

# HOW TO GIVE UP ALCOHOL

By Rahul Nag

The Complete Course  
To Help You Give Up Alcohol  
Or Moderate Your Drinking  
– **NOW AND FOREVER!**

**Includes:**  
**3 Hypnosis MP3s**  
**30 Day E-Mail Course**  
**The Effects Of**  
**Alcohol E-Book**

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The Complete Course To Help You Give Up Alcohol Or Moderate Your Drinking

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[www.alcoholfreesociallife.com](http://www.alcoholfreesociallife.com)

## How To Give Up Alcohol

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### **MEDICAL DISCLAIMER:**

While all the techniques in this course can have a significant positive impact on your life, please note that none of this information constitutes medical advice or replaces medical advice from your own practitioner. You are strongly advised to consult your medical practitioner if you have any alcohol dependence issues whatsoever. The material in this book and ancillary bonus materials is provided for educational and informational purposes only and is not intended as medical advice. Also, if you have significant alcoholism issues, you are highly advised to consult an accredited professional.

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# CONTENTS

<b>Section 1 – Introduction</b> .....	5
Success Stories Of the <i>How To Give Up Alcohol Course</i> .....	6
Foreword by Margaret R. Kohut, MSW .....	9
My Story .....	11
How To Use This Course .....	14
<b>Section 2 – Understanding Your Current Drinking</b> .....	17
Do You Have An Alcohol Problem? ... ..	18
Chapter 1: The Philosophy We Are Going To Use.....	22
Chapter 2: Seeing Your Doctor.....	26
Chapter 3: You and Alcohol: How Much Do You Drink And Why?.....	30
<b>Section 3: You And Alcohol – What Do You Want?</b> .....	37
Chapter 4: Your Goals With Alcohol: What Do You Want?.....	38
Chapter 5: Making A Decision To Change .....	41
<b>Section 4: Strategies For Changing Your Drinking</b> .....	50
Chapter 6: Using CBT to Overcome Problem Drinking.....	52
Chapter 7: Responsible Drinking – START TODAY! .....	71
Chapter 8: Giving Up Alcohol Completely – A Methodology From A Former Alcoholic.....	101

Chapter 9: How To Deal With The Cravings And The  
Need To Drink..... 111

Chapter 10: Using The Self-Hypnosis Mp3 To Overcome  
Your Alcohol Issues..... 130

Chapter 11: Dealing With The Voice In Your Head ..... 146

Chapter 12: Using Japanese Psychology to Address  
Your Drinking Problems ..... 154

**Section 5: Going Deeper** ..... 173

Chapter 13: A Few Words On Relapses..... 174

Chapter 14: Enjoying a Great Social Life – With or Without Alcohol..... 176

Chapter 15: Dealing with The #1 Cause of Alcohol Problems ..... 187

Chapter 16: Brain Fitness And Alcohol ..... 195

Conclusion ..... 203

Further Support ..... 204

# **Section 1**

## **– Introduction**

- Success Stories
- Forward by Margaret Kohut
- My Story
- How To Use This Course

# SUCCESS STORIES OF THE *HOW TO GIVE UP ALCOHOL COURSE*

Please read through these real life stories of ordinary, everyday people who have used this course to successfully change their relationship with alcohol. They had different goals with alcohol. Some wanted to give up alcohol entirely, some just stay in control, while others weren't sure. However, all were able to benefit and learn from the many aspects of the course.

I truly hope you will join them. I look forward to hearing your story.



"Hi Rahul,

Just wanted to give you an update on my not drinking. Thanks to the 30 day steps I did on your program I am now 80 days alcohol-free and am enjoying my new freedom.

I have dropped 20 lbs, sleep so much better and look younger and am full of energy. I haven't felt like this since I was a teenager....

At 51, I think that is a great gift for me. I just wanted to say thanks for the support. Note the picture here of me is accompanied with a refreshing glass of de alcoholized wine. Tea has become a great beverage as well.

Cheers",

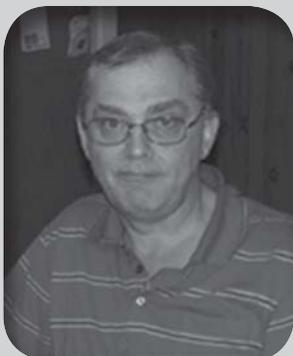
**Harry Hagemann, Canada**

"Hi my name is Lisa and I am 33 years old. I was drinking every weekend and felt very depressed. One morning I went onto the Internet and found your website and downloaded the first steps on what alcohol is doing to me and I got very scared of all the illnesses that come when you drink too much alcohol.

I decided to stop drinking and it's been 1 month and I've been feeling great about it.

