



TABLES 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.

To my father-in-law, Michael Stewart, for your wise words and attention to detail.

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CHAPTER 3 - THE HABIT LOOP

The first part or the cue, sometimes called the reminder, is the trigger that kicks off the habitual behaviour. Cues take the brain into a form of cruise control that prompts routine behaviours, or habits, that vary widely. They can take a lot of different forms and fall into several categories. The cues that triggered my habit of alcohol consumption were:

TYPE OF TRIGGER	SPECIFIC TRIGGERS/CUES
Location	The village pub, restaurants, cinema, train stations, trains, airports, planes
Time	6pm weekdays, lunchtime weekends, end of working day
Current Emotional State	Stressed, anxious, happy, celebratory
People Around Me	Work colleagues, clients, friends
My Last Action	After playing golf or playing any sport, after a long drive in the car

STEPS YOU CAN TAKE

STEP 1 - GET TRIGGER HAPPY

Write down all the triggers and cues that made you crave that first drink, just like I did.

TYPE OF TRIGGER	LIST YOUR SPECIFIC TRIGGERS/CUES
Location	
Time	
Current Emotional State	
People Around Me	
My Last Action	

CHAPTER 5 - CURIOSITY SAVED THIS CAT - ALCOHOL FACTS

WHAT DOES ALCOHOL DO TO YOUR BODY?

What does it really do? Here are just a few of the bad things:

ANXIETY & DEPRESSION	It depresses the central nervous system. It sedates you. Feeling of not being present. Worrying about the future or fretting over the past. Daytime sleepiness, depression, low performance. Suicidal thoughts.
HEALTH	Liver failure, diabetes, obesity, heart disease and cancer. To name a few.
SLEEP	Alcohol leads to real sleep problems including waking up in the middle of the night to go the loo. Not being able to go back to sleep because of the anxiety it induces. Less Rapid Eye Movement (REM) sleep – this is when the deepest stage of sleep occurs. Nightmares, leading to a restless night.
SWEATS	It makes you sweat.
JUDGEMENT	It affects judgement – drinkers become more accident-prone and have less mental alertness.
HANGOVERS	It leads to physical and mental fatigue, ruining the next day.
REGRET	Causes regret over so many things done while under its influence, from over-eating mindlessly to ruined relationships.
LOW SELF-WORTH	Alcohol can lead to a feeling of low self-worth. Lots of shame and self-loathing over, for example, not setting a good example to your children. Also a feeling of failure and guilt that you have let yourself and loved ones down.
CIRCADIAN RHYTHM	As the sedative effect wears off, alcohol consumption can interfere with your circadian rhythm, the internal master clock in your brain. It helps sync your body's functions and activities. The CR is a 24-hour cycle that includes physiological and behavioural rhythms, including sleeping, appetite, body temperature, alertness and reaction times.
BEHAVIOUR CHANGE	Alcohol can result in aggressive, abusive behaviour.

CHAPTER 6 - HOW SAUCY ARE YOU?

HOW SAUCY ARE YOU? TEST: CLASSIFICATION

OCCASIONAL DRINKER	LIGHT REGULAR DRINKER	REGULAR DRINKER	SERIOUS DRINKER	HEAVY DRINKER
1-20%	21-40%	41-60%	61-80%	81-100%

HOW SAUCY ARE YOU? TEST QUESTIONNAIRE

Score each question between 0 and 10. For example, score yourself as follows:

- never/no time - 0
- very little time - 1 or 2
- a small amount of time - 3 or 4
- an average amount of time - 5 or 6
- a lot of the time - 7 or 8
- all or most of the time - 9 or 10

Questions	Your Score 0-10
How often do you crave alcohol?	
How often do you consume alcohol and spend time recovering from its aftermath?	
Do you have difficulties controlling how often you drink?	
Do you give up activities to drink instead?	
Do you drink to feel 'normal'?	
When you drink alcohol, do you become angry?	
When you drink alcohol, does your judgement become clouded?	
When you drink alcohol, do you experience memory loss?	
When you drink alcohol, does it interfere with fulfilling regular life obligations?	
When you drink alcohol, do you damage your relationships and social interactions?	
SCORE*	-- / 100

*Percentage your relationship with alcohol is potentially 'out of control'.

CHAPTER 6 - HOW SAUCY ARE YOU?

