
Kick The Drink Easily

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KICK THE DRINK EASILY BOOK TESTIMONIAL

Invite to our literary world! Here at our publication, we understand the power of a good **Kick The Drink Easily evaluation**. It can lead you to your next preferred novel, broaden your horizons with a non-fiction masterpiece, and aid you find brand-new authors. That's why we're excited to take you on a trip to discover the remarkable world of **Kick The Drink Easily**

publication
assesses.

DISCOVER NEW BOOKS

As starved visitors, we all understand the sensation of finishing a book and wondering what to read next. This is where Kick The Drink Easily can be found in handy. By reviewing evaluations, we can find our following favored novel or non-fiction masterpiece.

Increasing Your

Horizons

Possibly you have actually never check out a science fiction book before, or you're curious about the current self-help book. Kick The Drink Easily can assist you explore brand-new categories and subjects, expanding your reading horizons.

When looking for reliable evaluation resources, take into consideration trusted book blog sites, publication evaluation websites, and literary magazines. Don't hesitate to read testimonials from multiple sources to obtain a well-rounded understanding of a book.

Choosing the Right Kick The Drink Easily Book

When selecting a brand-new book to check out, it is necessary to choose one that straightens with your rate of interests. Reviewing reviews can assist you identify if a Kick The Drink Easily publication is ideal for you. Try to find evaluations that discuss the story, composing style, and total tone of guide.

And keep in mind, reading is subjective.

Just because a book has radiant evaluations does not mean you will like it, and the other way around. Use reviews as a guide, however ultimately trust your own instincts when picking your next read.

THE IMPORTANCE OF KICK THE DRINK EASILY TESTIMONIALS

When it concerns the globe of books, there's no denying the value of evaluations. In fact, evaluations can make or damage a book's success. As viewers, we rely upon evaluations to help us make a decision whether to invest our money and time in a brand-new book. As authors, reviews offer valuable feedback and can help increase publication sales.

Evaluations likewise play a considerable duty fit the literary world. They can affect reader viewpoints and even affect the overall perception of Kick The Drink Easily book or writer. Favorable evaluations can generate buzz and bring in brand-new readers, while adverse testimonials can prevent prospective visitors and hurt a publication's online reputation.

Therefore, it's vital to share your honest viewpoints through Kick The Drink Easily reviews. Your feedback can aid other readers discover their next favored publication and support writers in their literary trip. So, the next time you complete a publication, take a few mins to write a testimonial and

make your voice listened to on the planet of literary works!

FICTION KICK THE DRINK EASILY TESTIMONIALS

When it involves book testimonials, fiction publications are commonly one of the most commonly gone over and reviewed. From love and enigma to science fiction and fantasy, there are countless styles to pick from. Whether you're a fan of heartwarming romance, thrilling murder enigmas, or mind-bending sci-fi experiences, there's always Kick The Drink Easily publication waiting to astound you.

The Power of Storytelli ng

At the heart of every good fiction Kick The Drink Easily book is a compelling tale. As visitors, we're attracted to characters that encounter challenges, get over barriers, and inevitably, emerge triumphant. We become invested in their lives and on the planet created by the author. The most effective fiction publications transfer us to various times and places, and make us really feel a range of feelings, from love and pleasure to sadness

and concern.

The Significance of Fiction Evaluations of Kick The Drink Easily

Reviews play an essential role in the world of fiction books. They aid visitors choose which Kick The Drink Easily publications to review following and supply valuable feedback to writers. In addition, evaluations can affect book sales and impact

the success of both established and upcoming authors. By sharing your ideas and opinions in an evaluation, you can assist other visitors discover their following preferred book and add to the literary area.

Writing a Fiction Testimonial of Kick The Drink Easily

When composing a fiction publication review, it's important to think about the general framework of your testimonial. Start with a brief recap of

the plot and characters, after that look into your thoughts and opinions. Make certain to concentrate on particular elements of guide that stood apart to you, such as the writing style, character advancement, or story spins. And do not hesitate to share your personal link to the Kick The Drink Easily publication and exactly how it made you really feel.

Remember, your point of view matters worldwide of fiction books. By sharing your thoughts via a review, you can aid various other viewers discover the magic of narration and connect with the outstanding literary neighborhood that exists around the globe.

