

I Cut It Out: An (ex) Drunk's Guide to Sobriety, 2007, Jeffrey Somach, Linda Busch, 0979896916, 9780979896910, I Cut It Out, Incorporated, 2007

Jeff Somach's I Cut It Out: An (ex) Drunk's Guide to Sobriety is not your typical self-help book. If you are serious about getting sober, or know someone ready to quit drinking, this book could be the most important purchase of your life. It certainly costs a lot less than even a single bottle of booze, not to mention the costs to family, self-esteem and health brought about by heavy drinking. Perhaps you have already read books along the lines of Easy ways to Quit Drinking or How To Quit in One Week. If you have, you KNOW they don't work. If it were easy to quit drinking, you would have by now and not be searching for another book on how to get sober, right? I Cut It Out is honest. Overcoming addiction is hard work; but this book offers help, hope and humor along the not so simple road to recovery. It accomplishes this without forcing any one single approach down your throat. If you strongly disagree with something discussed, the author recommends you examine your objection and then move on to any of the alternatives mentioned if that's what is best for you personally. I Cut It Out is a straight shooting approach from someone who has been there himself and understands EXACTLY what you're going through and EXACTLY how to stop it from someone who, 15 years ago, was a helpless and hopeless drunk and now leads a normal, happy, and productive life. Like most people with a drinking problem, the author had no idea what was wrong with him, no hope for the future, and was beyond desperate. If he Cut It Out, so can you, and this book is an excellent place to begin your recovery. This 165 page, easy to read book contains no magic answers; but offers practical knowledge and advice from a fully recovered alcoholic. Along the way, it may sometimes make you angry, sometimes make you laugh and some times bring you close to tears. Special sections for family and significant others, resources to find free help, and the combination of personal experience and professional insight makes I Cut It Out an enlightening experience for the reader. To add to its unique approach, the reader has a chance to actually participate in cutting out a part of the book (symbolizing cutting out the addiction) to mail back to the author in return for a surprise gift to remind the reader that help and hope are never too far away. After 15 years of sobriety, the author, Jeff Somach, now works as a substance abuse counselor, along with his wife and co-author Dr. Linda Busch, a clinical psychologist. Their combined expertise is presented in this clear and concise book on how to CUT IT OUT. Even people without alcohol problems will find words of wisdom about life and mental health within this sometimes serious and sometimes humorous account of the path toward reclaiming your life and your inner spirit.

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