TYPES OF DRINKER

TYPES OF DRINKER	DEPENDENCY	CORE ATTRIBUTE
BAR FLY	Possibly	Tends to drink alone at the bar. Keen to have small talk with bar staff and other drinkers. Gives the impression to the outside world that they are a moderate drinker.
BINGE DRINKER	Highly Likely	Normally a weekend Friday/Saturday night boozer. Can really put it away, up to the four bottles of wine or 15+ pints but they really pay for it the next day with a 'mother' of hangovers.
DRINKER'S DRINKER	Highly Likely	Always laughing. Always getting the drinks in. Guaranteed to be at all drinking occasions. Likely to be an organiser making sure everyone comes along to the party and everything they organise is based around booze. Makes sure everyone has a drink. They never have an empty glass.
HOME DRINKER	Highly Likely	Do most of their drinking at home. Or, after a few drinks in the pub, will end up drinking a bottle of wine at home - maybe more. Ends the night with a nightcap.
OCCASIONAL DRINKER	No	This person really can take it or leave it. At one extreme, there is the Very Light Occasional Drinker who might have a drink three or four times a year - maybe a glass of wine or champagne at Christmas, maybe at a wedding. You can count on one hand the times they drink during a year. They hardly ever get drunk and if they do, it's after two or three drinks. At the other end of the spectrum, the Occasional Drinker may drink a few times each month and very rarely loses control. By their nature, they are not regular drinkers.
PACK DRINKER	Possibly	This drinker rarely drinks alone and feels at home when drinking with a group of people.
PROBLEM DRINKER	Yes	They realise that their drinking is a problem. They really don't know how to deal with it. Everything in their life is based on alcohol. All roads lead to alcohol - friends, bar in their home, etc. Some want to quit but don't know how to or are worried of failing as they think it will be too hard.
PROSECCO DRINKER	Possibly	Normally drink in groups but are also known to put a bottle away while watching TV or talking to friends on the phone.
THE QUITTER	Highly Likely	Is normally a Problem Drinker who wants to stop forever or have more control over their relationship with alcohol and become just an Occasional Drinker.
SECRET DRINKER	Highly Likely	Drinks at home a lot. People close to them don't know the full extent of the problem. Happy to drink alone.
TEENAGE DRINKER	No, but could easily become	Drinking is a rite of passage. They're saying to everybody else - I'm an adult; I'm grown-up; I'm living on my own; I'm drinking like the adults did when I lived at home. They've learnt from advertisements, movies, their parents, that alcohol is part of growing up. Likely to have a drink on their 18 th birthday. Under 18, will probably try to get into pubs pretending they're older. Their parents or guardians may even buy them a drink when they're 16/17 sitting in a beer garden. They don't really care about the physical and mental effects because they're young, their bodies are stronger, and it doesn't affect them as much as it would an older person. If they have a hangover, they can cope with it.
WEEKEND ONLY	Possibly	This type is a form of Binge Drinker.

CHAPTER 7 - ALCOHOLOMETER - HOW MUCH PURE ALCOHOL DO YOU DRINK?

	BEER	WINE	SPIRITS
AMOUNT CONSUMED	20 pints per week for a year	1 x 75cl bottle of wine every night	2 x double nightcaps a night
ABV	5% ABV	12.5% ABV	40% ABV
AMOUNT OF PURE ALCOHOL CONSUMED IN A YEAR	29.54 litres	34.21 litres	14.56 litres

Drink Type	Weekly	No. of Weekly Units	Annual Equivalent Volume	Annual Equivalent Pure Alcohol
Beer (4% ABV)	6 x Pints (568ml)	13.6	312 x 568ml Pints x 4%	7.01 litres
Beer (5% ABV)	8 x Bottles (330ml)	13.2	416 x 330ml Bottles x 5%	6.86 litres
Cider (4.5% ABV)	5 x Pints (568ml)	12.8	260 x 568ml Pints x 4.5%	6.65 litres
Wine (13% ABV)	6 x Glasses (175ml)	13.7	312 x 175ml Glasses x 13%	7.01 litres
Champagne (12% ABV)	9 x Glasses (125ml)	13.5	468 x 125ml Glasses x 12%	7.02 litres
Spirits (40% ABV)	7 x Glasses (50ml)	14	26 x 700ml Bottles x 40%	7.28 litres

CHAPTER 8 - GET WISE ABOUT YOUR WHYS

TYPES OF GOAL

I focussed on types of goal. This is a great way to get a plan down on paper. You'll be surprised what can fall out of this and quickly become a reality.

