

ALLEN CARR

LA MÉTHODE SIMPLE POUR

MAÎTRISER SA CONSOMMATION D'ALCOOL



pocket

LA MÉTHODE
SIMPLE POUR
MAÎTRISER SA
CONSOMMATION
D'ALCOOL

La Méthode Simple Pour Réduire Sa Consommation d'Eau

Raffaella Di Napoli



La Méthode Simple Pour Maîtriser Sa Consommation d'Alcool:

La méthode simple pour maîtriser sa consommation d'alcool Allen Carr, 2012-01-19 LA solution qu'attendaient tous ceux qui veulent contrôler leur consommation d'alcool Immédiate Ne nécessite aucun recours à la volonté Pour profiter davantage des bons moments Pour être mieux armé contre le stress Aucun symptôme de manque Sans donner le sentiment de souffrir d'une privation Définitive La méthode simple pour contrôler sa consommation d'alcool Allen Carr, 2005 LA solution qu'attendaient tous ceux qui veulent contrôler leur consommation d'alcool Immédiate Ne nécessite aucun recours à la volonté Pour profiter davantage des bons moments Pour être mieux armé contre le stress Aucun symptôme de manque Sans donner le sentiment de souffrir d'une privation Définitive *La Méthode Simple Pour Arrêter L'Alcool* Joseph Rabin, 2019-06-13 Le Guide Pratique Pour Arrêter de Boire Il est basé sur des astuces Scientifiques et Psychologiques Les médecins pensent que l'alcoolisme n'est pas simplement une habitude pernicieuse de boire de l'alcool mais une maladie grave Il a à la fois une nature somatique en raison de laquelle la dépendance physiologique à l'alcool se développe et psychologique causée par les particularités de la psyché d'un alcoolique L'alcoolisme est également un problème économique social et personnel qui touche beaucoup de personnes Il porte atteinte non seulement à la santé des buveurs mais également leur destin et celui de leurs proches Mais comment retrouver ma sobriété d'avant J'ai décidé d'étudier l'information la recherche d'une réponse une seule question Comment arrêter de boire Le plus souvent il y avait pas des vrais conseils et des méthodes et guides pratiques et scientifiques qui aident vraiment les gens trouver leur vie sobre d'avant Je n'ai trouvé que des conseils vides et franchement stupides Par exemple Prends une décision fais du sport change d'habitude Ces stupides conseils n'ont rien donné Après une longue recherche j'ai réalisé que 97 % de l'information qui existe sur Internet sur la dépendance à l'alcool c'est de la merde totale et de pure conneries que même les enfants ne vont pas les prendre au sérieux Et malheureusement ce qui ne m'a pas aidé à avancer d'un centimètre dans la direction de l'élimination de la dépendance Mais je n'ai pas abandonné et j'ai continué à chercher J'ai commencé à étudier les livres scientifiques et la littérature médicale Ainsi peu à peu j'ai commencé à trouver mon chemin et surtout des informations qui ressemblaient à la vérité Cependant les textes n'étaient pas rédigés dans un langage simple Je pouvais lire un livre 10 fois chacun pour voir ce qu'il disait la suite de mes longues recherches et de mes tudes constantes j'ai compris les véritables mécanismes des effets de l'alcool sur le psychisme d'une personne J'ai compris ce qui me fait craquer et boire nouveau Quand j'ai su la vérité je me suis senti comme Colomb quand il a découvert l'Amérique J'étais heureux que ma longue recherche ait eu un succès Et même si cela m'a pris plus de trois ans j'étais ravie J'avais la clé de la sobriété que je partage avec vous dans ce livre Je vous dévoile les secrets et les pratiques scientifiques que j'ai appris dans plusieurs livres que j'ai lus et m'ont aidé à arrêter de boire et créer ce guide incluant en toute sécurité des résumés de ces manuels sur la psychiatrie et la neurologie Bon nombre des plus grands centres de traitement de l'alcoolisme au monde utilisent ces principes dans leurs programmes sans alcool Je dois dire que je n'ai rien créé de nouveau J'ai simplement pris ces principes scientifiques qui se sont

av r s efficaces pour des milliers d autres personnes et je les ai pr sent s sous une forme compr hensible Quand j ai appliqu ces connaissances ma vie j ai arr t de boire sans difficult J ai aussi arr t de fumer et je me suis d barrass d autres d pendancesassez facilement Et en mettant en pratique mes conseils vous allez surement arr ter de boire pour toujours

The Enigmatic Realm of **La Meacutethode Simple Pour Maicirtriser Sa Consommation Dalcool**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **La Meacutethode Simple Pour Maicirtriser Sa Consommation Dalcool** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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