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By David Downie

Blue Peg Publishing, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A whole new perspective on drinking. Highly recommended - Dr Rafal Zakrzewski, Cambridge University TAKE A BREAK FROM DRINKING TO IMPROVE YOUR LIFE Drinking is awesome, but if the grog monster has you by the tail then it is easy to get into a rut and waste your life away, especially if you are in a soul destroying job. Whether you are curious about improving your health, relationships or simply creating a better version of you, this book will show you how giving up alcohol for a period can let you do this. THIS GUIDE TO TAKING A BREAK FROM THE DRINK TEACHES: - How David went from one of Australia s leading beer experts and writers to going off the drink for a year and giving up his job as a partner in a major law firm to become a children s book writer - How to justify taking a break from drinking to yourself and to your peers - How to cope with risk of boredom - How to gain zen like clarity...



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