

From the author of  THIS NAKED MIND

# THE ALCOHOL EXPERIMENT

**A 30-DAY,  
ALCOHOL-FREE CHALLENGE TO  
INTERRUPT YOUR HABITS AND  
HELP YOU TAKE CONTROL**

- Rediscover JOY without Drinking
- Feel ENERGIZED and ANXIETY-FREE
- Look YOUNGER and More VIBRANT

**ANNIE GRACE**

Annie Grace

## The Alcohol Experiment: A 30-day, Alcohol-Free Challenge to Interrupt Your Habits and Help You Take Control



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Challenge your thinking, find clarity, and form new practices with a 30-day time alcohol-free of charge experiment from the writer of *This Naked Brain*. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought procedures. It's the body, your mind, and your choice. This original and unprecedented method has now helped thousands redefine their relationship to consuming painlessly and without misery. The result is a mindful approach that places you back in control and permanently stops cravings. Annie hands her visitors with the science-backed details to handle the cultural and emotional conditioning we knowledge around alcohol. The rules are simple: Avoid drinking for thirty days and just see how you feel. In *The Alcohol Experiment*, Annie presents a judgment-free action arrange for anyone who's ever wondered what lifestyle without alcohol is similar to. With a chapter specialized in each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. Through her methodical analysis of the most recent neuroscience and her personal journey, Annie Grace has cracked the code on habit modification by addressing the precise ways habits form.



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