

Its happened again! What did I do last night? I cant remember. Jeez, I hope I didnt do or say anything to embarrass myself or my wife. Think, man, think! Bloody hell, I hate it when I drink too much and cant remember whats happened. I cant keep doing this to myself...or her. But what the hell do I do? I dont believe I could ever stop drinking completely. For many years, this is how David used to wake up in the morning. After a harsh upbringing on a remote Australian cattle property, David turned to alcohol at an early age in an attempt to replace the emptiness he felt and to simply feel good. After many desperate years of failed attempts to moderate and manage his drinking habit, David reached his tipping point. He was too proud and embarrassed to seek public help, so he used his own analytical skills to search within for the ultimate solution. The result is his hugely successful 13-element Alcohemey process, which completely and permanently changed the way he viewed alcohol. This process changes behavior from the inside out and asks the question why any of us drink alcohol at all, as many of us are alcohol dependent without realizing it. Alcohemey takes an in-depth look at the Why, How, and Belief factors of alcohol dependency. It prepares you well for an alcohol-free life by systematically examining your upbringing, values, benefits versus consequences, desires versus fears, old versus new actions, and dealing with unhelpful friends.

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