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The One Year No Beer Challenge -  
Try One of Our Alcohol ...

Almost no-one went into this challenge thinking they were giving up forever. Most went in thinking 28, 90 or even 356 days. But 87% of our members choose to carry on alcohol-free after 90 days.

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Yes, you can give up the booze - here's how to do it in 28 ...

28 Day Alcohol Rehab (FCR) Inpatient treatment is a rehab option for people struggling with drug or alcohol addictions. Inpatient treatment centers typically include clinical

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guidance and supervision and a variety of step-down programs that clients can transition into after completing medical detox.

The 28 Day Alcohol Free  
28 Benefits of Going Alcohol-Free for

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28 Days Many studies have shown that going alcohol-free for a month has positive impacts on one ' s physical and mental health. To help you get in the loop and take part in the 28 Days Sober Challenge, we ' ve listed 28 benefits you could reap from going alcohol-free. 1 – Weight loss.

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28 Day Alcohol Rehab -

[drugtreatmentcenter.us.org](http://drugtreatmentcenter.us.org)

28 Day Program Alcohol Rehab (FCR)

Inpatient treatment is a rehab option for people struggling with drug or alcohol addictions. Inpatient treatment centers typically include

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clients can transition into after  
completing medical detox.

The One Year No Beer Challenge  
10 Benefits of stopping drinking  
alcohol for 30 days Taking a break

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from drinking alcohol can bring many benefits and some of them are quite surprising. No one needs to be a saint and, in fact, the moderate consumption of alcohol can actually be good for you, but giving your body a complete break from alcohol can do it a lot of good too.

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28 Days Greater: A Part Time  
Alcoholic ' s Experiment In ...

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up forever. Most went in thinking 28,  
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free after 90 days.

## 10 BENEFITS OF STOPPING DRINKING ALCOHOL FOR 30 DAYS

Going booze-free? The effects of a month without alcohol ... Day 1. No change that I can detect at present. But then I did go out last night, must

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have had about 10 units, ...

The Benefits of Being Alcohol-Free for  
28 days ! - Mr ...

An illustrated day-by-day guide  
packed with inspiration and practical  
help, The 28 Day Alcohol-Free  
Challenge is the only book you need

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to reset your drinking habits and  
discover a hangover-free world of  
quality time to achieve your goals.

The 28 Day Alcohol-Free Challenge:  
Andy Ramage, Ruari ...  
The 30 Day No Alcohol Challenge  
turned out to be more than enough



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for us to reset and create new habits for ourselves. It ' s given us a new perspective on how alcohol fits into our lives. And making that commitment to spend money to join the program made a big difference for me.

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28 Day Alcohol-Free Challenge Book -  
OYNB Store

In The 28 Day Alcohol-Free Challenge, Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one' and, most

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importantly, how to make the most of the health benefits of going sober.

The 28 Day Alcohol Free Challenge :  
stopdrinking  
An illustrated day-by-day guide  
packed with inspiration and practical  
help, The 28 Day Alcohol-Free

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Challenge is the only book you need  
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The 28 Day Alcohol-Free Challenge by  
Andy Ramage  
28 Days Greater: A Part Time

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Alcoholic 's Experiment In Sobriety.

6. All of these things mean I now have a healthier relationship with alcohol. I no longer feel compelled to drink every day out of habit. I used to crave a glass of wine the moment I walked through the door, but now, I actually enjoy my alcohol free days.

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Are You Ready For The 30 Day No  
Alcohol Challenge?

Description An illustrated day-by-day  
guide packed with inspiration and  
practical help, The 28 Day Alcohol-  
Free Challenge is the only book you  
need to reset your drinking habits and

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discover a hangover-free world of  
quality time to achieve your goals.

The 28 Day Alcohol-Free Challenge:  
Sleep Better, Lose ...  
The Benefits of Being Alcohol-Free for  
28 days ! The Benefits of Being  
Alcohol-Free for 28 days ! Moderate

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drinking is considered necessary by many and it is even encouraged by doctors and medical professionals. It is totally acceptable to treat yourself to a glass of wine after a hard and busy day or enjoy a glass or two after a delicious meal.



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## 28 Benefits of Going Alcohol-Free for 28 Days - Portage

An illustrated day-by-day guide packed with inspiration and practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world of

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quality time to achieve your goals.

28 Day Program Alcohol Rehab -  
[drugtreatmentcenter.us.org](http://drugtreatmentcenter.us.org)

The 28 Day Alcohol Free Challenge is  
designed to inspire you to look  
carefully at how you drink, why you  
drink, when and where, for a more

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productive, healthy and happier lifestyle. Andy Ramage and Ruari Fairbairns started their website One Year No Beer to connect with a community of people that, for a variety of reasons, no longer wanted to deal with the adverse effects of drinking alcohol.

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One Year No Beer | Transform Your  
Relationship With Alcohol

These fabulous tips from new book  
The 28 Day Alcohol-Free Challenge by  
Andy Ramage and Ruari Fairbairns  
could help you to kick the habit this  
month – or even longer! At the end

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of this challenge, ...  
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The 28 Day Alcohol-Free Challenge  
(Audiobook) by Andy ...

Discover why One Year No Beer is the  
leading habit changing programme  
with a 95% success rate\*. Free Video  
Series – The 4 Most Effective

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Mindset Hacks Get Immediate Access  
To A Free Video Guide Showing You  
The Most Effective Mindset Tricks To  
Effortlessly Conquer Your  
Relationship With Alcohol!

The 28 Day Alcohol-Free Challenge:  
Sleep Better, Lose ...

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The 28 Day Alcohol-Free Challenge:  
Sleep Better, Lose Weight, Boost  
Energy, Beat Anxiety - Kindle edition  
by Andy Ramage, Ruari Fairbairns.  
Download it once and read it on your  
Kindle device, PC, phones or tablets.  
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taking and highlighting while reading

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The 28 Day Alcohol-Free Challenge:  
Sleep Better, Lose Weight, Boost  
Energy, Beat Anxiety.

Going booze-free? The effects of a  
month without alcohol ...

The 28 Day Alcohol Free Challenge.  
Good evening from Ireland everyone.



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I ' m on my third day in (after many, many years of drinking far, far too much). I was finding today a struggle, but while I was in a bookshop in Belfast today, ' The 28 Day Alcohol Free Challenge ' was the first book I saw.

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