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do to distract you. Go see a movie, go shopping, take a walk, go to the gym, etc.

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Choose alcohol-free days. Decide not to drink a day or two each week. You may want to abstain for a week or a month to

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number of programmes which will enable you to stop drinking easily, painlessly and without the need for willpower. It's been described as 'a real drinker's way to quit'. Easyway doesn't focus on the downsides of drinking - drinkers know all about those already.

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