



### Just the Tonic: Uplifting Quotes, Thoughts and Exercises to Help You Stop Drinking Alcohol

By April Green

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.When April Green finally found the secret formula for quitting alcohol, an unbelievable transformation of mind, body and soul took place in a short space of time and still continues in abundance to this day. In just three days, the physical addiction to alcohol had left her body; in just three weeks, the depression started to lift; and in just three months her physical and mental transformation was so powerful that she had no desire to ever look back. In JUST THE TONIC, April shares the techniques she used to stop drinking alcohol and more importantly, the strategies she still uses to ensure she never goes back!.



### Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

### -- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

### -- Lacy Goldner

### See Also



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