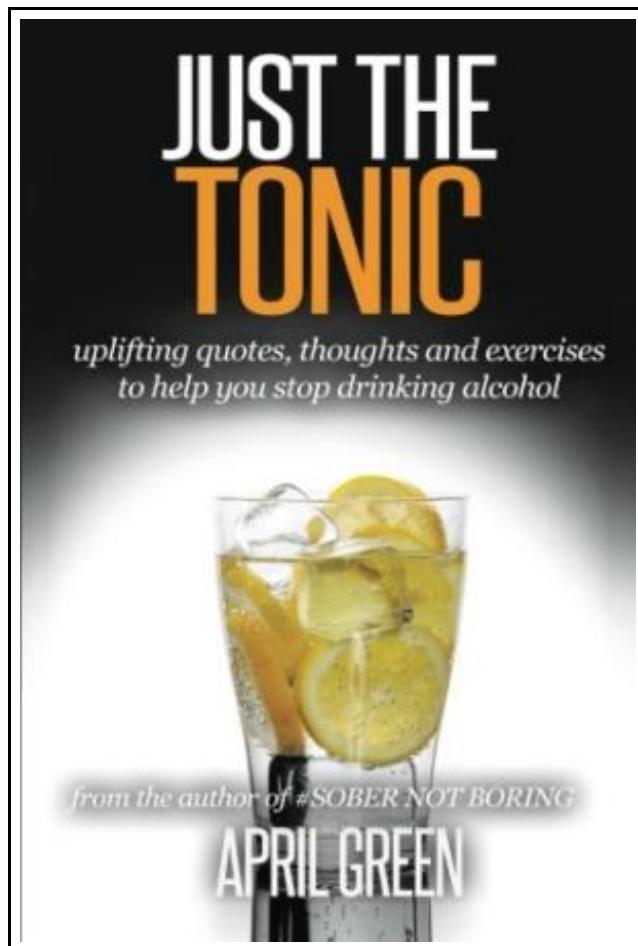


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Reviews

It is one of the best books. Indeed, it really is a play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Sofia Yundt)

JUST THE TONIC: UPLIFTING QUOTES, THOUGHTS AND EXERCISES TO HELP YOU STOP DRINKING ALCOHOL

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When April Green finally found the secret formula for quitting alcohol, an unbelievable transformation of mind, body and soul took place in a short space of time and still continues in abundance to this day. In just three days, the physical addiction to alcohol had left her body; in just three weeks, the depression started to lift; and in just three months her physical and mental transformation was so powerful that she had no desire to ever look back. In JUST THE TONIC, April shares the techniques she used to stop drinking alcohol and more importantly, the strategies she still uses to ensure she never goes back!.

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