NON-FICTION REVIEWS

Non-fiction literature offers a riches of understanding and details on various subjects. From bios to history, scientific research to national politics, non-fiction publications can broaden your viewpoint and increase your understanding of the world around you.

Kick The Drink Easily Publication evaluations are particularly vital when it involves non-fiction literary works. They can supply beneficial insights right into the accuracy, dependability, and overall high quality of the information offered in a publication. Evaluations can also help you establish if a book is right for you and if it straightens

with your rate of interests and viewpoints.

When reviewing non-fiction testimonials, make certain to consider the reviewer's credentials and know-how on the subject. Look for evaluations that give certain instances and proof to sustain their cases. It's also a good idea to read testimonials from numerous sources to obtain an all-round understanding of a publication.

The Power of Non- Fiction

Reviews

Non-fiction reviews can have a considerable effect on both the author and the reader. Positive evaluations can raise a publication's visibility and reputation, leading to greater sales and a wider audience. Negative reviews, on the other hand, can give positive objection for the author to improve their writing and research study.

As a visitor, your evaluations can additionally make a distinction. Your responses can aid other visitors make a decision whether or not to check out Kick The Drink Easily, and it can also supply important insights for the writer to think about in future jobs.

So, whether you're a background lover or a self-help enthusiast, non-fiction testimonials can assist you uncover new publications and broaden your knowledge. Embrace the power of publication evaluations and let them direct you on your literary journey.

COMPOSING KICK THE DRINK EASILY BOOK REVIEW

If you're a publication fan, opportunities are you've written a book testimonial prior to. Nevertheless, composing a publication evaluation that is interesting and interesting can be a difficult task. Here are some pointers to help you craft a well-written testimonial:

Framework Your Evaluation

Start with a short introduction that includes the author's name, the title of guide, and the genre. Then, provide a summary of the plot without handing out any type of spoilers. In the main body of your testimonial, discuss the toughness and weaknesses of *Kick The Drink Easily*. Lastly, end with your overall opinion and suggestion.

Express

Your Thoughts and Opinions

Do not hesitate to share your ideas and viewpoints. Allow your readers understand what you liked as and didn't like such as concerning the book. Specify and supply examples to back up your point of view. This adds credibility to your Kick The Drink Easily testimonial and helps readers understand your point of view.

Stay clear

of Kick The Drink Easily Looters

One of the most crucial policies of creating a book testimonial is to prevent spoilers. Do not give away major story factors or the ending of guide. It is very important to let viewers find the tale on their own.

Be Honest and Construct

ive

As a reviewer, your work is to give sincere comments to the writer and possible readers. Be positive in your criticism and give recommendations for improvement. Bear in mind to be respectful and prevent individual attacks.

By adhering to these pointers, you'll be well on your means to writing effective Kick The Drink Easily publication examines that will inform and involve your target market.

BOOK REVIEW COMMUNITIES

If you're a follower of Kick The Drink Easily publication and love to share your ideas and point of views, signing up with book review

communities is a must. These areas are a wonderful means to get in touch with like-minded individuals, uncover new publications, and share your reviews with a bigger target market.

Online Operating systems

Numerous online systems are dedicated to publication testimonials, such as Goodreads, which is just one of the most preferred systems. Goodreads allows you to price and evaluation books, get in touch with other viewers, and join teams to review publications.

One more preferred system is Amazon,

which not just permits you to acquire books however likewise offers an area for viewers to leave reviews. This indicates you can not only see what others think about Kick The Drink Easily publication, yet you can additionally share your very own viewpoints and assist others make informed decisions.

Reserve Clubs

Signing up with a publication club is a fantastic way to expand your analysis horizons and connect with various other book fans. Most publication clubs have on the internet communities where members can review books, leave evaluations, and share

recommendations.

There are likewise numerous Kick The Drink Easily publication clubs that meet face to face, which allows you to connect with individuals in your community and review publications in person. Get in touch with your local library or book shop for book clubs in your location.

In general, publication testimonial communities offer a fantastic method to boost your analysis experience and get in touch with others. So, if you're passionate about Kick The Drink Easily, don't think twice to sign up with these neighborhoods and share your love for literary works!

CONCLUSION:

WELCOME THE KICK THE DRINK EASILY PUBLICATION

TESTIMONIALS

Finally, we wish this article has actually highlighted the significance of book evaluations and exactly how they can help you uncover your next preferred read. From fiction to non-fiction, evaluations give useful feedback to authors and overview viewers in picking the best books based upon their passions.