I just want to thank you sooooo much for all the emails that I receive every week, truly they have helped me so much!!"

**Lisa, Oxnard, California, USA**



“Rahul.

You might not remember me but rest assured there isn't a day that goes by that I don't remember you!

It has now been ONE FULL YEAR off the dreaded grog! I can't thank you enough. I have downloaded the course and have read and digested it all. I am most appreciative of you. I've been to social type workers, the doctor, etc. but they are all a bit too wishy-washy. Your info was easy to read, easy to digest and straight to the point.

You are doing a great job.

Thank you.”

**Gary Rickard, New South Wales, Australia**

“I used the course primarily as I had become sick of drinking too much on social occasions and would say I had a fairly developed alcohol problem.

I used the course and abstained from January the 10th through to March the 10th.

I went to a wedding on the 10th and got drunk, however (I misjudged how much alcohol would affect me after abstaining for so long).

**Since then my drinking has been much more controlled and I have been able to have a few beers while out without getting absolutely drunk.**

I had a dinner party this weekend and drank moderately and my wife was very pleased. I also have a baby son and it was mainly for this reason I wanted to apply some control and restraint.

**I found the hypnotism mp3 very useful indeed.**

I put it on my mobile phone and listened to it in bed before I went to sleep for about 3 weeks, every day. I think this was one of the main factors that helped me abstain.

I felt that the course was value for money - considering I managed 2 months of abstinence and have only been very drunk once or twice since then (considering in the past it was most weekends).”

**L.D. from London, England (Name withheld by request)**

"I just want to thank you for offering such a fantastic and realistic program. I am a 38 year old female who has battled with binge drinking problems for over 20 years.

After starting your program and listening to the hypnosis CD, for the first time in my life I have been able to say 'no' to an alcoholic drink.

I started the program a week before I had my birthday celebrations, Christmas, family reunion and then New Year.

I thought about starting after the New Year; but, then I thought there is never a good time and if I can get through this busy and social period I can conquer anything.

The night of my birthday I was on such a high because I had gone without alcohol and was so proud of myself. Knowing I was going to wake up the next morning (Xmas day) without a hangover gave me the most incredible feeling. I had not been sober on my birthday for 20 years.

So, I am truly thankful for the support you offer and for making the program easily accessible to people from all walks of life.

I wish for you an amazing year ahead and I am looking forward to 2010 and the great things it holds for myself and my family.

Congratulations for changing the lives of everyday people."

Cheers,

**Nicole - Australia**



"Hi - My name is Martin (from New Zealand)

Rahul, I found on the internet at **www.alcoholfreesociallife.com** - the information and assistance from one alcoholic to another - words cannot explain. Just great stuff with such meaning.

The one big thing I got out of his book - CHANGE IS A PROCESS, NOT AN EVENT. It's all real stuff and so understandable. If you have an addiction problem - get a hold of Rahul's book, it will make you want to change. There is hope."

Cheers,

**Martin Paardekooper - Amberley New Zealand**

# FOREWORD

By

**Margaret R. Kohut, MSW**

Licensed Addiction Counselor

Master Addiction Counselor

Certified Domestic Violence Counselor – Level III

Certified Forensic Counselor

Certified Forensic Addiction Examiner

Certified Criminal Justice Specialist

Certified Criminal Justice Addiction Specialist

**Principal, Rocky Mountain Way Freelance Writing**

**Anaconda, Montana, USA**

When Rahul Nag asked me to contribute two chapters to this book and to write the forward, I was glad to do so. For almost a quarter of a century, I have worked with addicted clients, many of whom were involved in the criminal justice system in the United States. America is a great nation, but is keenly troubled with crime and substance abuse; the two seem forever intertwined. So many times I bring to mind the faces and the names of the men and women of all ages, all races, all religions, all economic standing that I have treated for chemical dependency throughout my life. I wonder if they're still sober, or if they're again suffering from the manifestations of their addictions. Long years ago, when I started my career in human services, I hoped that a day would come when I would say just the right thing to just the right person, and thereby help that person change his/her life for the better. By contributing to Rahul Nag's book, I hope that perhaps I have done that.

The chapter on moderating your drinking would still be considered heresy by addiction “purists” who believe that once a drunk, always a drunk. The only “cure” for alcohol dependence, or alcoholism, is total life-long abstinence. Like most Americans, I’m suspicious of anything that is touted to be the **only** way to do anything. As an addiction therapist, I truly believe that there are many roads to recovery; there’s your way, my way, Rahul’s way, and the guy down the street’s way. After treating hundreds of patients addicted to every harmful substance known to mankind, what I’ve personally witnessed is that each person finds his/her own path to recovery and that “cookie-cutter” addiction treatment, or “one size fits all” treatment is not only impossible, but it is an irresponsible concept as well. Taking away an addict’s right to choose a path to recovery is, in my view, emotional extortion. No matter how thin you pound a pancake, it still has two sides!

