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drinking before without enough support and have been unsuccessful

Tired of Thinking About Drinking  
Knowing that every person who wants to live a sober life has the same thoughts, knotted pit of the

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stomach feelings and constant exhaustion of being tired of thinking about drinking. What an amazing insight with brilliant tips on how to slowly silence wolfie!!

Tired of Thinking About Drinking:  
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Great read if you are also tired of all the rules you are setting around your drinking;) Love this authors sense of humor and the way she addresses the over thinking of wanting to cut back in alcohol consumptions and the attempts to moderate. Some

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quotes that stuck out to me: I am definitely drinking too much. I should face that.

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And tired of thinking about  
drinking For thinking of drinking

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While thinking about drinking And thinking about drinking. Tired of loving, recovering Loving, recovering Loving, recovering Loving, recovering It's a man-sized inside It's a man-sized inside. Inside Inside Inside Inside Inside Inside Inside



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Tragically Hip - Eldorado Lyrics |  
MetroLyrics

You have tried moderating.  
You've tried drinking less. You've  
made rules for yourself (only on  
weekends, never more than two).  
One thing you maybe haven't

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tried is to do this booze-free thing with support.. For me, the voice in my head was too loud and I needed someone to tell me it'd get better (it does) and that what I was going through was normal (it is).

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Closed - Tired of Thinking About Drinking

You have tried moderating.

You've tried drinking less. You've made rules for yourself (only on weekends, never more than two).

One thing you maybe haven't tried is to do this booze-free thing

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with support.. For me, the voice in my head was too loud and I needed someone to tell me it'd get better (it does) and that what I was going through was normal (it is).

Sober Jumpstart - Tired of

*Page 20/27*

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Thinking About Drinking

My name is Belle. I don't drink any more. I have a sober blog (tired of thinking about drinking).

I've been penpals with (no kidding) 3100+ people. Each person wanted to be sober. In these short one-minute audios, I

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share ideas and tips and inspiration and smart-mouth language. These audios get insi...

Belle's One Minute Messages | Sober Talk | Recovery ...

Then I found one — called Tired of Thinking About Drinking, by a

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blogger who went by "Belle" — that really hit home. I e-mailed Belle; she wrote back and said to contact her whenever I needed to.

How to Stop Drinking - Tips to Overcome Alcohol Addiction

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27 thoughts on “Day 3: Tired of Thinking and Tired of Drinking ”  
Lamar Washington on September 6, 2016 at 6:32 pm said: Keep coming back. Like Liked by 1 person.

Day 3: Tired of Thinking and Tired



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If you think about drinking a lot- if you make rules for yourself about how much and how often you'll drink. If you wake up more often than you want with a headache and a hangover (on a Wednesday!), this book is for you.

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7K likes. Booze feeds a noise in our heads. My goal was to get that noise to stop.

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