MY GOAL TYPES	MY GOALS OR MY PROJECTS	TIMING
Physical Well-being	Walk 9km every day before 9am Walk a marathon distance non-stop	Daily 1 Year
Mental Well-being	Meditate for 15 minutes a day	Daily
Academic	Study for a diploma in coaching and join a coaching industry body Write a book on my alcohol-free journey Read a wide range of philosophy and psychology books	1 Year 1 Year 5 Years
Adventure	Drive around the UK coastline doing 60 x 9km walks over a 4-month period	2 Years
Creative Challenges	Learn to play the piano to a good standard Take an advanced guitar course	2 Years 1 Year
Relationships	Do a hobby with my wife - walking Spend more time with my (grown up) children Spend more time with my mother finding out more about her life	Daily Weekly Daily
Gratitude	Do at least one good deed for another person every day	Daily

GOAL SETTING TO THE NOW

If your goal is a someday goal, you should start at the top and work back. If it's a one-year goal, start there and work back. You want to take your goal and work back until you have your today goal.

Someday Goal	What's the one thing I want to do someday?
Five-Year Goal	Based on my someday goal, what's the one thing I can do in the next five years?
One-Year Goal	Based on my five-year goal, what's the one thing I can do this year?
Monthly Goal	Based on my one-year goal, what's the one thing I can do this month?
Weekly Goal	Based on my one-month goal, what's the one thing I can do this week?
Daily Goal	Based on my one-week goal, what's the one thing I can do today?
Right Now Goal	Based on my daily (today) goal, what's the one thing I can do right now?

STEP 2 - GOAL SETTING TO THE NOW

Complete the following...

Someday Goal	What's the one thing you want to do someday?
Five-Year Goal	Based on your someday goal, what's the one thing you can do in the next five years?
One-Year Goal	Based on your five-year goal, what's the one thing you can do this year?
Monthly Goal	Based on your one-year goal, what's the one thing you can do this month?
Weekly Goal	Based on your one-month goal, what's the one thing you can do this week?
Daily Goal	Based on your one-week goal, what's the one thing you can do today?
Right Now Goal	Based on your daily (today) goal, what's the one thing you can do right now?

CHAPTER 9 - IDENTIFYING YOUR VALUES

VALUES & RULES

Once you have your list of values, it is critical to create a rule system around them because living by your values is totally dependent on these rules. The key is not whether your rules are right or wrong but whether they empower or disempower you. Here is an example of my main values and the rules I linked to each:

VALUE	RULE
Health	Walk 9km a day Don't drink alcohol
Mental health	Meditate daily
Meaning	Read philosophy daily
Love & family	It's hard to make rules around this because it is not a 'to do' list. I just became more loving and wanted to express this. This manifests itself in things like saying 'I love you' to my wife and hugging my children more often
Learning	Listen to a podcast at least twice a week Always have a book that I am currently reading Learn a new song on the piano and/or guitar every week
Giving back	Do a charitable thing each day
Gratefulness	Write down three things I am grateful for every day
Fun	Smile as much as I can
Connection	Meet one new person each day

STEP 1 - IDENTIFY YOUR POSITIVE & NEGATIVE VALUES

Make a list of your positive and negative values.

POSITIVE VALUES	NEGATIVE VALUES
Here is a list of positive values to choose from. This is by no means exhaustive, but it's a good start: achievement, balance, compassion, determination, fairness, fun, gratitude, happiness, humility, influence, justice, kindness, leadership, optimism, peace, respect, spirituality, teamwork, understanding, wealth, wisdom, zest.	Here's a few I'd like to avoid. Again, this is in no way exhaustive: anger, bad temper, conflict, discouragement, disinterest, envy, failure, forgetting your worth, guilt, giving up easily, jealousy, not believing in yourself, not standing up for yourself, overthinking, trying to please everyone.

CHAPTER 10 – THERE’S NOTHING I CAN’T DO – CEMENT YOUR BELIEFS

Rather than list all my beliefs, which would take a very long time, I concentrated on those that are relevant to pursuing a healthy, alcohol-free life.

These are the beliefs I had at the very start of my alcohol-free journey, in no particular order. What is interesting is that all the negative beliefs I identified with, came from me. If they came from me, I thought, I could easily get rid of them.

POSITIVE BELIEF	WHERE IT CAME FROM
I am intelligent	Passing exams, graduating, life experience
I am optimistic	Childhood – mother
I am reliable	Being a dad, running my own company
I like to win	Childhood – my older brother
I am kind/I am a good father, son, husband	Helping others – my wife, children, mother
I am forgiving	School, mother, church
I am loving	Mother
I am ambitious	Childhood
I am loyal	Parents
I am honest	Parents
I am courageous	Parents
I’ve worked hard for what I have	Parents
Luck is where opportunity meets hard work	Childhood
The world’s your oyster	Mother
If it does not kill you, it makes you stronger	Childhood
Question everything – don’t take things at face value	Parents
I am always aware of my surroundings	Childhood
I am successful	Going to university, running my own business, being entrepreneurial
I am creative	My work and my hobbies – guitar, piano, painting, photography, writing
I am a marketing expert	My work
I am proud to be Welsh	Childhood
I love sport	Childhood, playing golf, being a children’s football coach

