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The Complete Guide To Quitting Caffeine

Unlock Natural Energy
Free Mind and Body
Unleash Your Potential

The Complete Guide to **QUITTING CAFFEINE**



By Jack Draper



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!

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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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