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This Naked Mind

Empowering you with the tools that give you your power back, enabling you to decide what is right for you - without illogical cravings or irrepressible urges.

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Since This Naked Mind can remove the psychological desire for a drink this allows you to drink less (or stop drinking) without pain, rules or missing out.

Annie Grace - This Naked Mind

This Naked Mind offers a new solution. Packed with surprising insight into the reasons we drink, it will open your eyes to the startling role of alcohol in our

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culture. Annie Grace brilliantly weaves psychological, neurological, cultural, social and industry factors with her extraordinarily candid journey resulting in a must read for anyone who drinks.

**This Naked Mind:
Control Alcohol, Find
Freedom, Discover**

...

This is a positive, non-judgmental community

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aimed at providing discussion, education, empowerment and support for anyone who wants to take a closer look at the role of alcohol in their lives. We aim to discuss this important topic openly, honestly

**This Naked Mind
Community | thisnakedmindcommunity.com**

This Naked Mind is essentially aimed at

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persuading those who feel alcohol may be an issue in their lives to give up the demon drink for good. I've been a fairly heavy drinker for I'm not a big reader of non-fiction as I read far too much serious stuff at work and like to escape with novels.

**This Naked Mind:
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Page 8/17

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This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for.

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This Naked Mind: Control Alcohol, Find Freedom, Discover

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In her book, *This Naked Mind*, author Annie Grace shares her story and explores through psychology and neuroscience research how quitting alcohol can improve your work and personal life.

'This Naked Mind' Author On A New Life Without Alcohol

Page 10/17

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The Path by This Naked Mind. Log in Here. 100 Days of Lasting Change

Login - This Naked Mind

My This Naked Mind Certified Coaches have been where you are now - they know and understand the frustration and confusion that comes with feeling like you aren't fully in control of your drinking. And they know how to help you

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change your thinking about alcohol so you can easily decide how much you want to drink (or not to drink at all) and stick to it.

The LIVE Alcohol Experiment from This Naked Mind

After finishing This Naked Mind, it felt as if any temptation to drink and the struggle to control cravings were wiped clean from my brain. For the first time

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in a decade I feel in control and empowered to effortlessly make informed conscious decisions about drinking, where before I consistently gave in to physical and psychological cravings to drink even when I didn't actually want to give in.

Amazon.com:
Customer reviews:
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Control Alcohol, Find
Freedom, Discover
Happiness, and Change
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relationship with
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bestselling author of this naked mind "HOW I OVERCAME A DECADE OF DRINKING BY CHANGING MY RELATIONSHIP WITH ALCOHOL" And how YOU, too, can finally do the same.

How to Control Alcohol

This Naked Mind offers a new solution. Packed with surprising insight into the reasons we drink, it will open your

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eyes to the startling
role of alcohol in our
culture.

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