

Q.U.I.T Drinking

author: William Briggs

2026-07

Synopsis

author	William Briggs
readBy	Rick Baverstock
inLanguage	english

Do you for a drink all the time? Do you find yourself hung-over more often than not? Have you tried to stop drinking alcohol before but have not been successful? Then this book is for you. Heavy drinking is a common problem. In fact, drinking is a fairly normal activity for many people. On the other hand, if you find yourself unable to control yourself drinking after you feel any emotion, this is a problem. Fortunately, this is a problem that can be fixed. All it takes is a desire to stop drinking, learning about drinking and what causes it, understanding that you are the only one responsible for your drinking regardless of external influences, and an open mind to the ways to cease your drinking. This is the basis for QUIT, the four steps to stop drinking. QUIT is a four step method to quit drinking. Like the acronym ROY G BIV you learned in elementary school to remember the colors of the rainbow, QUIT is an acronym to help you remember the four steps. Q stands for "Question Yourself about Your Drinking." It is important to question yourself about your drinking because this will give you an understanding about why you want to stop and why you drink the way you do. U stands for "Understand What the Problem Is." Equally important as questioning yourself about your drinking is making an effort to understand what the fundamental problem is. Many people will say they have a problem but have no idea what the problem is. There are many reasons why people drink and it is important to understand what drives you to drink. I stands for "I Am the Sole Decision Maker in My Choice to Stop Emotionally Eating." It is important that you stop because you want to stop not because someone else wants you to stop. You are the one who makes the decisions about you every moment of every day. You can't blame others for your decisions. T stands for "Take control and Think Positive." We cover different ways you can stop drinking and other information that will aid you in your journey to stop drinking. And there you have it "QUIT, the four steps to stop your drinking."

<p>Download it right now and start your "New Beginning" today!</p>

Reader's comments

comment 1:

â€"â€" ()