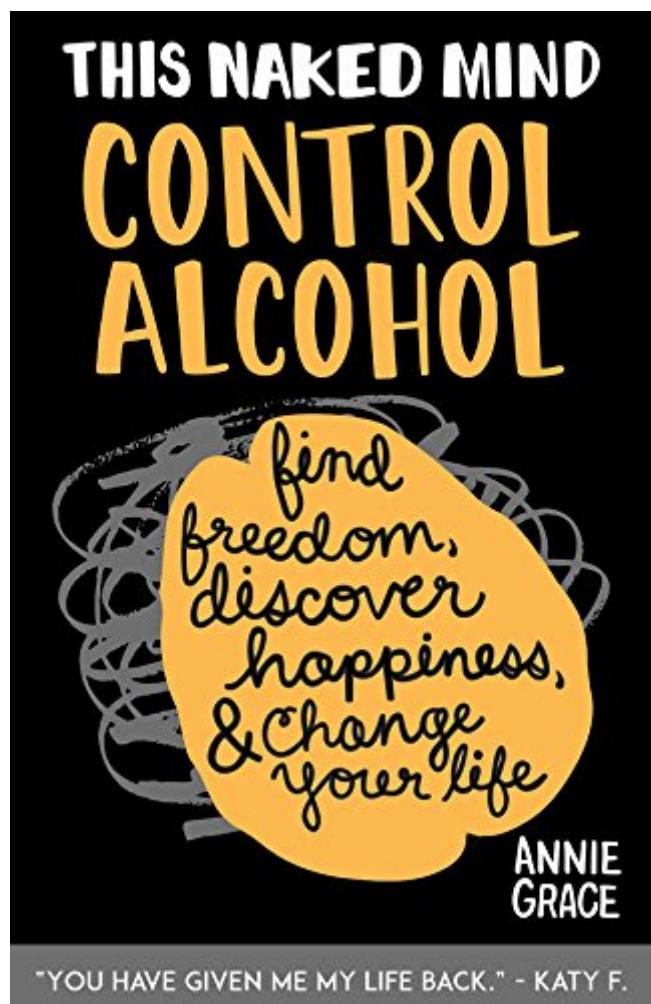


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# This Naked Mind: Control Alcohol: Find Freedom, Discover Happiness & Change Your Life



## Synopsis

Millions of people worry that drinking is affecting their health, yet are unwilling to seek change because of the misery and stigma associated with alcoholism and recovery. They fear drinking less will be boring, involving deprivation, difficulty and significant lifestyle changes. This Naked Mind offers a new solution. Packed with surprising insight into the reasons we drink, it will open your eyes to the startling role of alcohol in our culture. Annie Grace brilliantly weaves psychological, neurological, cultural, social and industry factors with her extraordinarily candid journey resulting in a must read for anyone who drinks. This book, without scare tactics, pain or rules, gives you freedom from alcohol. By addressing causes rather than symptoms it is a permanent solution rather than lifetime struggle. It removes the psychological dependence allowing you to easily drink less (or stop drinking). Annie's clarity, humor and unique ability to blend original research with riveting storytelling ensures you will thoroughly enjoy the process. In a world defined by "never enough" Annie takes us on an intellectual journey through the world of alcohol and specifically the connection between alcohol and pleasure. She dispels the cultural myth that alcohol is a vital part of life and demonstrates how regaining control over alcohol is not only essential to personal happiness and fulfillment but also to ending the heartache experienced by millions as a result of secondhand drinking. Finally, with perfect clarity, this book opens the door to the life you have been waiting for. Read this book. You'll be glad you did. This book is also available in Spanish: *Esta Mente al Desnudo*  As a fan of Jason Vale I was interested to read *This Naked Mind*. It was so interesting to read more about the science behind addiction and the unconscious mind. I highly recommend this book to anyone, whether they are interested in cutting down or staying alcohol-free. I loved it!  -Sarah L., England  What an amazing book! I thought I could consciously decide to give up alcohol, and now I understand the necessity of informing the unconscious mind and then the cravings just disappear! I have also read and applied the work of Dr. John Sarno and knew the power of the unconscious mind but cannot believe how effective the book was for me. Thank you!  -Theresa G., NC  I loved this gentle, down-to-earth explanation of problems with alcohol use, and the clear, structured way to challenge your thinking and behaviors around drinking. It helped me pass from shame and guilt into real and positive action.  -Elizabeth R., Australia "This Naked Mind brought clarity and focus on my drinking and 10-year struggle with sobriety that I had never paused to examine. Annie methodically brings the reader along a logical path of discovery. I felt she was speaking directly to me and that she knows exactly where I am mentally and physically. I continue to return to certain passages for reaffirmation. I highly recommend the excellent book to anyone seeking a refreshing approach to seeing alcohol with eyes wide open.  -Sam G.,

