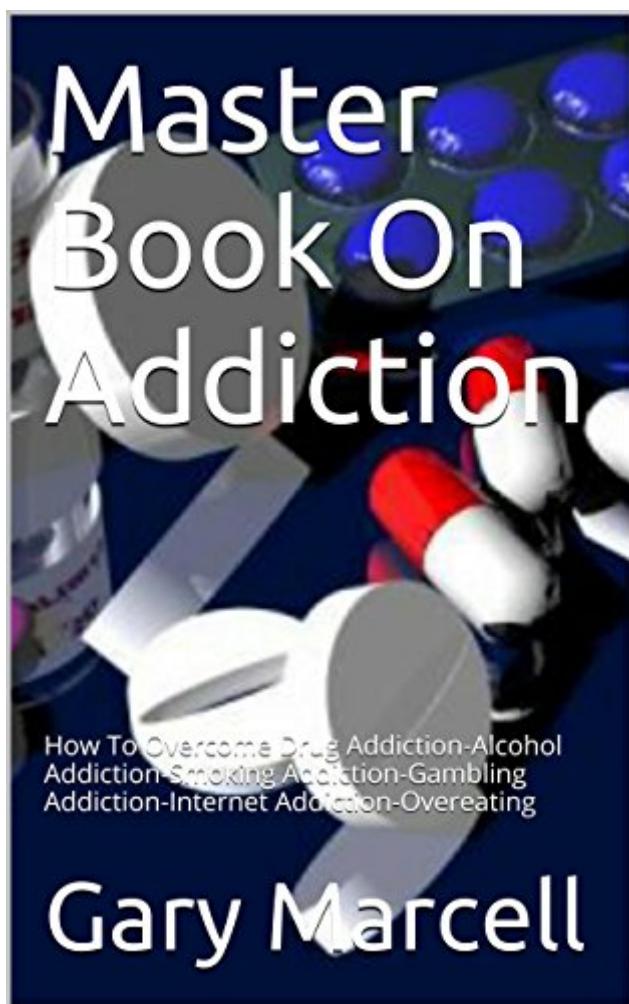


The book was found

Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating





Synopsis

Master Book On AddictionHow To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-OvereatingIt is not easy to make a addiction craving go away. Quitting addiction problems is perhaps one of the most difficult things you can do. On the positive side there are some easy tips you can follow to help to make your addiction craving go away. When do you have a addiction probilm? Break and change your routineIt is a good idea to identify the addiction. Most addicts have a routine and they like to smoke, gamble, drink alcohol, do drugs, overeat, or misbehave some time of the day. A lot of addicts do start of their "addicted routine" with their first cup of coffee in the morning. This is perhaps the most difficult part of the routine to break. It sets up your entire routine for the rest of the day, and you now automatically associate these addictions with eating or drinking. What You Will LearnHow To Control Drug AddictionHow To Overcome Alcohol AddictionHow To Stop Your Smoking AddictionHow To Stop Your Overeating AddictionHow To Quite Your Gambling Addiction ForeverHow To Control Internet Addiction And Stay Offline Today only, get this Kindle book for just \$0.99. Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Download today Tags:drug addiction,alcohol addiction,smoking addiction,gambling addiction,Internet addiction,food addiction,overeating,loss weight,weight loss,teen behavior,behavior problems

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Customer Reviews

This book had some general ideas that were good, but just didn't expand enough with some unique ideas to help an addict. This is why: I started addictive behaviors when I was an infant, sucking my thumb (They tried everything to stop that, even inserting a metal spike thing in my mouth, but nothing worked.), trichotillomania (Where you pull your hair out.) before a year old, then doing multiple things like gymnastics-band-dance at the same time on top of the other 2 habits, and then at 18 smoking and partying. I can exercise and then I will reward myself with a break and a cigarette. I can drink orange juice and still smoke after. I have a high desire not to do this, but this book didn't tell me how to cure what started the addictive behaviors (anxiety disorders) and didn't give me many unique options to redirect my energy. There were a lot of spelling and grammatical errors also. I think that the author has potential.

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