NEGATIVE BELIEF	WHERE IT CAME FROM
I am fat	Me
I am unhealthy	Me
I cannot stop drinking for more than a week	Me
I am a loser because I cannot control my drinking habit long term – I don’t think I can ever completely give up alcohol	Me
I lack self-discipline	Me
I am a drinker	Me
I am short-tempered	Me

CHAPTER 10 – THERE’S NOTHING I CAN’T DO – CEMENT YOUR BELIEFS

Here’s a generic – not my own – list of positive and negative beliefs:

POSITIVE BELIEFS	NEGATIVE BELIEFS
My family will always support me no matter what	Everyone knows I have zero willpower
I have the courage to bounce back	I can’t compete with these guys
I can learn to change my habits	I don’t believe I can do it
I deserve love	I’m not good enough
I am a good (loving) person	I don’t deserve love
I am fine as I am	I am a bad person
I am happy	I am terrible
I am worthy	I am unhappy
I am worthwhile	I am worthless (inadequate)
I am honourable	I am not lovable
I am lovable	I deserve only bad things
I am deserving (fine/OK)	I am permanently damaged
I deserve good things	I am ugly (my body is hateful)
I am (can be) healthy	I am stupid (not smart enough)
I am fine (attractive/lovable)	I am insignificant (unimportant)
I am intelligent (able to learn)	I am a disappointment
I am significant (important)	I deserve to die
I deserve to live	I deserve to be miserable
I deserve to be happy	I am different (don’t belong)
I can be trusted	I cannot be trusted
I can (learn to) trust myself	I cannot trust myself
I can trust my judgement	I cannot trust my judgment
I can choose who to trust	I cannot trust anyone
I can (learn to) take care of myself	I cannot protect myself
I can safely feel (show) my emotions	It’s not OK to feel (show) my emotions
I can make my needs known	I cannot stand up for myself
I can choose to let it out	I cannot let it out
I am now in control	I am not in control
I am strong	I am powerless (helpless)
I can get what I want	I am weak
I can succeed	I cannot get what I want
I can be myself (make mistakes)	I am a failure (will fail)
I can handle it	I cannot succeed
I am capable	I must be perfect (please everyone)
	I cannot stand it
	I am inadequate

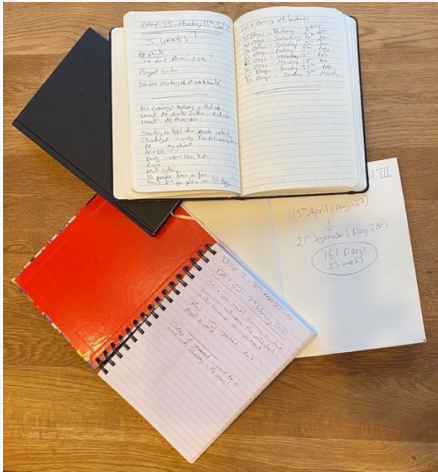
CHAPTER 12 - CHANGING YOUR BELIEFS ABOUT ALCOHOL

OLD & NEW IDENTITY

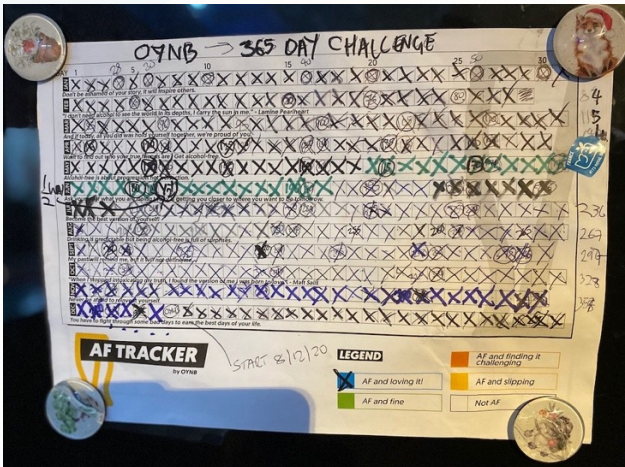
I also wrote down my old identity and the new identity I wanted. Here are some of the items in my lists:

OLD TRAITS/VALUES TO BANISH FROM MY ID	TRAITS I WANTED TO KEEP/AM PROUD OF	NEW TRAITS/VALUES TO BUILD ON/ADD TO MY ID
I am a drinker/boozer I am short tempered I am angry I am fat/overweight I am unhealthy I am unfit	I am successful I am an entrepreneur I am an expert in marketing/PR/sponsorship I am creative I am Welsh I am from Cardiff I am an LSE graduate I am a good father, husband, son, brother, friend	I am sober I am fit I am healthy I am a great dad I am a great husband I am caring I am compassionate I am present I am grateful I am unstoppable

