



# The 30-Day Sobriety Solution: How to Cut Back or Quit Drinking in the Privacy of Your Own Home

*Jack Canfield, Dave Andrews*

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Jack Canfield, the #1 *New York Times* bestselling author of the Chicken Soup for the Soul® franchise and coauthor of *The Success Principles*, and Dave Andrews, a recovery expert, join forces to present a “sensitively written yet no-nonsense guide” (*Publishers Weekly*, starred review) to help you cut back or quit drinking entirely—in the privacy of your own home.

“For readers who sincerely want to stop drinking, the lessons in this book will pave the way.”—*Library Journal*

“Not everyone wants to join a support group to deal with their drinking problems. With that in mind...Canfield and Andrews carefully guide readers through a series of daily ‘solutions,’ which include psychological insights, personal accounts (some from celebrities), and honest appraisal...Anyone who needs to be kept on track or inspired will find genuine help in this honest, insightful book.”—*Booklist*

*The 30-Day Sobriety Solution* grew out of Jack Canfield’s decades-long work in self-esteem and success training. Its principles were carefully developed into a program by Dave Andrews and tested by thousands whose inspiring stories of recovery are shared throughout the book. Organized into five phases that span 30-day periods, this book and its free companion website, [The30DaySolution.com](http://The30DaySolution.com), guide you through each day with practical exercises that, over time, allow you to more easily make positive choices again and again.

Integrating neuroscience, cognitive therapy, proven tools, and teachings, *The 30-Day Sobriety Solution’s* daily program will help you achieve your goals—whether that’s getting sober or just cutting back—and create positive, permanent change in your life.

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