Australiaâ œReading This Naked Mind has been nothing short of a miracle. It has helped me to see alcohol for what it is and ended a 25-year cycle of binge drinking. I have not had a single craving since reading it, which is unheard of for me. I donâ ™t feel the need to avoid temptation, because there isnâ ™t any! A must read for anyone who wants to take control of their drinking but doesnâ ™t want a lifetime of struggle.â • -Kay W., United Kingdomâ œAnnieâ ™s book exposes the false notion that alcohol is essential for an interesting and happy life. The real gem in Annieâ ™s book is the idea that changing your relationship with alcohol need not be a life of endless suffering and deprivation, that a decision to change can be simple and liberating. This book will change lives.â • -Tony S., Australia

## **Book Information**

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## **Customer Reviews**

Background: Iâ ™m a woman in my early 30s and Iâ ™ve considered myself a â œproblem drinkerâ • for the better part of the past 10 years. My habit was 2-3 glasses of wine most evenings - more or less depending. My biggest downfall was that I was someone who on certain occasions couldnâ ™t stop drinking once I started, which always lead to painful consequences. I was on a

quest to improve my relationship with alcohol, be able to moderate, slow down, and make better choices; my ultimate goal was simply to feel in control around alcohol. This book changed my relationship with alcohol without any feelings of deprivation or suffering, nor the need for willpower or stressful exercises in self-control. I had previously read Allen Carr's™ Easy Way to Stop Drinking and some of the information stuck with me, but the language was a bit dated and the motivation to keep improving my relationship with alcohol was short lived. After finishing This Naked Mind, it felt as if any temptation to drink and the struggle to control cravings were wiped clean from my brain. For the first time in a decade I feel in control and empowered to effortlessly make informed conscious decisions about drinking, where before I consistently gave in to physical and psychological cravings to drink even when I didn't actually want to give in. That's the battle most of us face when we become regular drinkers, and This Naked Mind will help you win that battle. I am able to do everything I did as a drinker, including hanging out in bars with friends, without any of the anxiety that I used to experience struggling to moderate or resist temptation. Life is just more enjoyable now. Annie Grace offers a lot of personal accounts in her book which I found helpful and relatable.

30 + years ago I had my first experience with alcohol drinking Bud "Talls" in my friend's backyard during a sleepover. This marked a gradual descent into a completely mindless relationship with alcohol that lasted well into my adult life (actually truth be told as recent as 2 weeks ago (10/12). I had the typical college experience of binge drinking. Now married with 3 kids, this pattern continued but under a different context as a highly functioning alcoholic progressing professionally, being somewhat present as a Father & Husband now drinking consistently and on occasion heavily. My friends and work peers would not consider me a problem drinker as we all had the same consumption patterns and view toward booze as a stress reliever, a requirement for social events, ect. A practicing Catholic, I took the brave step one year of giving booze up for lent (40 days). I suffered tremendously with cravings and feelings of deprivation until I hit St. Patrick's day where I took my 1 day of "dispensation" and extended it indefinitely and then gave up - sliding back to the comfort of old patterns. The realization of the harm I was doing to myself and those around me ate me up from the inside out, but could not change the pattern with "will power" as demonstrated by my failed attempt at temporary abstinence mentioned above. A few ago weeks I was on my LinkedIn account where I saw Annie's post asking for feedback on 3 potential choices for a cover for her new book. The post caught my eye and I eventually found my way to her website [thisnakedmind.com](http://thisnakedmind.com). I downloaded her book and "consumed it" (no pun intended) in a day and a half.

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