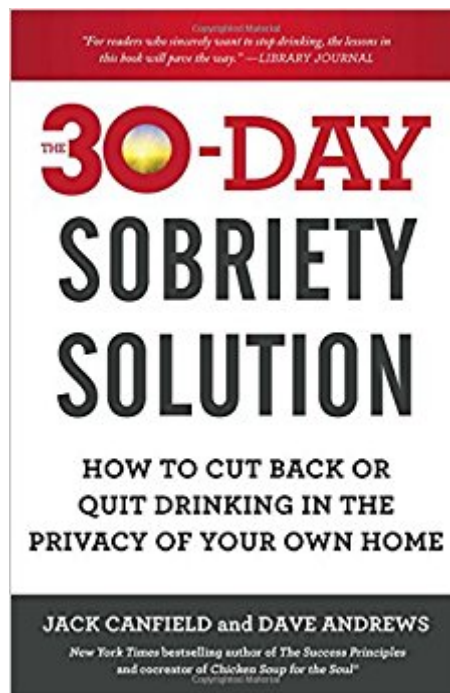




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# The 30-Day Sobriety Solution: How To Cut Back Or Quit Drinking In The Privacy Of Your Own Home



## Synopsis

Jack Canfield, the #1 New York Times bestselling author of the Chicken Soup for the Soul® 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.” “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, this book and its free companion website, [The30DaySolution.com](http://The30DaySolution.com), guide you through each day with practical exercises that, over time, allow you to more easily make positive choices again and again. Integrating neuroscience, cognitive therapy, proven tools, and teachings, The 30-Day Sobriety Solution’s daily program will help you achieve your goals • whether that’s getting sober or just cutting back • and create positive, permanent change in your life.

## Book Information

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## Customer Reviews

"The 30-Day Sobriety Solution is a great book. It combines the best techniques of the human potential (EFT Tapping, neurolinguistic programming, life-purpose exercises, goal setting, meditation, guided visualization, affirmations, journaling), with the best approaches from recovery counseling and coaching in a comprehensive approach that works to overcome alcohol abuse and addiction." (John Gray, #1 New York Times bestselling author of *Men Are from Mars, Women are from Venus*, *What You Feel You Can Heal*, and *Staying Focused in a Hyper World*) "This is a wonderful, thoughtful book that will guide you and inspire you to get complete control over your drinking problem once and for all." (Brian Tracy, bestselling author of *No Excuses*, *Maximum Achievement*, and *Change Your Life*) "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.... The overall tone is nonthreatening and compassionate.... Anyone who needs to be kept on track or inspired will find genuine help in this honest, insightful book." (Booklist) "Geared toward problem drinkers struggling to cut back or quit drinking as well as those who want to be reinspired in recovery, this volume proposes a five-phase plan using success principles, goal setting, visualizations, neuroscience, and cognitive therapies to assist readers in identifying the reasons for drinking, defeating the dread of quitting, cultivating gratitude, and taking pleasure in confidence-building activities.... For readers who sincerely want to stop drinking the lessons in this book will pave the way." (Library Journal) "A day-by-day path to sobriety that combines research-based, practical techniques with principles tested over eight years and thousands of hours with program participants... Sensitively written yet no-nonsense guide." (Publishers Weekly (starred review)) "The 30-Day Sobriety Solution brings the power of positive psychology to recovery, and by integrating it with other proven techniques and tools for life change, Jack and Dave have created the new standard for achieving sobriety." (Shawn Achor, happiness researcher and bestselling author of *The Happiness Advantage*) "Using positive psychology and systematic instructions . . . inspirational reports from folks who have beaten alcoholism . . . , Canfield and Andrews's focus . . . is on empowering people to overcome it." (Bookpage) "The 30-Day Sobriety Solution is an amazing step-by-step program for getting your drinking (or any addiction) under control. It uses the latest and greatest methods for overcoming addictions. Even if you're not ready to quit alcohol entirely, this book will help you avoid the problems associated with abusing alcohol or any other substance. I highly recommend it." (Jonathan Robinson, M.A., M.F.T., author of "The Technology of Joy," and former clinical director of the National Council of

Alcohol and Drug Abuse)“If you know anyone who is struggling with alcohol and addiction, please give them this book. It offers a breakthrough approach that will help them experience deep and lasting happiness.” (Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason)

Jack Canfield is co-creator of the Chicken Soup for the Soul® series, which includes forty New York Times bestsellers, and coauthor of The Success Principles: How to Get from Where You Are to Where You Want to Be. He is a leader in the field of personal transformation and peak performance and is currently CEO of the Canfield Training Group and Founder and Chairman of the Board of The Foundation for Self-Esteem. An internationally renowned corporate trainer and keynote speaker, he lives in Santa Barbara, California. Dave Andrews has been a featured “sobriety expert” on more than fifty national and international talk shows. As “America’s #1 Sobriety Coach,” he is the leading expert in helping others recover, reclaim, and reinvent their lives without alcohol, and serves on the Board of Directors of the nonprofit organizations Young People in Recovery and Advocates for Recovery. CEO of The 30-Day Solution, LLC, he resides outside Denver, Colorado, with his family, and has been sober for over eight years.

