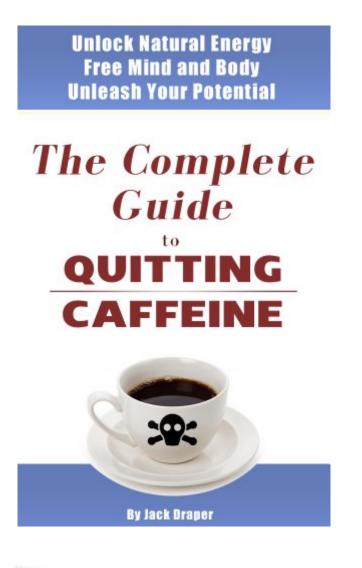
The book was found

The Complete Guide To Quitting Caffeine





Synopsis

Along with nicotine and alcohol, caffeine is one of the three most popular drugs in the world. As we fall deeper under the spell of Starbucks and other popular coffee chains, more and more people are suffering the devastating effects of caffeine addiction. And the worst part? Most don't even know it. Caffeine is the drug we choose to ignore. If you have ever woken up with the feeling that the world is against you, or with barely enough energy to roll out of bed, there is a good chance that you too have become enslaved to the highs and lows of caffeine addiction. But do you really know what those cups of coffee are doing to your mind and body?In The Complete Guide to Quitting Caffeine, Jack Draper investigates the full effect of this harmful addiction. Learn what caffeine does to your body, physically and psychologically.Inside you will discover the simplest method to give up caffeine - without the crippling withdrawals - while replacing your morning coffee with a number of the world's most powerful superdrinks. This is a quick and simple guide to a healthier lifestyle that your local coffee shop does not want you to hear about!

Book Information

File Size: 226 KB Print Length: 68 pages Publication Date: December 28, 2012 Sold by: Â Digital Services LLC Language: English ASIN: B00AU98GYS Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #897,906 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28 in Books > Health, Fitness & Dieting > Nutrition > Caffeine #749 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #2928 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Self-Help

Customer Reviews

We hate overly long books that never seem to get to the point. This is a quick, conversational read that gave the information needed and helpful suggestions for caffeine substitutes.Note for US

readers: the medicines referred to that contain caffeine are US branded acetaminophen/paracetamol products such as aspirin-free Anacin and Tylenol.Thanks for writing the book, Jack!

This little book is worth reading, a good starting point on how and why to give up caffeine. Makes you think and look at what you are doing to your body. I've haven't had a coffee since reading this book, I knew it was doing me damage and I was on the coffee roller coaster. This book will make you stop and think, look and wonder, for sure.

I enjoyed this short book and I'm willing to use its advice. I just wish it were longer and more detailed. I feel I'm better able to train myself to quit something when I'm bombarded with all the negative aspects and benefits of quitting. Although it did make many good points, I think it was lacking in that area.

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Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) The Complete Guide to Quitting Caffeine The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body Quitting My Full Time Job To Raise Quails: How I Made A Fortune And What You Can Learn From My Experience Quitting Smoking: The Amazing Plan that Made Me Dump 20 Years of Chain Smoking in Less than 5 Months The Little Book of Quitting Happier Than a Billionaire: Quitting My Job, Moving to Costa Rica, and Living the Zero Hour Work Week WELLBUTRIN (Bupropion): Treats Depression and Aids in Quitting Smoking; also Prevents Depression caused by Seasonal Affective Disorder (SAD) Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?. Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Addiction-Free--Naturally: Liberating Yourself from Tobacco, Caffeine, Sugar, Alcohol, Prescription Drugs The Truth about Caffeine Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug How to Quit Without Feeling S**t: The Fast, Highly Effective Way to End Addiction to Caffeine, Sugar... The World of Caffeine: The Science and Culture of the World's Most Popular Drug Confessions of a Caffeine Addict: 40 True Anonymous Short Stories The Miracle Of

Green Tea: Herbal Remedy for Weight Loss, Diabetes, Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea Benefits, Tea Cleanse, Natural Remedy) Increase Your Energy and Kick the Caffeine! Natural Energy Boosters

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