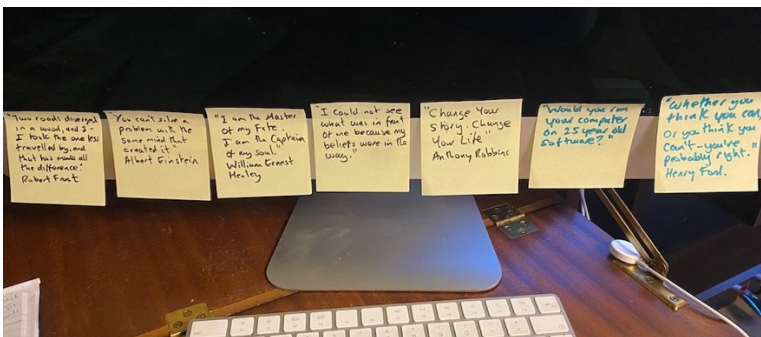
CHAPTER 14 - WRITE IT DOWN



My four diaries



Wall Calendar



Mantras

CHAPTER 18 – MOVING YOUR BODY CLOCK

MY NEW TYPICAL DAY

I always thought I was a natural morning person but alcohol took this away from me, along with hundreds of other things. When I finally stopped drinking, I got my love of mornings back. Here is my typical day then and now. The shaded areas represent the times I traded.

TIME	NEW TYPICAL DAY	OLD TYPICAL DAY
3am	Asleep	Go to the loo in middle of night
4am	Asleep	After checking emails and social media for the past hour fall back to sleep
5am	Wake up naturally, no alarm clock	Asleep
5.20am	Get up, drink water, go to loo, get dressed, feed my cat	Asleep
5.45am	Leave house for 9km walk with my dog	Asleep
7am	Walking	Wake up naturally through feeling anxious and/or stressed about something or alarm goes off
8am	Back from walk, 30-minute workout on punch bag (Tai Chi, Kung Fu), free weights and sit-ups	Get up, shower, get dressed
8.15am		Breakfast – toast
8.30am	Shower, dress	Work/hobbies
8.50am	Breakfast – cereal, fruit	
9am	Work/hobbies	
midday	Lunch	Lunch
12.30pm	Work/hobbies	Work/hobbies
5.30pm		First drinks of evening
6.30pm	Dinner	Dinner
7pm	Read, write book, play piano, play guitar, work out	TV plus snacks throughout the night linked to drinking e.g. salted nuts, crisps
9.30pm	Bed/sleep	
11.30pm	Asleep	Bed/sleep

STEP 2 – DOS & DON'TS

Here is a list of dos and don'ts I actioned to improve my sleep. Take a look and incorporate a few into your schedule. It could make a huge difference to your well-being.

DON'T	DO
<ul style="list-style-type: none"> - Drink coffee. If you do, only drink it in the morning. - Take your phone to bed with you. Turn it off 15 minutes before you go to sleep or if you are using the alarm, put it on airplane mode. - Sleep in a room that's too warm – it should be 10 degrees cooler than it is in the house in the daytime. Don't leave central heating or electric fires on as you'll wake up too hot in the middle of the night. - Eat too close to bedtime – this can give you heartburn. - Exercise too close to bedtime – this can wake you up. - Sleep in. Once you have reached a workable bedtime and a consistent wake-up time, don't allow yourself to stray from it. - Drink alcohol! 	<ul style="list-style-type: none"> - Dim the lights in your bedroom. Use a soft light to read. - Make your bedroom as dark as possible. Double line curtains. If you can't black out the room, try a sleep mask. - Try earplugs if your area is noisy. - Exercise – it's good for helping you sleep. Research shows that exercising in the morning leads to more deep sleep than afternoon exercise. - Meditate – it's a good way to fall asleep. - Get up at the same time each day, even at weekends.

CHAPTER 19 - TAKE OR CREATE A CHALLENGE

After 11 months, I had done 334 walks, pretty much every day, before 9am. It added up to 3,185kms or 1,979 miles. That's the equivalent of over 75 marathons! I hadn't set the goal of walking 75 marathons in the first 11 months. I think that if I had, I would not have been able to achieve it because it would have seemed too daunting a task. However, the daily goal to get up at 5.15am and go for a 9km walk was straightforward and achievable, and it led to a huge domino effect in my life. This is a journey goal; it is not a huge mountain to conquer but an achievable daily project.