But it's not practically locating the ideal Kick The Drink Easily book - evaluations develop communities where publication lovers can link and share their ideas and point of views. Joining book review neighborhoods can boost your reading

experience and open your mind to new perspectives.

So, we urge you to accept the magic of Kick The Drink Easily reviews. Whether you're an experienced visitor or just starting your literary journey, testimonials are a powerful tool worldwide of literary works. Your point of view issues, and by sharing your thoughts, you can help form the discussion around books.

We hope this short article has motivated you to discover Kick The Drink Easily, connect with fellow visitors, and compose your very own testimonials. Pleased analysis!

Kick the

Drink...Easily! *Crown House Publishing*

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of

health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

Kick the Drink... Easily! *Crown House Pub Limited*

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for

sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues.

The Sober Diaries

How one woman stopped drinking and started living.
By New York Times Bestseller *Coronet*

BY THE AUTHOR OF
 NEW YORK TIMES

BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a

year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope

with cravings? Will I lose weight? What if my partner still drinks? And many more.

High Sobriety

my year without booze *Scribe Publications*

'I'm the binge-drinking health reporter. During the week, I write about Australia's booze-soaked culture. At the weekends, I write myself off.' Booze had dominated Jill Stark's social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world

awash with booze? This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is 'a year with no mates'. In re-examining her habits, Jill also explores Australia's love affair with alcohol, meeting alcopop-swigging teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that

Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from the six o'clock swill that encouraged bingeing to the tangled weave of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

The Sober Revolution

Calling Time on Wine O'Clock *Headline Accent*

Do you count down the

minutes to wine o'clock? You are not alone. When it comes to alcohol, plenty of people find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and addiction. If you want to take back control and stop being defined by alcohol now is the time to join The Sober Revolution. In this empowering book, addictions counsellor Sarah Turner and life coach Lucy Rocca examine women's relationship with alcohol and offer insight and advice into overcoming this addiction. The Sober Revolution explores the myths behind this socially acceptable yet often destructive habit and, through personal accounts of alcohol abuse and its impacts on relationships,

careers and finances, you are invited to examine your own relationship with alcohol and its impact on your life. Read it now. Regain control and lead a happier, healthier life. Call time on wine o'clock forever. Lucy Rocca is the founder of Soberistas.com, the social networking site for women who have successfully kicked the booze or would like.

Mrs D is Going Without

I used to be a boozy housewife. Now I'm not. This is my book.

Allen & Unwin

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozier to self-respecting sober lady.

Allen Carr's Easy Way to Control Alcohol *Arcturus Publishing*

READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE.

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the

time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Alcohol Lied to Me: The Intelligent Escape from Alcohol Addiction *Lulu Press, Inc*

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead

you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

**Chocolate Busters:
The Easy Way to
Kick It!** *HarperCollins
UK*

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka The JuiceMaster, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all

hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

Stop Drinking Now

Allen Carr's Easyway

A fresh take on the Allen Carr method with all-new text. Includes free hypnotherapy CD. Most drinkers are convinced that it's almost impossible to stop drinking and to free themselves from addiction; they also feel unable to solve any of the widespread problems drinking causes. The wonderful news is that this book shows you how to stop immediately, painlessly and permanently. This book understands drinkers and how they think and, without being judgemental or patronising, takes them through the

process of how to get alcohol out of their lives. Demonstrates how drinkers fall into the trap of drinking, the psychology behind being addicted and how to quit this mug's game once and for all. This book has more compelling evidence than ever before that your addiction to alcohol is much less physical than it is mental. Alcohol is not something your body needs, but something your mind thinks it needs. Stop Drinking Now explains the mental process of addiction and how to reverse that process easily, painlessly and permanently.

The 10-Day Alcohol Detox Plan

Stop Drinking Easily & Safely

WinsPress.com

Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or

going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the bestseller "Alcohol and You: How to Control and Stop Drinking" and "Mindfulness for Alcohol Recovery". Order this book today and find a better way.

