



## How to go dry this January (and make it stick): Cut down, stop for a bit, quit or stick

*Laura Willoughby, Jussi Tolvi*

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Taking a month or longer off drinking can sometimes be hard. Packed with useful hints and tips, this book takes you through everything you need to successfully take a month off drinking and change your relationship with alcohol. At the end we will help you reflect on the next steps from what you have discovered.

The book covers planning your month off alcohol, beating cravings, keeping momentum, how to go out and socialise, and how to make your dry and sober month stick; whether January or any other month.

Written by Club Soda founder Laura Willoughby, drawing on her personal experience of quitting drinking, and those of Club Soda members and experts. Whether your goal in the long term is to moderate or quit completely, this book gives you the advice and tools you need.



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