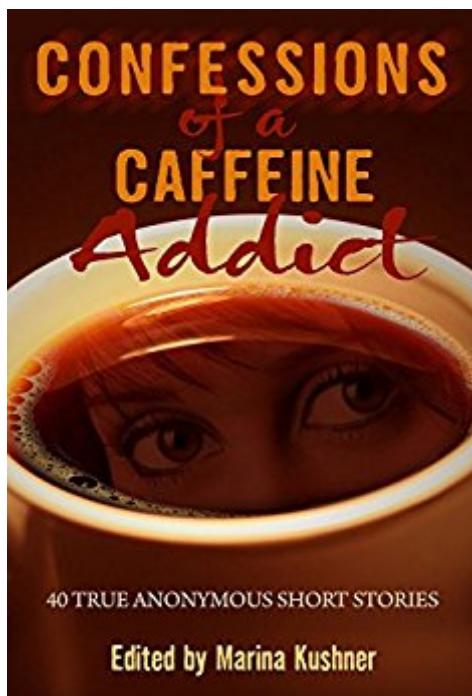


The book was found

Confessions Of A Caffeine Addict: 40 True Anonymous Short Stories



Synopsis

Learn How To Deal With Caffeine Addiction By Following The Footsteps Of Other Caffeine Addicts

Are you suffering from caffeine addiction? Don't worry; you are not alone! Thousands of people all over the world are facing the same problem like you. And some of these courageous individuals have decided to share with you their own struggles and experiences from caffeine addiction. If you don't know how to deal with caffeine addiction, then this book will open your eyes and broaden your horizons on the subject. After you read it, you will feel like 10 more people are next to you, helping you and supporting you. In case you can't find someone who can truly understand your addiction, then this book of caffeine addiction stories will be your next favorite friend.

Here Is A Short Preview Of What You Will Read In This Life Changing Book:

- Several confessions of real people who have been addicted to caffeine.
- You will learn how they dealt with caffeine addiction and if they were able to overcome it.
- How caffeine addiction has impacted their lives.
- All stories come from within. What you will read, is the brain, heart and soul of the people who are sharing their personal stories with you.
- How to make more informed decisions when it comes to caffeine addiction and take actions that will make a difference in your life.

This is the ONLY book in the market that provides first hand experience of caffeine addiction. When you read it, you will feel like you are constantly in an anonymous caffeine meeting with several people supporting you and watching your back. No time to read? No worries! You can still listen to the super convenient audio version during your workouts or when you are driving to work. Don't Miss This Chance! ***DOWNLOAD YOUR COPY TODAY***

Book Information

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Customer Reviews

I never thought that I had a problem. I mean you read about every kind of addict, alcohol, drugs, sex, etc.... I used to flip through various magazines reading about these accounts of people who suffered from addiction. How they lost everything, family friends, jobs... I'd read these stories all the while sipping my morning coffee, and think about how glad I was to be so grounded in society. By my fifth cup of morning coffee I'd have read the entire magazine finished. In the end I won. I gave up coffee and cigarettes. But it was easy. It took the help of everyone around me. I had to be honest with myself about the addiction. I started to research caffeine addiction to understand how it works. I started to read up on what caffeine was doing to my body and my mind. I gave myself reasonable benchmarks. For the first month I could have three solid cups a day, one after each meal. I decided on after opposed to before because I didn't want to suppress my appetite. And when I wanted more I either drank water or went for a bike ride. Sometimes I did both. By Month two I had cut out the after dinner coffee. That was hard. I had to switch to caffeine free herbal tea. And lots of water. But very slowly I started to get my energy back, and feel in control of my life again. Coffee slowly became something that I could control opposed to something that controlled me. What I really had to examine was my emotional dependency on the drug. I had started drinking coffee at a point of weakness in my life and had grown to rely on it as a crutch. Having discovered this I needed to come up with an alternative method for dealing with my stress. I thought about my mom and Mrs. Anderson. They had both helped me out through two critical points in my life. Coffee both began and ended with that.

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