As a retired firefighter/paramedic I am very familiar with the effects of alcohol abuse. I've seen individuals with multiple degrees who had become homeless and started begging to be able to continue their drinking. I've seen numerous alcohol related fatalities due to drunk driving, domestic violence (some ended up in murder), the end stages of cirrhosis, and on and on. The really sad part was when I saw how each one of these stories affected family and loved ones. It wasn't easy to respond to and help these people...especially since I could relate so closely to what the alcoholics were experiencing and feeling. You see, I was an alcoholic, too. I was what they call a "High Functioning" alcoholic. I excelled at my job. I was a paramedic field instructor, I promoted through the ranks, I was respected by my subordinates, and I was trusted by my supervisors. At night on my days off, I would drink heavily...a fifth of vodka a night heavily at my highest. I had been able to reduce my nightly consumption of alcohol down from that insane level, but I was never able to quit or reduce it to one or two beers at night. I had tried many times before but I always reverted back into the same routine of drinking starting at 5 o'clock. This continued on even after I retired. Every time I tried to quit, it felt like I was holding my breath underwater...sure I could do it for a little bit, but I always came up for air. I always came back to drinking. Two years after I retired, I found this book

at the bookstore. One evening around 5 o'clock, I came strolling in the house with a 6-pack of beer in one hand and a book on how to achieve and thrive in sobriety in the other. My wife gave me a disapproving smirk and asked if I was really going to read a book on quitting drinking while having a beer. I said I did...and then I did. It's been 33 days since I had a drink...and I don't have any cravings for alcohol. I'm not saying I won't have any struggles in the future, but I have never had such a positive attitude and outlook toward drinking. This book gave me several tools (solutions) that I am now able to use if I start to get overwhelmed by that unbearable craving. This book goes over 30 different "Solutions" to help you find what drives you to drink and what you can do to get past those deep-seated feelings. Some of the exercises were emotionally tough. You really needed to take an in depth look at yourself to see what the root cause of your drinking was. Some of the different solutions weren't for me and I'm sure not all are for everyone. I referred to some of these as foofey and gooey in the forums on their companion website. Coming from a firefighter background, I'm used to solving things with a relatively instant fix...ie. you put water on the fire, when it's out, you go back to the station...there, problem fixed. These solutions require some deep thought with an understanding that there is a process set in place and it takes time. "The 30 Day Sobriety Solution" website is a place where there are a ton of people who experienced similar situations that offered their support to me and wrote about their struggles that were similar to mine. This program has worked unbelievably well for me. I'm so amazed how I feel now. I have control over alcohol...it doesn't control me. My wife is so happy that I went through the 30 day program. We are feeling closer, my relationship with my kids is better, I have new found energy, and I am clear headed. I'm not one to write reviews on because I believe the old saying to be true..."Opinions are like A-holes, everyone's got one and most of them stink." With that being said, I hope my story would offer a little more credibility than the average review. I would like to highly recommend this book to anyone looking for help. This book can be used by anyone who has ever questioned how to reduce or quit drinking altogether. There are 30 different solutions in this book and I'm sure one will work for anyone who really wants to make a change in their life. It's not easy, but nothing in life worth attaining ever is. I'd like to thank Dave and Jack for this incredible book and the companion website. It has changed my life. I thank you...and my wife thanks you!

On a whim I purchased this book and it is SO MUCH MORE than a book about reducing or controlling drinking or any other vice for that matter! I do not consider myself a problem drinker, but did find myself drinking alcohol for "stress relief" like a lot of people. Having grown up with an alcoholic father, I know the early childhood trauma and emotional toll it can have on a person's life.

The authors have done an outstanding job of giving you the tools to identify and unlock the disappointments, hurts, and limiting beliefs that hold you back from living the life you've always dreamed about. I found some truly life-changing techniques in the book. I am past the 30 days and am so excited to continue incorporating all of the solutions/strategies packed into this one book! I would highly recommend this book to anyone who wants to dramatically change their life for the better, regardless of the particular addiction or issue they are dealing with. Kudos to the authors! Definitely money well-spent!

I am working through this book and have found it really helpful. It is practical, the action steps are doable (although some are lengthy and take more than one day to complete), and the companion website is a major benefit. The only reservation I have about the book is that it has stolen a lot of pop psychology and new age techniques and put it into a sort of "compendium" of "solutions." I would have preferred the authors to be a little more original. If you are struggling to eliminate or change a bad habit, however, I would definitely give it a try!

Great book. It's a book meant to read and do homework everyday. I recommend it for anyone, even if not having issues with alcohol. Are you a procrastinator? Gambler? Couch potato? Are there habits you want to change? The advice will help you regardless. Problem drinking is just a bad habit for most and this book helps you break the habit. Website is terrible. Does not work near as well as the book does.

Dave and Jack have created an awesome and comprehensive program that many people can benefit from to change a wide range of unwanted behaviors, not just drinking. Just plug your behavior/substance of choice in instead of drinking/alcohol. One of the great aspects of the book is the companion website that helps walk you through each day's assignment and has videos and other resources. It comes complementary with the book and is a wonderful resource! I used the 30-day solution to break my evening glass of wine habit, and am now going through it focusing on healthier eating. So many of their solutions are ones I have known for years, but their program puts it all together in an effective and comprehensive package with a lot of motivation to follow through and actually use the tools consistently. Their approach is very life-affirming, focusing on helping you thrive and live an authentic life. Thank you Jack and Dave!

This book has made an incredible difference in my life. I was struggling with a drinking problem and

didn't know how to get help for myself. I was afraid of a group setting such as AA and I didn't know what to do besides something like that. I started this book with a strong determination to change my life and that is what has happened. The action steps in the book helped me to identify when and why my drinking became a problem. As a result, I have been able to work on those root causes and begun to clear some negative energy surrounding those. Drinking is no longer my default, I no longer turn to alcohol to dull negative emotions. I have tools from the book to help me work through those instead. I have also been able to reach out for additional support as I have come to terms with my excessive drinking and am no longer ashamed because I had a problem. I highly recommend it for anyone with an addiction problem.

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