



Dealing With Alcoholics-Proven Methods For Dealing With a Problem Drinker (Alcoholism and Substance Abuse Book 1)

JC Anonymous

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Dealing With an Alcoholic-How To Deal With A Drinker

Are you married to or in a relationship with or living with an alcoholic? Does it seem as though no matter how hard you try to convince them of their drinking problem, nothing works? Do you feel as though you are on a wild emotional roller coaster ride that won't stop? Where has the loving, caring person you once knew gone and will they ever return?

If you are exhausted from arguing, confronting the lies, being blamed for everything, always taking second place to the bottle, feeling like a doormat, and constantly obsessing over what the alcoholic is or is not doing, then you are ready for the suggestions found in this book.

When implemented, the techniques presented within will have a positive impact on your situation.

The author of "**Proven Methods For Dealing With Alcoholics**" has helped tens of thousands of people all over the world learn how to cope with situations like yours.

Most alcoholics lie, argue, use anger and anxiety as weapons, blame others for all their problems, steal, break plans, take advantage of kindhearted people, are not dependable, and tell us the things they think we want to hear in order to smooth things over.

Oh, and let's not forget how they create an atmosphere where we feel like we are walking on eggshells when we are around them. Yes, one minute the alcoholic can be nice and calm and the next a raging lunatic.

After reading this book, you will have an in-depth understanding of how to set boundaries, how to let go of the alcoholic, how to stop being an enabler and how to love the problem drinker unconditionally

When these four practices are working in harmony, you will feel a greater level of serenity and the alcoholic will have a better chance of hitting bottom and GETTING SOBER.

There are thirty seven lessons. As you work through these lessons, you will learn proven methods for how to:

- Deal with outbursts of rage
- Not play the blame game anymore
- Stop arguing and fighting
- Rediscover your own passions in life
- Be happy
- Detach with love
- Stop obsessing over the alcoholic

Communicate with the alcoholic
Love yourself
Guard against feelings of guilt and shame
Overcome fear
Live with an attitude of gratitude
Escape being abused

.Most of all, you are going to know how to deal with an alcoholic in any situation.

This book is not intended to educate you about the disease of alcoholism through statistics or medical jargon. Rather, it is intended to teach you how to change the way you interact with the problem drinker so that you will become more emotionally stable. The changes you make could be the necessary ingredients in the relationship that encourage the alcoholic to get sober.

The wisdom shared within this book comes from forty five years of experience in coping with people suffering from alcoholism.

Not only has the author battled with addiction himself and remained sober since 1998, but he has also had to deal with friends and family members who have suffered from addiction problems his entire life.

The detailed methods you will learn were developed through the author's experiences of living with alcoholics, attending thousands of support group meetings designed to help alcoholics stay sober and meetings tailored to help friends and family members deal with alcoholics.

This is your chance to learn how to deal with an alcoholic from someone who has walked many miles in your shoes and learned how to live a happy, joyous and free life while pressing through the journey.

If you are ready to make positive changes in your life that will lead to having more happiness, peace and serenity, and possibly contributing to the alcoholic getting sober, get the book now.

Tags: dealing with a alcoholic, how to deal with an alcoholic, coping with an alcoholic, alcoholism, substance abuse help, dealing with a drinker

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Spent a free a chance to be fun activity to complete! A lot of people spent their down time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Dealing With Alcoholics-Proven Methods For Dealing With a Problem Drinker (Alcoholism and Substance Abuse Book 1) can be fine book to read. May be it may be best activity to you.

Regina Winger:

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