



How to Quit Drinking without AA: A Complete Self-Help Guide, 2nd Edition

Jerry Dorsman

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How to Quit Drinking without AA: A Complete Self-Help Guide, 2nd Edition Jerry Dorsman **Now You Can Take Control of Your Own Recovery Process**

Alcoholics Anonymous is not the only answer or even the best answer for many people. In fact, seven of every eight people who start AA's 12-step program abandon it within three years. Fortunately, there are more effective ways to quit drinking—proven methods that will help you be successful on your own terms. Inside this life-affirming book is the new beginning you're looking for. Certified addictions counselor and 16-year recovering alcoholic Jerry Dorsman offers more than 100 proven techniques to gain control of your recovery. His self-help approach includes the best:

- Step-by-step instructions for breaking the habit
- Foods to help you beat the cravings
- Methods for internal cleansing and detox
- Nutrition information for rebuilding your health
- And much more!

"A thorough approach backed with practical guidelines and techniques."—*Addiction and Recovery Magazine*

"The right blend of substance and simplicity. Bubbling with resources."—*Natural Health* magazine

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