How to Go Alcohol Free

100 Tips for a Sober Life Welbeck

Whether you're a diehard drinker or a sometimes sipper, *How to Go Alcohol Free* is here to help you take control and change to a no-alcohol lifestyle, whether you're looking for a short-term breather or a lifelong change. Drinking is on the decline, with more and more people turning away from, rather than to, the bottle. Public health stats show not only that we are drinking less alcohol and binge-drinking less than 10 years ago, but that completely giving up alcohol, or never drinking it in the first place, are becoming more mainstream, too. Many of the people who cut out drinking talk of the financial and wellbeing benefits, from more savings to better sleep. And with

more and more no-alcohol beers and beverages hitting the adult-drinks market, there has never been a better time to give sobriety a go. Packed with simple steps to understanding your alcohol intake and its effects, and offers practical ways to start reducing your units and realising the benefits, *How to Go Alcohol Free* highlights the health concerns around alcohol and helps you to navigate sober social situations. This book will help you plan for, switch to and enjoy a life beyond booze.

7 Day Alcohol Detox

How to Run Your Own Home Alcohol Detox and Quit Drinking Today

Pip Fisher suffered with

alcoholism for most of his adult life. At the height of his drinking he was consuming over 1 liter of Vodka per day. Drinking morning, noon and night to satisfy his habit. Pip did finally achieved sobriety and through this book explains how you can to. Pip has beat his addiction at age 37 and now lives a peaceful life without alcoholism and no longer craves or drinks alcohol anymore. The aim of this book is to help alcoholics, people with alcoholism or alcohol addiction, quit drinking and get their lives back before it's too late. This is all done through your own home alcohol detoxification. Pip does not class himself as an alcoholic. Just as a normal human who was once addicted to

alcohol for 20+ years. In this book he goes over everything you need to prepare to safely run your own home alcohol detox. Alcohol detoxification can be achieved without going to expensive alcohol detox facilities. In this book, Pip himself, once a raging alcoholic, goes into great detail on how to perform your own home alcohol detox and quit drinking forever. This is the way that Pip has helped many clients over the years stop drinking alcohol and get their life's back. Without Religion and without praying to a higher power or thanking god. This book is not religious in anyway. There are many names for alcohol addiction, being an alcoholic or

having alcoholism.. Your body is addicted to the ethanol in the alcohol and it's simply an addiction; granted a very strong one at that. This addiction can be broken. You just need to go through this book step by step and devise yourself a plan that suits you and your surroundings.

Sober Is the New Black

A Then and Now Account of Life Beyond Booze *Createspace Independent Pub*

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing

brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel

realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and

beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story.

Sunshine Warm Sober

Unexpected sober joy that lasts *Octopus Books*

'Exquisite' - Fearne Cotton 'The kind of book that changes lives, and very possibly saves them' - LANCET PSYCHIATRY 'Stone cold sober.' Sounds horrible, doesn't it? Hard, icy. Brrrrr. No bloody ta. However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is

wonky. Sober doesn't feel stony, or cold. Retired wreckhead Catherine Gray, author of surprise bestseller *The Unexpected Joy of Being Sober*, is now in her eighth sober year and has learnt a damn sight more. This hotly anticipated sequel enlists the help of experts and case studies, turning a curious, playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and yourself - in sobriety? Whether you're a dedicated boozehound, flirting with teetotalling, or already sober, this witty, gritty read may just change how you

think about alcohol forever. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - The Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

This Naked Mind

Control Alcohol, Find Freedom, Discover Happiness & Change

Your Life *Penguin*

This *Naked Mind* has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This *Naked Mind* offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and

industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of

science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

Tired of Thinking About Drinking

Take My 100-Day Sober Challenge

The Easy Way to Stop Smoking *Barnes & Noble Publishing*
Presents the Easyway method for quitting smoking, based on a

factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.

**Roll of Thunder,
Hear My Cry** *Penguin*

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

**Allen Carr's Easy
Way to Stop
Smoking** *Arcturus
Publishing*

'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit

smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read....

**Happy Healthy
Sober**

**Ditch the booze and
take control of your
life** *McNidder & Grace*

Happy Healthy Sober will inspire you to look at your relationship with alcohol and encourage you to ditch the booze to live your best life. Have you woken up at 3 a.m. berating yourself for drinking too much? Have you tried ditching the booze without success? In this book, Janey provides a personal, unique and most importantly fun

guide to having a fabulous alcohol free life. She gives you the keys to making sobriety and a healthy lifestyle cool, memorable and tremendously appealing. Happy Healthy Sober is a fantastic resource for an alcohol-free life, Janeys holistic approach allows you to connect to what's important to your mind, heart, body and soul. The first 30 days of sobriety are the most difficult. This book will help you stay on track.

