



SOURCES ACCOMPANYING
AUDIO BOOK VERSION

WALKING BACK TO
HAPPINESS
THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING

NIGEL JONES

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The book is the personal experience of the author. It is not intended as a substitute for professional assistance but describes the author's journey as well as learnings from that journey on stopping the consumption of alcohol for one year and beyond. While the author has used reasonable endeavours to ensure the information contained in the book is accurate and as up to date as possible at the time of publication, medical and well-being knowledge is constantly changing. It is therefore recommended that readers consult a qualified medical and / or professional specialist for individual advice. This book should not be used as an alternative to seeking medical or other professional advice concerning alcohol, habits, addiction or any of the topics covered herein, which should be sought before any action is taken as a result of reading this book. The author and publisher cannot be held responsible for any actions that may be taken by a reader as a result of any reliance on the information contained in the book, which is taken entirely at the reader's own risk.

DEDICATION

To my mum, Lucy, a true Stoic and the strongest, most determined person I know.

To my wife, Heather, and children, Liberty, Verity and Leo. You are my world.

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One Year No Beer



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