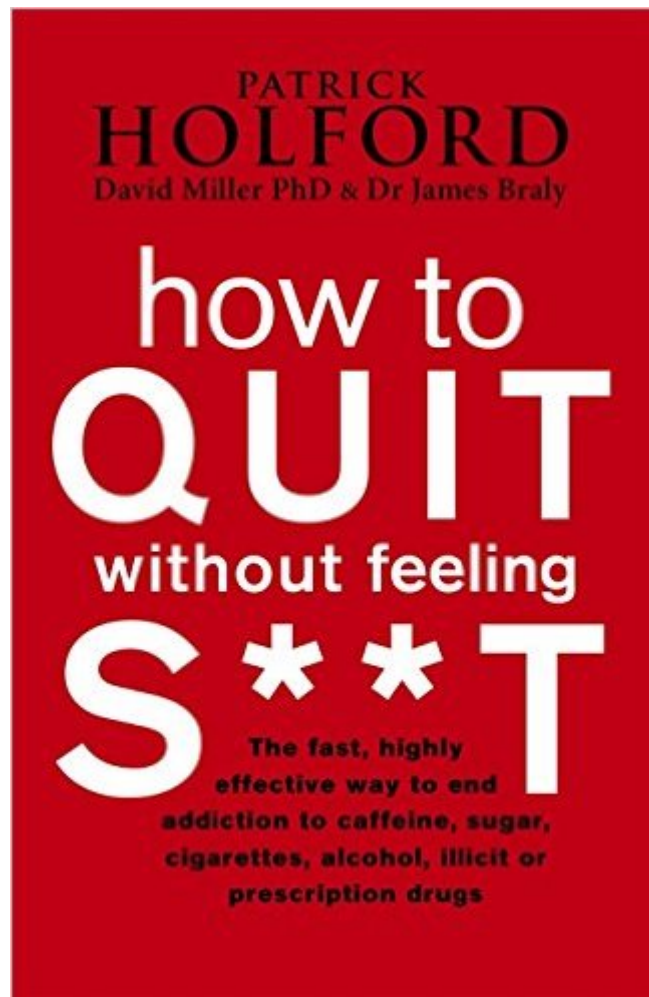


The book was found

How To Quit Without Feeling S**t: The Fast, Highly Effective Way To End Addiction To Caffeine, Sugar...



Synopsis

This groundbreaking book from the UK's leading spokesman on nutrition looks at why millions of people have cravings for substances such as coffee, sugar and alcohol, as well to drugs such as sleeping pills, antidepressants, marijuana and cocaine. It uncovers how the brain becomes addicted and how it can be 'unaddicted' through a combination of diet, supplements and lifestyle factors. The book is written in association with Dr David Miller, who has worked in the addiction field for 25 years and is an expert in relapse prevention. It looks at each of the most common substances that people become addicted to and offers specific advice on how to tackle that particular substance safely and effectively yourself. In-depth yet practical and accessible, **HOW TO QUIT WITHOUT FEELING S**T**, will allow you to understand why you feel the way you do, whether you have a dependency or have already given up but still feel lousy. The book provides a 12-week action plan for becoming addiction free - without suffering the deeply unpleasant symptoms of withdrawal that most addicts believe they must go through.

Book Information

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Best Sellers Rank: #374,096 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Nutrition > Caffeine #67 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #338 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency

Customer Reviews

I don't usually write reviews, but this time I feel that it's very important for people to know that this book offers a REAL solution to addiction. I can't be grateful enough for having found it. It works, people, really, it works. I have tried so many times (at least 20 times) to get off my opiate addiction during the last six years, but nothing seemed to work. Any addict will relate to the depression that this fight puts you in. When you read this book, you understand completely why you feel as you feel. I can't explain it so well as they do. But the main problem is that your brain changes while taking

drugs, and these changes last for many years if not all life long. The authors state a great truth: many addicts manage to overcome the physical part of the withdrawal, as hard as this can be. But the harder part to overcome is the "psychological" or "mental" part. When you feel so depressed that you can't even smile or speak normally with people or eat or take a shower, etc, then it's no wonder that one goes back to drugs just to feel "normal". And the authors of this book understand this fact so well, that not only do they describe it wonderfully, but they have managed to create a detox plan based on simple stuff such as food supplements (vitamins, amino acids, essential fats, etc), and food. They also give you some other advices about activities that can make you feel better, like exercising or meditating. The whole book is written from the perspective of how the brain works. For example, they explain that exercising is good when quitting drugs because it raises your endorphin levels. Another thing you will find in this book are very precise instructions on how to quit different addictions -not only opiates- including cigarettes and antidepressants.

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