Out of My Mind

Simon and Schuster

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device

that will allow her to speak for the first time.

Nothing Good Can Come from This

Essays *MCD x FSG Originals*

"Nothing Good Can Come from This is a book about generative discomfort, surprising sources of beauty, and the odd, often hilarious, business of being human." —Leslie Jamison, author of *The Empathy Exams* and *The Recovering* Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. *Nothing Good Can Come from This* is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When

Kristi stopped drinking, she started noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, *Nothing Good Can Come from This* introduces a fierce new voice to fans of Sloane Crosley, David

Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an escape hatch.

How I Quit Drinking

And how You Can Too

How I Quit Drinking (and how you can too) is a practical, helpful (and sometimes humorous) guide from an award winner blogger, who ploughed her own sober path and made it through!

The Sobriety Journal

The Easy Way to Stop Drinking: The Effortless Path to Being Happy, Healthy and Motivated Without Alcohol

Alcohol and Guilt-Free

Strategies You'll Love for Happier Hours & a Joy-Filled Life Are you struggling with alcohol dependence or addiction? Would you love to cut back or quit but have no idea what to do or how to begin? Or do you yearn for a fresh start? First things first: start from your heart. Cassandra Gaisford, a health counselor, holistic therapist and the #1 bestselling author of *Stress Less*, *Sexy Sobriety*, *Mid-Life Career Rescue* and *Find Your Passion and Purpose*, (BCA, Dip Psych) provides the ultimate sobriety solution. This guided book leaves you free to create your own bespoke journal tailored to support your needs. Includes, Journal Writing Prompts, Empowering and Inspirational Quotes and Recovery Exercises that can be of use in your daily journal writing, working with your sponsor or use in a recovery group. The passion and purpose-inspired *Sobriety Journal* is the perfect place to begin your love affair. Think *Brand You!* Creating successful change and committing to sobriety is impossible without passion, enthusiasm, zest, inspiration and the deep satisfaction that comes from putting your energy into something healthier that still delivers you some kind of buzz. Very often, an important step is to swap a negative addiction with a new obsession and in this regard, nothing beats following your passion. Passion is a source of

energy from the soul, and when you combine it with doing something that benefits yourself and others, that's where you'll find your magic. Love is the way forward. Meeting peoples' needs, hopes, dreams, and desires; or offering something which helps them solve problems for which they'd love a cure, is good for your soul and will speed your recovery. Cut back or quit drinking entirely without becoming a hermit, being ostracized, or cutting back on an enjoyable social life—all from the comfort of your home. The passion and purpose-inspired Sobriety Journal brims with a range of creative, practical and wonderfully refreshing and healthy strategies to help you stop drinking or reduce alcohol. Not everyone wants or needs to join a support group to adopt a more mindful approach to controlling their alcohol consumption or to deal with their drinking problems. Gaisford provides readers with a carefully curated, inspirational alcohol-free alternatives. "Anyone who needs to be kept on track or inspired to commit to living sober will find genuine help in this refreshingly insightful and solution-focused book." The passion and purpose-inspired Sobriety Journal grew out of Cassandra Gaisford's decades-long work in self-esteem, well-being and success coaching. This book guides you through a variety of different booze-free

alternatives that will make your soul sing and send your dopamine levels soaring. Over time, The Sobriety Journal enables you to more easily make positive choices again and again. The Sobriety Journal is a companion guide to *Sexy Sobriety and Your Beautiful Mind: Control Alcohol, Discover Freedom, Find Happiness and Change Your Life*-integrating neuroscience, cognitive therapy, proven tools, and teachings to help people suffering from alcohol dependence and addiction. The Sobriety Journal easy strategies for happier hours & a joy-filled life will help you achieve your goals-whether that's getting sober or just cutting back-and create positive,

permanent transformational change in your life. Stop drinking now. Kick the drink easily. Swap a negative addiction for a positive, life-enhancing, passion and purpose-driven obsession one. Order your copy today! Bonus: Alcohol-Free Drink Recipes You'll Love!

Almost Alcoholic

Is My (or My Loved One's) Drinking a Problem? *Simon and Schuster*

Determine if your drinking is a problem, develop strategies for curbing your intake, and measure your progress with this practical, engaging guide to taking care of yourself. Every day, millions of people drink a beer or two while

watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating

condition. They provide the tools to identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions about your next steps.

