



I Can't Stop (drinking): A Self Help Guide on Overcoming Alcoholism

Monika Herrmann

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Do you struggle with Alcoholism?

So do millions of others and there are hundreds of programs and cures out there, ones you may have tried, that don't work very well--or at all. This is a book for alcoholism and is not a substitute for a discussion with your doctor.

Are you tired of people telling you methods and secrets that don't work?

You will find in this book:

- Chapter 1: Commit to stop alcoholism.....
- Chapter 2: Setting goals and preparing or change.....
- Chapter 3: Starting the sober journey safely.....
- Chapter 4: Starting a new lifestyle.....
- Chapter 5: Handling cravings and triggers.....
- Chapter 6: Getting help and support.....
- Chapter 7: Getting on track on a treatment program.....

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