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When we've quit drinking, alcohol is no longer a choice. It cannot be part of our decision making process any more. When we get bored, drinking is not one of the options we have to relieve that boredom. We need a replacement. The great news is that you now have many options, an endless supply of options.

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Give up or gradually reduce your drinking? If you want to stop drinking alcohol as part of a move towards a healthier lifestyle, cutting down on the amount of alcohol you drink as opposed to giving up alcohol completely can help bring lots of health benefits, and can be easier to stick to.

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Most alcoholics develop a drinking routine. In order to stop drinking, you need to break your old habits and replace them with healthier alternatives. If you always drink at home after work in front of the TV, it's time to unplug. Make a commitment to do a different activity to unwind.

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It will stop you from drinking, and you can make a quick getaway when your friends start boozing (and their chat goes downhill). And you can always give your friends a lift home if they're drinking.

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Choose your Easyway to Stop Drinking Alcohol Programme & Course We have a number of programmes which will enable you to stop drinking easily, painlessly and without the need for willpower. It's been described as ' a real drinker's way to quit'. Easyway doesn't focus on the downsides of drinking - drinkers know all about those already.

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