9KM BY 9AM - THE FIRST MONTHS

MONTH	NUMBER OF WALKS	TOTAL DURATION	TOTAL DISTANCE COVERED (KMS)
May	6	14 hours 02 minutes	55.85
June	29	75 hours 37 minutes	291.39
July	29	73 hours 17 minutes	282.86
August	31	77 hours 36 minutes	293.36
September	29	74 hours 52 minutes	285.56
October	30	74 hours 38 minutes	300.14
November	29	71 hours 48 minutes	288.85
December	30	65 hours 35 minutes	286.01
January	31	68 hours 20 minutes	283.09
February	29	70 hours 53 minutes	260.62
March	31	74 hours 57 minutes	282.44
April	30	70 hours 47 minutes	275.59
Total	334	812 hours 22 minutes	3,185.76

Based on a marathon being 42.195kms this is the equivalent of 75.5 marathons.

CHAPTER 20 - THROW OUT YOUR DIET BOOKS - JUST STOP DRINKING

DAILY FOOD & EXERCISE SCHEDULE

My daily schedule now is, roughly:

5am	wake up naturally
5.30am to 8.30am	exercise: 9KM BY 9AM walk
8.30am to 9am	eat breakfast
12pm to 1pm	eat lunch
6pm to 6.30pm	eat dinner
9pm to 10pm	go to bed/go to sleep

Plus two or three High Intensity Training (HIT) sessions throughout the day.
Five to ten minutes of sit ups, press ups and weights.

DAILY FOOD & DRINK

	FOOD	DRINK
BREAKFAST	Weekdays Bowl containing banana, muesli, bran flakes, porridge oats, honey, soya milk Weekends 3 x pieces of toast with butter and marmalade	Tea - 2 x mugs every morning
LUNCH	Sandwich - for example, cheese and salad Or omelette Or something vegan	Tea - 1 x mug every lunchtime
DINNER	Vegetarian meal - for example, risotto, cauliflower cheese, fajitas, Greek-style kebabs, Thai curry, pasta, vegan pie	Water or squash or AF Beer
SNACKS	Homemade cake Apples Homemade biscuits - normally with tea	Tea with soya milk - 1 x litre tea throughout day Coffee - once a week on Saturday ½ litre of water as soon as I get up, daily ½ litre water on 9KM BY 9AM walk, daily
THINGS I SHOULD NOT EAT A LOT OF	Chips - once a week Pizza - once a week Chocolate bars - one a week Salted peanuts - once a fortnight	

CHAPTER 24 – COMING OUT

STEP 1 – KNOW THE REASONS WHY YOU'RE NOT DRINKING

If anyone asks you why you're not drinking, you could use any one of the following, from the table below, depending on how deeply you want to go into the explanation. I have also set out some typical responses I got. Your response should be dependent on the situation. If the other person is drinking, my advice is to hold back. You could get into an inflamed dialogue, simply because you could find yourself up against their limiting belief that 'alcohol is good for you'.

ANSWERS	TYPICAL RESPONSE
KEEP IT SIMPLE I don't drink.	Most people won't ask the reason. If they do, you just say, 'It doesn't agree with me.'
DON'T LIKE IT I don't like alcohol.	This tends to move the conversation on.
GENERAL HEALTH It just wasn't doing my health any good.	Most people will ask 'Do you feel better?' Some start talking about their own drinking and asking your opinion. Typically: 'I've been thinking of cutting it out. Was it hard?' (No) 'Do you feel like you are missing out?' (No, I have yet to feel like I am missing out.) 'Do you just drink boring soft drinks?' (No, there are loads of AF drinks now.)
SPECIFIC HEALTH I stopped because... choose one or more of the following: <ul style="list-style-type: none"> - It causes cancer, liver disease, etc. - It makes me fat. - I hate hangovers. - I want to live longer. - It makes me drowsy. - It fuels my anxiety. 	This tends to move the conversation on – quicker for more serious ailments!
CHALLENGE I'm on a health challenge, which you are. <ul style="list-style-type: none"> - I'm doing a 28-day challenge. - I'm following a self-care programme and it includes no alcohol. - I like to get up early to see the sunrise each morning. 	This will turn the conversation to your challenge and not drinking.
MONETARY I am saving the money I would have spent on alcohol towards a family holiday later in the year.	This could take you into a whole conversation about how much money you spend and they spend on alcohol.
DRIVING I'm driving or I'm the designated driver.	This tends to move the conversation on.
MORE IN-DEPTH ANSWERS If you feel you want to say something about not drinking, keep it simple: <ul style="list-style-type: none"> - It gives me headaches, interferes with my sleep, etc. - It wakes me up during the night with dry mouth and headache. 	This could lead to a full-on discussion. If that is what you want, then going into depth in your answer will achieve this. Share your story if you feel like doing so but if you don't, simply state: I don't drink; it doesn't agree with me.
SMUG ANSWER Say, been there, got the t-shirt. Just decided to stop and I feel amazing!	Not advisable to people you do not know or have an alcoholic beverage in their hand! This is red rag to a bull territory.
WHITE LIE Sometimes you may feel it is appropriate to make up a reason, such as, I'm taking antibiotics.	Most people don't question this and feel sorry for you because you can't drink!