Mindful Drinking

How To Break Up With Alcohol *Orion*

With an easy three-step plan, *Mindful Drinking: How To Break Up With Alcohol* is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN

drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: *The Problem, The Incentive, and The Plan*. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - *Mindful Drinking: How To Break Up With Alcohol* shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about *Mindful Drinking: How to Break Up With*

Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

Good and Cheap

Eat Well on \$4/Day

Workman Publishing

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly

those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook

successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

7 Weeks to Safe Social Drinking

How to Effectively Moderate Your Alcohol Intake

Based on the revolutionary Drink/Link Moderate

Drinking Program, this book teaches drinkers to modify their drinking habits, reduce alcohol consumption and prevent alcoholism on their own at home - no meetings, belief in a higher power or professional help are required! First, you learn five safe-drinking guidelines, then each week you learn clinically-proven behavioral, cognitive, motivational and lifestyle strategies and techniques to stay within those guidelines. Beating alcohol craving, pacing your drinking, mastering the art of social drinking and learning from drinking "mistakes" are all covered. 7 Weeks to Safe Social Drinking is a breakthrough for drinkers, alcohol abuse and healthcare professionals and an

attractive early treatment program to prevent alcohol abuse.

The Case Against Sugar *Anchor*

From the best-selling author of *Why We Get Fat*, a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick. Among Americans, diabetes is more prevalent today than ever; obesity is at epidemic proportions; nearly 10% of children are thought to have nonalcoholic fatty liver disease. And sugar is at the root of these, and other, critical society-wide, health-related problems. With his signature command of both science and

straight talk, Gary Taubes delves into Americans' history with sugar: its uses as a preservative, as an additive in cigarettes, the contemporary overuse of high-fructose corn syrup. He explains what research has shown about our addiction to sweets. He clarifies the arguments against sugar, corrects misconceptions about the relationship between sugar and weight loss; and provides the perspective necessary to make informed decisions about sugar as individuals and as a society.

Alcoholics Anonymous

**The Story of How
More Than One
Hundred Men Have
Recovered from**

Alcoholism

Euphoric

**Ditch Alcohol and
Gain a Happier,
More Confident You**
Harper Horizon

Euphoric is your 8-week plan for an alcohol-free lifestyle that can lead to more happiness, well-being, and self-love. It's the modern woman's guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want--along with the audacity to go after it. Imagine a program that makes the benefits of "Dry January" last all year. That's Euphoric! Alcohol is everywhere in our society, and it's hard to resist. The pressures to fit in and have "just one drink"--that turns into several--

whether at a party or on a casual Friday night, can lead to an imbalanced life that's plagued with unhealthy habits, low self-esteem, and decreased productivity. How can you change your relationship with alcohol without feeling deprived or like a social outcast? First, decide you want a change and then pick up Euphoric, from certified alcohol-free life coach Karolina Rzadkowolska. Karolina has helped thousands of casual drinkers transform their relationship with alcohol, including herself. In Euphoric, she shares a proven strategy to make alcohol insignificant in your life. In just eight weeks, you can ditch alcohol and learn how to: Create a natural

buzz that alcohol can only mimic Be fully present with your kids, partner, and friends Feel more energized, look better, and live healthier Enjoy the best sleep of your life Have fun in any social situation, without drinking Accomplish goals with your newfound drive Become confident to chase your biggest dreams Euphoric presents an 8-week, easy-to-customize plan for anyone who wants to transform their relationship with alcohol and experience the life-changing benefits that happen when you take a break from booze to focus the health of your mind, body, and soul. Here's the plan! Week 1: Examine and Dismantle Limiting Beliefs Week 2: Let Go

of Shame Week 3: Step into Your Best Health Week 4: Navigate Your Social Life Week 5: Get Mindful and Embody Self-Love Week 6: Find Pure and Utter Happiness Week 7: Create Your Dream Life Week 8: Step into Your Purpose Reclaim yourself and rejuvenate your life, as you make alcohol irrelevant and get motivated to claim a new lifestyle clearly focused on your goals, priority, and values.

