Jason vale for all his help in my achievement of freedom from alcohol The man is a genius and an outstanding man am so indebted to you

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Jason Vale, You're My Hero. I promise that I haven't been paid by Jason Vale to endorse his (fabulous) book ' Kick the Drink...Easily! ' but that isn't going to stop me banging on about its wonderfulness. For ANYONE who wants to stop drinking, especially the ones who are scared stiff that by becoming sober they will be missing out on all those great benefits of booze (furry morning tongue, headaches, bad moods, embarrassing incidents, spare tyre, spending money you can ill afford ...

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Kick the Drink-Easily! by Jason Vale, Paperback | Barnes & Noble®. 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. Our Stores Are OpenBook AnnexMembershipEducatorsGift CardsStores & EventsHelp.

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Kick the Drink...Easily! by Jason Vale - Books on Google Play

I'd drink about half a bottle of wine but lately in the last few months this had been going up. I read half of the Jason Vale book on Saturday and haven't even thought of alcohol since. It's a really easy read and while he's not exactly a great writer and his knowledge of science is a bit dodgy, he says so many things that really make me think ...

Jason Vale - Kick the drink... easily! | Mumsnet

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