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This Naked Mind will
give you freedom from
alcohol. It removes the
psychological
dependence so that

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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.

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...

That's why the 30-day

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This Naked Mind
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Alcohol Experiment
was born -- to help you
see, for free, how
powerful your mind can
be, and how little
control alcohol really
has over us. When you
understand the
principles I teach you
in The Alcohol
Experiment and make
the perspective shifts,
you will be free from
your struggle with
alcohol, feel healthier,
look ...

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This is a positive, non-judgmental community aimed at providing discussion, education,

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empowerment and support for anyone who wants to take a closer look at the role of alcohol in their lives. We aim to discuss this important topic openly, honestly

This Naked Mind Control Alcohol

A mind that comes back together in its intention around alcohol. This Naked Mind is a path to

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freedom from alcohol delivered through a bestselling book and revolutionary audio program. A mind that no longer is at war with itself - agonizing about the decision to drink or not to drink.

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The Naked Mind is a fabulous guide for anyone questioning

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their use of alcohol.” “I am absolutely confident that this book will change your view of alcohol forever.

Volume 1
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Control Alcohol by
Annie Grace**

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offers. 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

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“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.” —Buddha”
— Annie Grace, This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

How to Control Alcohol - This Naked Mind

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book. The first edition
of the novel was
published in October
12th 2015, and was
written by Annie Grace.
The book was
published in multiple
languages including
English, consists of 271
pages and is available
in Kindle Edition
format.

Join The Alcohol

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Experiment Free!

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.

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This Naked Mind: Control Alcohol: Find Freedom, Discover Happiness

How to regain control in your relationship with alcohol and find true peace -- whether you stop drinking completely, or decide to just drink on occasion. How your desire is in your unconscious mind, and why most techniques and strategies to

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address it only focus
on your conscious
mind... and fail trying.

This Naked Mind Book - This Naked Mind

Annie Grace authored;
"This Naked Mind:
Control Alcohol, Find
Freedom, Discover
Happiness And Change
Your Life." Her book
reprograms your
unconscious allowing
you to break free from
alcohol. Countless

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hours of research went into the writing of the book – it breaks down how alcohol changes us both physically and mentally.

**This Naked Mind:
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...

This Naked Mind is essentially aimed at persuading those who feel alcohol may be an issue in their lives to give up the demon

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drink for good. I've
been a fairly heavy
drinker for I'm not a big
reader of non-fiction as
I read far too much
serious stuff at work
and like to escape with
novels.

**About Annie Grace
Founder of This
Naked Mind**

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give you freedom from
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psychological
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