APPENDIX

ALCOHOLOMETER

WALKING BACK TO HAPPINESS
THE SECRET TO ALCOHOL-NEET DRINKING & WELL-BEING



THE DEFINITIVE GUIDE TO HOW MUCH NEAT OR PURE ALCOHOL YOU DRINK

www.Tenortiam.com/2022

THE DEFINITIVE GUIDE TO HOW MUCH PURE ALCOHOL YOU DRINK?

STEP 1 - Select your drink type and its Alcohol By Volume (ABV).

STEP 2 - Cross reference with the amount you drink. The number in the table is the amount of neat alcohol expressed in litres. For bespoke amounts multiply the number of pints or bottles by the number in the table.

For example:

50 pints of Beer at 6% ABV is 1.704 litres of neat alcohol.

50 bottles of wine at 13% ABV is 4.875 litres of neat alcohol.

50 bottles of whisky at 40% ABV is 14 litres of neat alcohol.

Bold numbers relate to the more common ABVs.

BEER / LAGER - PURE ALCOHOL IN LITRES		BASED ON PINTS DRUNK						
ABV%	PURE ALCOHOL PER PINT (568ML)	1 PINT	5 PINTS	10 PINTS	50 PINTS	100 PINTS	500 PINTS	1000 PINTS
	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES
3.0%	0.01704	0.01704	0.0852	0.1704	0.852	1.704	8.520	17.040
3.5%	0.01988	0.01988	0.0994	0.1988	0.994	1.988	9.940	19.880
4.0%	0.02272	0.02272	0.1136	0.2272	1.136	2.272	11.360	22.720
4.5%	0.02556	0.02556	0.1278	0.2556	1.278	2.556	12.780	25.560
5.0%	0.0284	0.02840	0.1420	0.2840	1.420	2.840	14.200	28.400
5.5%	0.03124	0.03124	0.1562	0.3124	1.562	3.124	15.620	31.240
6.0%	0.03408	0.03408	0.1704	0.3408	1.704	3.408	17.040	34.080
6.5%	0.03692	0.03692	0.1846	0.3692	1.846	3.692	18.460	36.920
7.0%	0.03976	0.03976	0.1988	0.3976	1.988	3.976	19.880	39.760
7.5%	0.0426	0.04260	0.2130	0.4260	2.130	4.260	21.300	42.600
8.0%	0.04544	0.04544	0.2272	0.4544	2.272	4.544	22.720	45.440

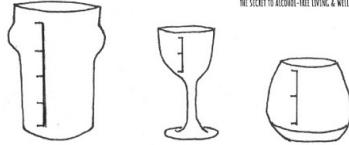
WINE - PURE ALCOHOL IN LITRES		BASED ON BOTTLES DRUNK						
ABV%	PURE ALCOHOL PER BOTTLE (750ML)	1 BOTTLE	5 BOTTLES	10 BOTTLES	50 BOTTLES	100 BOTTLES	500 BOTTLES	1000 BOTTLES
	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES
9.0%	0.068	0.068	0.338	0.675	3.375	6.750	33.750	67.500
9.5%	0.071	0.071	0.356	0.713	3.563	7.125	35.625	71.250
10.0%	0.075	0.075	0.375	0.750	3.750	7.500	37.500	75.000
10.5%	0.079	0.079	0.394	0.788	3.938	7.875	39.375	78.750
11.0%	0.083	0.083	0.413	0.825	4.125	8.250	41.250	82.500
11.5%	0.086	0.086	0.431	0.863	4.313	8.625	43.125	86.250
12.0%	0.090	0.090	0.450	0.900	4.500	9.000	45.000	90.000
12.5%	0.094	0.094	0.469	0.938	4.688	9.375	46.875	93.750
13.0%	0.098	0.098	0.488	0.975	4.875	9.750	48.750	97.500
13.5%	0.101	0.101	0.506	1.013	5.063	10.125	50.625	101.250
14.0%	0.105	0.105	0.525	1.050	5.250	10.500	52.500	105.000
14.5%	0.109	0.109	0.544	1.088	5.438	10.875	54.375	108.750
15.0%	0.113	0.113	0.563	1.125	5.625	11.250	56.250	112.500