That’s why this book you’re holding is so important. It shows you not one way to recovery, but many ways, and it gives you enough information so that you can make an informed choice for yourself about what type of recovery or treatment program will work for you. Not for me, for *you*. If nothing else, this book proves to you that one size does **not** fit all, regardless of what the addiction medicine “purists” would have us believe. If my beloved America has one shortcoming, it is that we think we’re right about nearly everything, including addiction recovery.

This shortcoming is born not of arrogance, but of caring. We are a deeply caring nation, as our resistance to terrorism and dictatorship has proven throughout our long history. In this book, I, an American patriot and addiction specialist, join with other voices from across the ocean to offer a message of hope for those suffering from addiction and problem drinking. Read this book, then read other books, and more books after that until you find what you seek; serenity, self-actualization, and sobriety.

May the Great Architect of the Universe guide you on your journey to recovery.

**Margaret Kohut**

Anaconda, Montana, USA

December 2006

# MY STORY

My name is Rahul Nag. I have not consumed any alcohol for over 9 years, since 2002. Let me give you some background to my story and how it can help you with similar issues of alcohol dependency and problem drinking.

I first drank I was 17. I had a half-pint of Carlsberg in the local pub. I didn't really enjoy alcohol then and mostly I have never really enjoyed the taste of alcohol. Nevertheless, I would always drink when I went out and during my University years that was a lot of alcohol. It continued as I started my working life.

However, the issue only became one of problem drinking in 2003.

This was the year after I was made redundant as a result of the recession in the UK. Suddenly, I had a lot of free time. I was only working 2 days a week at a different company. I began to drink more and I felt that I needed to drink to relax. I felt that it was really boring and weird not drink when I went out. Plus, I liked the feeling that alcohol gave me.

I usually felt the negative consequences the next morning. I felt bad, hung over and I felt I was wasting almost a whole day recovering from the prior night's drinking. When I started to go out 3 to 4 times a week, it meant that a lot of days were being 'wasted'.

What was causing this for me? Looking back, one issue was stress. I was feeling very stressed in general, and in particular stressed about my work situation, while I was looking for new work. I also had real problems with knowing my limits with alcohol. While those around me said it was very easy to know when to stop, I found it very hard to know exactly when to stop, and one drink quickly turned into another.

Add in the peer pressure I had experienced throughout my life about alcohol, and there was no way I was going to be able to change so easily. Now -- how and why did I eventually change?

The day that started my change process was when I had drunk so much that I was sick and threw up on a night bus, just as I was about to get off. I had never been so sick before and I felt disgusted with myself that I had done this. Then, the final straw came when I shared a bottle of champagne with my friends. I felt so bad the next morning that I *finally* decided that I would no longer drink. I hadn't planned it, but I think it was a culmination of issues that brought about the change in my feelings about drinking.

My decision was a final one. I just made it, and have never looked back. I told my friends about my decision to stop drinking. During that year I had a group of friends who I met once a week for a meal and then we went to bars. When I told them my decision, they laughed. The key moment was a week or two after that decision when the 'newness' of my decision had worn off. One of my friends asked me if I would like a drink. He would pay. The inference, of course, was alcohol. I knew in my heart at this point that if I chose an alcohol free drink I would stick to my decision forever. So, that is exactly what I did.

Even now, a few years later, people still ask me why I don't drink alcohol. Ironically, I now go out even more than I did when I was drinking and have joined several social clubs. Plus, here in the UK, there is now 24-hour licensing which has come a bit late for me! The point is I am able to enjoy myself much, much more because I feel a lot better about myself. I feel crystal sharp and clear and in control when I go out. This is the best feeling.

More importantly, I am able to go out and have a great time without alcohol and without feeling the need to drink, which cannot be understated. At one stage I thought this was impossible. Life could not be enjoyed without alcohol. But it can.

So, whether you want to give up alcohol completely or just be able to reduce how much you drink and stay in control - I have got the tools for you right here in this book. Over the last few years I have been experimenting with all kinds of personal development techniques, working in classes and one-on-one with

people like Paul McKenna, Pete Cohen, Michael Neill, various hypnotherapists, EFT and energy psychologists, spiritual teachers, visualization experts, etc. I have learned a lot from these different sources – some were incredible, but some did not feel right for me.

