



The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home (Paperback)

By Jack Canfield

Atria Books, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Jack Canfield, the #1 New York Times bestselling author of the Chicken Soup for the Soul(R) franchise and coauthor of The Success Principles, and Dave Andrews, a recovery expert, join forces to present a sensitively written yet no-nonsense guide (Publishers Weekly, starred review) to help you cut back or quit drinking entirely--in the privacy of your own home. For readers who sincerely want to stop drinking, the lessons in this book will pave the way. --Library Journal Not everyone wants to join a support group to deal with their drinking problems. With that in mind.Canfield and Andrews carefully guide readers through a series of daily solutions, which include psychological insights, personal accounts (some from celebrities), and honest appraisal.Anyone who needs to be kept on track or inspired will find genuine help in this honest, insightful book. --Booklist The 30-Day Sobriety Solution grew out of Jack Canfield s decades-long work in self-esteem and success training. Its principles were carefully developed into a program by Dave Andrews and tested by thousands whose inspiring stories of recovery are shared throughout the book. Organized into five phases that span 30-day periods,...



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Reviews

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Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

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