

From the author of  THIS NAKED MIND

THE ALCOHOL EXPERIMENT

**A 30-DAY,
ALCOHOL-FREE CHALLENGE TO
INTERRUPT YOUR HABITS AND
HELP YOU TAKE CONTROL**

- Rediscover JOY without Drinking
- Feel ENERGIZED and ANXIETY-FREE
- Look YOUNGER and More VIBRANT

ANNIE GRACE

**<DOWNLOAD> The
Alcohol Experiment: A 30-
Day, Alcohol-Free
Challenge to Interrupt Your
Habits and Help You Take
Control (pdf) Annie Grace**

Book details

Author : Annie Grace Pages : 352 pages Publisher : Avery
Publishing Group Language : ISBN-10 : 0525537252
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Synopsis book

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of

This Naked Mind

helps readers challenge their thinking, find clarity, and form new habits.

Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional

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- Look YOUNGER and More VIBRANT

ANNIE GRACE

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of This Naked Mind helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In The Alcohol Experiment, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional

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