SPIRITS - PURE ALCOHOL IN LITRES		BASED ON BOTTLES DRUNK						
ABV%	PURE ALCOHOL PER BOTTLE (700ML)	1 BOTTLE	5 BOTTLES	10 BOTTLES	50 BOTTLES	100 BOTTLES	500 BOTTLES	1000 BOTTLES
	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES	LITRES
20%	0.140	0.140	0.700	1.40	7.00	14.00	70.00	140.00
25%	0.175	0.175	0.875	1.75	8.75	17.50	87.50	175.00
30%	0.210	0.210	1.050	2.10	10.50	21.00	105.00	210.00
35%	0.245	0.245	1.225	2.45	12.25	24.50	122.50	245.00
40%	0.280	0.280	1.400	2.80	14.00	28.00	140.00	280.00
45%	0.315	0.315	1.575	3.15	15.75	31.50	157.50	315.00

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THE DEFINITIVE GUIDE TO HOW MUCH PURE ALCOHOL YOU DRINK?

DAILY DRINKING

STEP 1 – Select your drink type and its Alcohol By Volume (ABV).

STEP 2 – Cross reference with the amount you drink. The number in the table is the amount of neat alcohol expressed in litres.

For example:

A pint of beer per day for 1 Year at 6.0% ABV is 12.4392 litres of neat alcohol.

A bottle of wine a day at 12.5% ABV for 1 Year is 34.219 litres of neat alcohol.

A bottle of spirits a week at 40% ABV for 1 Year is 14.560 litres of neat alcohol.

Bold numbers relate to the more common ABVs.

BEER/LAGER – 1 x PINT PER DAY

ABV%	PURE ALCOHOL PER PINT (568ML)	1 WEEK: 7 DAYS (7 PINTS)	1 MONTH: 30 DAYS (30 PINTS)	1 YEAR: 365 DAYS (365 PINTS)	
	LITRES	LITRES	LITRES	LITRES	
3.0%	0.01704	0.1193	0.5112	6.2196	
3.5%	0.01988	0.1392	0.5964	7.2562	
4.0%	0.02272	0.1590	0.6816	8.2928	Average Beer/Lager
4.5%	0.02556	0.1789	0.7668	9.3294	
5.0%	0.02840	0.1988	0.8520	10.3660	Average Stronger Beer/Lager
5.5%	0.03124	0.2187	0.9372	11.4026	
6.0%	0.03408	0.2386	1.0224	12.4392	
6.5%	0.03692	0.2584	1.1076	13.4758	
7.0%	0.03976	0.2783	1.1928	14.5124	
7.5%	0.04260	0.2982	1.2780	15.5490	
8.0%	0.04544	0.3181	1.3632	16.5856	

WINE – 1 x BOTTLE PER DAY

ABV%	PURE ALCOHOL PER BOTTLE (750ML)	1 WEEK: 7 DAYS (7 BOTTLES)	1 MONTH: 30 DAYS (30 BOTTLES)	1 YEAR: 365 DAYS (365 BOTTLES)	
	LITRES	LITRES	LITRES	LITRES	
9.0%	0.068	0.051	0.038	24.638	
9.5%	0.071	0.499	2.138	26.006	
10.0%	0.075	0.525	2.250	27.375	
10.5%	0.079	0.551	2.363	28.744	
11.0%	0.083	0.578	2.475	30.113	
11.5%	0.086	0.604	2.588	31.481	
12.0%	0.090	0.630	2.700	32.850	
12.5%	0.094	0.656	2.813	34.219	Average Bottle White Wine
13.0%	0.098	0.683	2.925	35.588	
13.5%	0.101	0.709	3.038	36.956	Average Bottle Red Wine
14.0%	0.105	0.735	3.150	38.325	
14.5%	0.109	0.761	3.263	39.694	
15.0%	0.113	0.788	3.375	41.063	

SPIRITS – 1 x BOTTLE PER WEEK

ABV%	PURE ALCOHOL PER BOTTLE (700ML)	1 WEEK: 7 DAYS (1 BOTTLE)	1 MONTH: 30 DAYS (4.5 BOTTLES)	1 YEAR: 52 WEEKS (52 BOTTLES)	
	LITRES	LITRES	LITRES	LITRES	
20%	0.140	0.140	0.630	7.280	
25%	0.175	0.175	0.788	9.100	
30%	0.210	0.210	0.945	10.920	
35%	0.245	0.245	1.103	12.740	
40%	0.280	0.280	1.260	14.560	Average Bottle Gin or Whisky
45%	0.315	0.315	1.418	16.380	