

Ino soma

## HOW TO STOP DRINKING AND RETURN TO A BALANCED LIFE

*Practical tips to stop drinking and improve  
your physical and mental well-being*

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# TABLE OF CONTENTS

- **Introduction**
- **How does alcohol affect the body and health?**
- **withdrawal symptoms**
- **Why is it difficult to part with alcohol?**
- **How to stop drinking alcohol?**
- **How Can You Help Your Body Get Rid of Alcohol?**
- **How to stop drinking with the help of specialists?**
- **The mistakes of those who want to stop drinking**
- **Conclusion**

## ***Introduction***

Alcohol addiction is a widespread issue affecting individuals across the globe. For many people, what may begin as

occasional social drinking can develop into a dependency that takes control of their lives. If you or someone you know is struggling with alcohol addiction, taking the first step towards recovery is essential. This guide aims to provide you with a comprehensive introduction to overcoming alcohol addiction. It acknowledges that the path to recovery may not be easy, but it is possible with commitment, support, and the right strategies. By offering insights into the causes and consequences of alcohol addiction, as well as practical tips and techniques, this guide will empower you to embark on a journey towards a healthier, alcohol-free life.

### ***How does alcohol affect the body and health?***

The alcoholic drink contains ethanol. Any dose of alcohol entering the body activates inhibitory aminobutyric acids, which are inhibitory neurotransmitters of the central nervous system. This process leads to a sedative effect.