However, what I have done here is to collect some of the most powerful sources I know which can and will have a dramatic impact on your requirement for alcohol. This will especially help you deal with the underlying causes of needing to drink so much alcohol.

I have conducted personal interviews with several experts in various disciplines, most of whom have significant experience with clients who have alcohol and other addiction problems. If you diligently follow their recommendations, the potential for you is that you will feel better about yourself, feel more in control of your own life, with or without alcohol, plus you will reach more of your life goals – relationship, career, fitness, etc.

Reading this book is the beginning of your journey. You will have to re-examine your life, your lifestyle, who you spend time with, and what you want out of life, to get this all to work for you. Some of the techniques may initially seem strange or uncomfortable but remember this: ***they do work***. I have had success stories from people from around the world who have used this course to finally overcome their alcohol issues.

All I ask of you is to just trust me and suspend your skepticism for 30 days. Please listen to the fantastic hypnotherapy recording everyday either immediately on awakening or before going to bed. This hypnotherapist has had significant experience with alcohol dependency and problem drinking clients. The 30 day e-mail course will also help you keep going in making these changes.

Now is your opportunity to experiment and try new things in your life which will lead to new positive experiences and results. I wish you all the best on your journey.

**Rahul Nag**

London, January 2012

# HOW TO USE THIS COURSE

Thank you for purchasing this course and putting your trust in me. Since 2007, people from around the world have used this course to either completely stop drinking or to successfully moderate their drinking and I hope you will be next.

## **First Step – Make Sure You Have All The Materials**

To make the most of this course, the first thing is to make sure you have all the parts of this course correctly downloaded. You will also need to make sure you have entered your details into the 30 Day Alcohol E-Mail Course form.

If you haven't already, please send an e-mail forwarding your receipt to: [info@alcoholfreesociallife.com](mailto:info@alcoholfreesociallife.com) and we will send you the link to retrieve the other parts of the course:

- Hypnosis MP3s
- 30 Day E-Mail Course
- The Effects Of Alcohol E-Book

Also, as discussed, please fill in your name and e-mail address in the relevant form. You will be sent a confirmation e-mail with a link in it. You must click on this link, after which the 30 Day E-Mail Course will be activated.

## **Second Step – Work Out Your Goal With Alcohol**

The first thing is to decide whether your goal is to moderate your drinking or to stop drinking alcohol forever. If you are not sure, just consider giving alcohol up for 30 days and then you can make a more informed longer-term decision at the end of the 30 days. The key though is to consult your doctor as you may need to give up drinking gradually rather than completely cutting out all alcohol overnight.

## **Give Up Alcohol Completely**

If this is your goal, determine how much you are currently drinking, why this is so and what your life would look like without alcohol. You will also need to consult with your doctor to find out whether to give up immediately or to gradually cut down.

## **Moderate Your Drinking**

If this is your goal, please use the Responsible Drinking section of this book which has been specially designed to help you moderate and control your drinking without having to give it up totally. You will start by answering the questionnaire to work out whether Responsible Drinking is suitable for you. Then, you will go through the steps, one-by-one, to be able to reach the point where you are in control of your drinking.

## **Third Step – Use All The Strategies In The Course To Achieve Your Goal**

There is a whole variety of tools and techniques here to support you in your endeavor. Remember everyone is unique – some tools will speak to you while others may have no effect. Just experiment with everything, keeping an open mind to see what works for you and what doesn't. But give everything a chance.

You will feel more comfortable with some of the tools with depending upon your personal preferences, so start with those ones first and please be sure to follow them through to their conclusion. Also, please use the Hypnosis MP3 every evening for 30 days before going to bed, or even better at the same time every day. Remember, do not operate machinery or drive a vehicle while listening to the audio mp3.

Then, follow the 30 day Alcohol E-Mail course. It is there to give you daily reminders, tips and tools from the course as well as highlighting the specific damage alcohol can cause to you. I created this email course in response to previous course participants wanting something extra to help them through making a major change in their lives.

## **Summary**

The whole point of this course is to give you a wide variety of tools, techniques and formats which will help you make the changes you want to make. Different techniques will work for different people, so please give yourself the time to try all the different methods suggested. Most of all, have a bit of patience and space to let these methods sink in.

There is no one way to overcome alcohol addiction. There is only your way. Your way is influenced by your own personal circumstances, experiences, beliefs and personal history. By exploring the different elements of this course, you can find what works for you and what doesn't. The most important thing to remember is that these techniques have worked for many people around the world, many of whom saw no way out of their problems with drinking. Just your simple choice to make a change by buying this course is the start of your own personal change.

As you will soon be learning, change is a process: a step-by-step process that you can follow to start feeling better and living – with or without alcohol as you choose.

So let's begin!