Not Drinking Tonight

A Guide to Creating a Sober Life You Love *Hachette Go*

In this honest discussion of mental health, the founder of Therapy for Women explores our reasons for drinking alcohol—and the

benefits of taking a break. When “retired party girl” and popular therapist Amanda White admitted she was an alcoholic, it wasn’t because she’d done something outrageous while under the influence, like land herself in jail or get married in Vegas. It was because she realized three things: 1. Alcohol was making her life worse. 2. Moderation wasn’t helping. 3. She could not be a therapist if she continued to use alcohol to numb her life. Something needed to change—not just her relationship with alcohol, but her relationship with herself. Choosing not to drink can be daunting. It’s everywhere in our culture, our socializing, and our destressing.

And it can seem black or white: you drink, or you don't (and if you don't, people ask why). That's where *Not Drinking Tonight* comes in. Judgement-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: Find out why you drink. Whether it's a glass of wine after work or a weekly bar crawl, your drinking habits can be the result of everything from biology to trauma. Heal your relationship with alcohol. Understand how your relationships have been affecting your life, and learn how to set boundaries and create true self care. Build the sober life you love. Learn what comes next—how to maintain your social life, navigate sex and

relationships, and love yourself. *Not Drinking Tonight* isn't a program to stop drinking. It's the first book to help you address the root issues that cause you to reach for a drink, and create a life you love—one that is not perfect, but is messy and real and one you are fully present for.

Sober Curious

**The Blissful Sleep,
Greater Focus,
Limitless Presence,
and Deep
Connection Awaiting
Us All on the Other
Side of Alcohol**
HarperCollins

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all,

we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on

research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

Blackout

Remembering the Things I Drank to Forget *Grand Central Publishing*

A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and

dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining

her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, BLACKOUT is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. *Includes Reading Group Guide*

Limitless

Upgrade Your Brain,

**Learn Anything
Faster, and Unlock
Your Exceptional
Life** *Hay House, Inc*

An instant New York Times bestseller and #1 Wall Street Journal bestseller. JIM KWIK, the world's #1 brain coach, has written the owner's manual for mental expansion and brain fitness. Limitless gives people the ability to accomplish more--more productivity, more transformation, more personal success and business achievement--by changing their Mindset, Motivation, and Methods. These "3 M's" live in the pages of Limitless along with practical techniques that unlock the superpowers of your brain and change your habits. For over 25 years, Jim Kwik has worked closely with

successful men and women who are at the top in their fields as actors, athletes, CEOs, and business leaders from all walks of life to unlock their true potential. In this groundbreaking book, he reveals the science-based practices and field-tested tips to accelerate self learning, communication, memory, focus, recall, and speed reading, to create fast, hard results. Learn how to: FLIP YOUR MINDSET Your brain is like a supercomputer and your thoughts program it to run. That's why the Kwik Brain process starts with unmasking assumptions, habits, and procrastinations that stifle you, redrawing the borders and boundaries of what you think is possible. It

teaches you how to identify what you want in every aspect of your life, so you can move from negative thinking to positive possibilities.

IGNITE YOUR MOTIVATION

Uncovering what motivates you is the key that opens up limitless mental capacity. This is where Passion + Purpose + Energy meet to move you closer to your goals, while staying focused and clear. Your personal excitement will be sustainable with self-renewing inspirations. Your mind starts strong, stays strong, and drives further exponentially faster. MASTER THE METHOD We've applied the latest neuroscience for accelerated learning. Our process, programs, podcasts, and products unleash

your brain's own superpowers. Finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time, and master new skills with ease. These are just a few of the life-changing self-help benefits. With Kwik Brain, you'll get brain-fit and level-up your mental performance. With the best Mindset, Motivation and Method, your powers become truly limitless.

The Recovering

Intoxication and Its Aftermath *Little, Brown*

INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment

Weekly (A) "Riveting . . . Beautifully told." -- Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting grace." -- Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance

dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience—the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as

Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

We Are the Luckiest

The Surprising Magic of a Sober Life

New World Library

"*We Are the Luckiest* is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of *Love Warrior: A Memoir* What could possibly be "lucky"

about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-

talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

The Easy Way for Women to Stop Drinking *Arcturus Publishing*

READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In *The Easy Way for Women to Stop Drinking*, Allen Carr's Easyway method

has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties- and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that

instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Caffeine for the Sustainment of Mental Task Performance

Formulations for Military Operations

National Academies Press

This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of

recent scientific literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided.