

Drinking Too Much?

Maybe... You Don't Actually Need To Stop!

Surprising new therapy hailed worldwide for its 97% success rate
Puts YOU in control of alcohol... without making you go cold turkey!

Do you worry about **how much alcohol you drink?**

Then please **LISTEN** for a moment so I can ask you a few questions that could make you a far **healthier drinker...**

Maybe you think you have to stop drinking to fix a “drinking problem”...

But what if you *don't have to stop drinking* to be healthy, HAPPY, and in total control...

Where you truly stop feeling like you always have to have “*just one more drink*”...?

Have you ever considered that you *think* you have a problem, but actually maybe you don't – you just have to do a little tweaking of your “**drinking psychology**”...?

One's things for sure... you'll find out whether you have a REAL drinking problem when you **watch this entire presentation...**

Better yet... you're about to discover the EASIEST, most reliable way to **CONTROL** your drinking from now on...

So you can **CONSISTENTLY** drink in the healthiest way and with total confidence...

Without feeling guilty or anxious...

Without having to fight cravings...

And without having to rely on willpower to curb your desire to drink more...

...because as you might have already noticed, willpower alone is *not* a reliable way to keep your drinking in check...

Maybe you drink 1, 2 or even 3 bottles of wine a night...

Or maybe... too many beers or mixed drinks

Or you binge drink, but only occasionally...

Whatever you drink... it's often enough that you're worrying about it.

Perhaps it's those pesky mid-week hangovers...

Not sleeping well and being exhausted at work...

And all those Saturday/Sunday mornings ruined...

Beating yourself up because once again, because now you're tired and slow...

As you ask yourself:

Why did I drink so much last night... *again?!*

Are you feeling like you're on a **drinking treadmill** and you don't how to get off?

Has your drinking become an automatic behaviour that you default to...?

Instead of consciously making a decision to have a drink, or two, or even three...

And then stop when you know you've reached your "healthy limit?"

Whatever your drinking LOOKS like, you're HERE because it's not working so well for you anymore...

And yet you can't see yourself giving up drinking altogether...

So now what?

Can you get away with continuing to drink **and** still be HEALTHY and in CONTROL?

The surprising answer...?

YES! You can...

With a simple yet highly advanced therapy that makes you **WANT** to Drink LESS...

See, I'm not here to tell you to *quit* drinking...

I'm going to show you the EASIEST most natural way to consume less alcohol...

Without feeling like you're missing out, or always wanting more...

This is for people who know they need to cut back but just don't know how...

Or don't want to stop drinking but admit they've got a problem and need to DO SOMETHING to get their life back...

LISTEN: I don't know how long I'll have this SPECIAL presentation online, so if you're concerned about your drinking, and are looking for a **TRUE solution you can actually LIVE with**... please, watch this right now, while you still can...

You're about to discover the ONLY way to **reduce your drinking by 50%**...

In just **ONE WEEK**...

And be genuinely **HAPPY** about drinking less... *for the rest of your life!*

It's safe, natural, and the method has been approved by thousands of top doctors, brain scientists, and therapists around the world...

Hailed the world over as the most **EFFECTIVE** method to get you consistently drinking less alcohol...

QUICKER and more permanently than anything else the alcohol-dependency field has ever seen...

This is the only way to keep the FUN & SATISFYING part about drinking alive and well...

While at the same time, change the side of your drinking that makes you feel bad about yourself...

So you avoid the emotional roller coaster and all the problems that over-drinking causes.

And most importantly... You'll become a HEALTHY drinker, and get back to the REAL YOU...

You're about to discover how you can **PERMANENTLY CHANGE** your deep-rooted impulses...

So that YOU are in control of your drinking... Not the other way around.

Hi, I'm Georgia Foster... the **world's leading therapist in alcohol-reduction, drinking psychology and self-esteem...**

I'm also the "Alcohol Expert" on Sky News...



I'm regularly featured in TRUSTED publications such as the Sunday Times, The Guardian, The Telegraph, Good Housekeeping, Cosmopolitan, Psychologies Magazine, and 100's more...

24 years ago I developed a UNIQUE program that's given 100,000s of people complete FREEDOM from their over-drinking problems...

Long-term tracking shows that people who have gone through this one-week, in-home therapy **reduced their alcohol consumption by at least HALF%...**

And as a side benefit it **greatly reduces stress and anxiety...**

However... I wasn't always the world's leading expert in alcohol reduction...

In fact I used to be a VERY HEAVY DRINKER myself...

Unbeknownst to me at that time, I was drinking to deal with my shyness and feeling like I was never good enough...

I can guarantee **YOU**... there are reasons behind **your drinking** that you're completely unaware of...

And yet discovering what's causing your tendency to drink too much is one of the KEYS to freeing you from any bad drinking habits...

The other KEY is eliminating those bad habits at their source, which I'd like to do for you...

You may think you've seen or tried it all when it comes to ways to control how much or how often you drink...

I can tell you this: what I'm revealing today is the world's most advanced, scientifically-proven method that enables you to **CONSISTENTLY drink less from now on...**

Because it reprograms the **SOURCE** of your over-drinking, deep within your brain...

Safely and naturally...

12 | psyche | body&soul

In the second of our three-part series, world-leading therapists reveal the sim

Yes, you really can

DRINK LESS ALCOHOL

Georgina Foster, a clinical hypnotherapist and expert on emotional overdrinking behaviour, is the brains behind The Drink Less Mind book and seminars

The desire to drink more than we would like to is an emotional habit. A lot of people think that they are alcoholics, but they're not — they are just stressed and emotional drinkers. There is nothing wrong with them. They have got themselves into a bit of a bad habit; a bad habit that can be unlearned. Drinking hides low self-esteem, social anxiety, fear and rejection.

When you feel any sense of vulnerability or fear or anxiety, your unconscious mind thinks, "When I felt this last time, what did I do to make myself feel better?" If alcohol has previously been the answer, you will continue to repeat those patterns of thought and drinking behaviour, even if your conscious mind is saying, "I want to cut back on my drinking." Your unconscious mind is the stronger of the two.

People see alcohol as their confidence pill. We're quite shy by nature and many people feel alcohol will make them more funny or interesting or stimulating. The good news is that you can feel these things without alcohol being in the equation. Reaching for that much-needed drink is not liberating you — in fact, it is im-

prisoning you. Freeing yourself from your mind's mistaken equation that you will be able to cope only if you have that habitual drink is a new learning concept, but you can learn to throw away that crutch and liberate yourself from that drinking pattern.

The Drink Less Mind (book/CD) is available from georginafoster.com and costs £17.99; details of the next Drink Less Mind workshop are also on georginafoster.com

Pete Cohen, a life coach, has used his studies in psychology, hypnosis and neuro-linguistic programming (NLP) to motivate athletes and sportsmen and women, such as Ellen MacArthur

If you don't usually exercise, when you go to the gym or go for a run you feel uncomfortable because your brain tells you: "This isn't me, this isn't how I do things." If you want to think you're a self fit, first you need to recognise how your brain thinks in the first place.

Like an actor, you have been given the role of a fitter, healthier person, so you need to think of yourself as one. You won't get it right first time so don't beat yourself up when you don't. Like the person you are trying to be. We live in a society in which we want results immediately, but you don't plant seeds in the ground and shout "grow". You have to give them a chance. You didn't wake up one morning and find yourself overweight, it's something that you've practised doing over time.

You need to be patient — change takes practice until it becomes a new habit. Psychologists believe that if you practise something 20-21 times you create new habits. For some people it could be 21 visits to the gym, maybe three times a week. So it would take seven weeks for it to become a habit, but most people give up after a couple.

It's also important to enjoy what you're doing. Even if you don't enjoy the exercise, you can always enjoy the fact that you've done it. If it's a real effort to haul yourself off to the gym, focus on what you are getting out of it. Ask yourself: "What's in this for me?" In the short term there are the happy hormones, the endorphins, and in the long term you will be fitter, healthier and able to fit into that pair of jeans.

Celebrate every time you go to the gym or jog around the park.

Steps to SUCCESS

With a **97% success rate** of PERMANENTLY changing your unhealthy thinking and drinking habits... into healthy drinking habits you can EASILY handle...

It's a type of therapy you do in your own home that's completely DIFFERENT...

Because it **FULLY releases your triggers** to over-drink, deep inside where all triggers are stored, and I'm not kidding when I tell you THIS:

In one week or less, your cravings for alcohol will literally **VANISH**...

I **guarantee** that it will work for you no matter how much or how long you've been drinking...

In a moment, I'll tell what's behind the **MIRACULOUS** results of this program...

First, I want to make **absolutely sure this program will help YOU with your drinking** problem by sharing what a typical client of mine goes through...

This "before and after" story shows exactly how the program **transforms a person's life...**

If any part of her story seems familiar to you, then I PROMISE **this program will absolutely HELP YOU...**

Here's Hanna's story... ***in her own words*** after I asked her to tell me what had been happening in her life and what changed after she used my program...

She told me about one particular weekend that led her to *finally* DO SOMETHING about her excessive drinking... and gave me permission to share her story so that other people like you could GET HELP...

Here's what she wrote...

"I remember it like it was yesterday... It was a sunny Saturday morning in July, 2015..."

The light streamed in so bright it stung my bloodshot eyes...

It made my splitting headache feel even worse, like lightning piercing my brain...

My stomach felt hollow with that familiar queasy sting...

Of yet another hangover...

And another beautiful day, *wasted*...

Damn it! I did it again!

I'd gone out with my two best friends Debbie and Rachel and a few others from work the night before, and **as usual drank way too much**...

It's embarrassing to ADMIT now, but I **don't even know how I got home** that night...

This day-after-day effect of drinking night-after-night **wasn't working for me** like it used to when I was younger, especially as professional woman...

I'm telling you... if people knew how much I drank they'd be *horrified!*

Most days my mind was in a **fog** and I felt **slow**...

I was masquerading around work with a hangover trying to talk intelligently and get things done... and it was getting harder and harder to pull off.

I was getting **paranoid** that everyone knew I was a heavy drinker...

The month before I had even gone to a few AA meetings... But that wasn't for me.

I not an alcoholic, I was just **drinking too much... too often.**

Still, my little habit was taking more and more of a toll on my life...

Hurting my health, my work, my relationships, and even my kids...

Everyone knows too much alcohol **damages your brain and organs**, and yet I just seemed to ignore all that...

You'd think I'd PAY ATTENTION to how often I was feeling **so sick and strung out**, *especially now that I'm **getting older**.*

When I was in university in my 20's, it was acceptable to drink a lot and it didn't affect me as much...

But now that I'm in my later 40's... it's **not such a GOOD look anymore**...

I **gained weight** over the years and had this "**booze belly**" I couldn't get rid of...

I'd stopped going to the gym... I just **didn't have the energy** anymore and was in a **bad mood** a lot...

Day after day I'd make promises with myself to not drink, and by late afternoon I was already **betraying** my own deal... I'd just ignore it all...

When I tried to control my drinking, I'd get this **desperate** feeling like it was being taken away from me, and then I'd drink even more and **feel even worse** the next day...

It was such a **vicious cycle** of setting myself up just to fail, yet no matter how hard I tried, I just **couldn't get a handle on my drinking**...

All I could think of most days was just getting to 5:00 so I could drink again!

I mean **SERIOUSLY**... how the heck was I supposed to get through the day and handle all the stress and B.S. life throws at me without numbing out to alcohol?!

And what about when I go out?

Was I supposed to *not drink*, or have just *one* drink? ...*I don't think so!*

But... things had gotten more edgy...

It's like my husband had turned into *The Wine Police*...

He'd see me pour another glass and I get *that look*...

"Are you SURE you need another, Hanna?"

YES I NEED ANOTHER Jack!!

He should have been **EXCITED** I was drinking because his chances for sex were far better if I got drunk!

It used to piss me off watching him nurse his ONE little drink all night...

It was so annoying to be around people who just couldn't **LIVE** a little!

But then again... I wonder what people were thinking of ME...

And then it happened...

That Friday night I was having dinner with the kids while Jack was on a work trip...

I had two glasses of wine while I cooked dinner, and another big glass with dinner...

Can you believe...? My daughter was only 12 and she actually asked me if I was going to **KEEP** drinking after dinner!

She looked so troubled and nervous...

I lied to her of course, but I cringed and felt really small... **was this really me?**

My son was sitting there too...

He's 16, so I know he chimed in because he was just starting to drive.

He asked me if I thought it would be SAFER to call a taxi from now on when I go out!

I don't know which child's question was worse – the one who had some HOPE I would say, “No, I'm not drinking more tonight...” or the one who knew I would drink more and wanted to make sure I didn't DIE...

Who knew THEY knew about my heavy drinking?!

You'd think that'd be enough to get me to NOT go out that night with my co-workers as planned...

But I did... And as usual I had gotten in those few “**pre drinks**” before I left, just to make sure I'd get enough.

Then as I sat on my couch the next morning feeling so miserable, I thought back on all the times Jack and the kids knew I got drunk again...

And again...

And again...

I felt so bad about **what I'd become**...

What I was *teaching* them!

It used to be that drinking erased all my problems, at least for a while... and now **it'd become my BIGGEST PROBLEM**...

But right there, right on my couch on that fateful Saturday morning, I decided **THAT WAS IT!** It was **time to take my life back**...

I was going to **find a way to control my drinking** and stop alcohol from ruling my life... or DIE trying.

That's when I found Georgia's program...

I have to tell you how **RIDICULOUSLY EASY** it was to solve what seemed to me like a huge drinking problem...

All I did was lay on my couch and **LISTEN** to a week's worth of Georgia's recordings...

I looked forward to that special time just for me, relaxing on my couch...

Each day I laid there listening to the program, I found myself feeling less and less like I needed drinking to get through the day...

It even worked when I fell asleep during some of recordings!

Best of all... I TRULY didn't miss all the alcohol I used to drink... That was a first for me and it felt REALLY GOOD.

The cool thing is... before I had time to mess up or dismiss it... it was ALREADY WORKING!

Even from DAY 1... I was consistenly drinking less... and TRULY OK with it.

The feeling I had about drinking was just... **DIFFERENT.**

I didn't feel that sense of **struggle anymore**... and I still don't today.

For the first time, I was able to understand what was really behind my excessive drinking...

I learned the REAL reasons my drinking got so out of control... and now I'm easily (and happily) able to **keep it to a glass or two**...

This program **made my entire life SO MUCH BETTER**...

My body, and the way I think and feel has really **CHANGED**...

In just a few months I lost 26 pounds...

Without all those alcohol calories dumping into my body every day... the weight immediately started to fall off...

All the bloating in my big "booze belly" went away too... I finally have a flat stomach that looks and feels so much BETTER!

With my "drinking fog" lifted, I now SEE what's going through my head more clearly...

And when problems come up, I can deal with life without using alcohol as my crutch.

I'm sharper and have MUCH MORE ENERGY, so I get way more done at work and home :)

I don't need to drink to **feel comfortable** in my own skin anymore, even when I go out to a party.

In fact I don't even have to get drunk to have sex anymore...

That's *HUGE* for me!

My biggest BREAKTHROUGH is that I don't need to drink at the end of a day to **get rid of stress and relax...**

It's really given me my life back... And the beauty of this program is that I can still drink!

I just drink LESS now...

In fact I drink LESS and **ENJOY it more...** what more could you WANT?!

{GEORGIA RE-ENTERS THE VSL HERE AS THE MAIN CHARACTER FROM NOW ON}

So do you see how quickly and drastically you and your drinking can **CHANGE**? ...and yet you don't have to give up drinking altogether?

If YOU know you need to cut back and still want to ENJOY a drink or two now and again, this is the **PERFECT SOLUTION** for you...

It was the ONE THING that helped Hanna avoid losing her 20-year marriage, earn her kids' TRUST back, and feel good again... and I know this program can **change your life for the better, too...**



The program is called...

The Drink LESS Mind

With a 97% success rate, practically all of the men and women who have gone through this program **reduced their drinking by 50%...**

This is the method that's made it possible for 100,000s of people **experience continued control** over their drinking... even when they feel close to spiraling back at times...



Like it did for this woman...

★★★★★ **BRILLIANT!** By [NB](#) on 26 May 2015

I am *absolutely amazed* at how EFFECTIVE this program has been. I got into the bad habit of drinking every night and was becoming increasingly concerned about how much I was drinking, which was way above the recommended weekly limit. I read the other reviews which were hugely positive and hoped this program would help me also, but really didn't think it would. I thought... *'don't be silly, a self-help deal isn't going to make a difference...'*

“Well, I stand corrected! I read the book and listened to the recordings and ***after the first day, I just didn't feel like having a drink (unheard of for me)***. Then I went another 5 days and didn't miss it at all. Then I had a little drink over the weekend, far less than I would normally have had; and I was concerned that would be the spiral back into drinking every day. However, **the significantly reduced drinking has continued...** It's been 6 months of only having the occasional small drink on the weekend. Try it... it TRULY worked for me.”

Are **YOU READY** to START a better life where you drink less? If so, congratulations my friend. I'm here to **HELP YOU**...

Just **LOOK BELOW & CLICK** the orange button to get started immediately. It's 100% GUARANTEED to work...

I'll tell you exactly what makes this method work so well to **reduce your cravings for alcohol...**

First, a little more background on where and how I discovered this unique therapy:

I'm an Australian who has lived in London since 1994, and when I first came to Britain, I noticed many people drank *insane amounts* of alcohol.

It was already in my plans to attend The London College of Clinical Hypnosis – the largest hypnotherapy college in Europe...

But when I started diving into a UNIQUE psychology combined with hypnotherapy, and what that type of therapy was capable of resolving... it **absolutely blew me away!**

It totally revolutionised my thinking and my own drinking dramatically...

Since I graduated in the top 94%... The London College extended a **rare opportunity** to train and lecture for them, and I also taught in most of the university centres around the UK for several years...

After experiencing lasting success in reducing my own drinking and for the people in all of these centres, I went into private practice to help the rest of the world's heavy drinkers **break free from alcohol's grip...**

I focus exclusively on excessive drinking habits since it's one of the biggest problem areas that **hypnotherapy can solve so quickly and easily...**

Now, you may be surprised to discover that your tendency to drink too much or too often **is not your fault...**

And if you've tried to cut back on your own and found you couldn't stick with it...

It's because there's something much DEEPER going on than what you experience on the outside that's causing you to over-drink...

Something that makes it impossible for you to control your drinking through willpower alone...

As I said earlier, one of the KEYS to being able to drink less is to understand **what's happening in your mind** that's causing you to drink too much in the first place...

We now know that the human brain generates something called your **"Inner Dialog"...**

You know those crazy conversations you have with yourself that makes you feel scared, anxious and stressed out?

Most of us don't even realize all this mental chatter is going on 24/7, but brain scans prove it's **TRUE...**

Problem is... that the way you talk to yourself can be detrimental to ANYTHING you need to control in your life, but especially drinking...

When this Inner Dialog turns negative, it shifts into what psychologists call an **INNER CRITIC...**

It's that "little voice" inside that makes you BELIEVE you are not good enough, you should be drinking less, what's wrong with you... everyone else drinks less than you...

Your Inner Critic loves telling you that drinking is a good way to deal with problems... and yet ironically it exacerbates it.

You begin to have the same ol' conversation with yourself, like...

"I promised myself I wouldn't drink tonight and yet here I am again drinking!"

"I'm a failure' 'What's wrong with me!'"

And the **vicious cycle** continues...

This unbridled internal dialog – most of which you are completely UNAWARE is even going on – is the **SOURCE** of what actually drives you to drink beyond healthy levels...

The **GOOD** news is that this Inner Dialog is just a bad habit... a semi-conscious learned behavior that's gotten out of control...

It's one of many habits we can change just by changing the dialog you're having with yourself...

In fact it's rather SIMPLE and QUICK to change your unhealthy drinking dialog in your SUBCONSCIOUS mind...

Like this woman did with help of the program:

★★★★★ **ABSOLUTELY FANTASTIC!**

"These recordings are absolutely fantastic! I have been concerned about my drinking habits for a number of years and have read and tried so many different things, but this program has been the ONLY one that has **REAL lasting change**. It not only helped me understand my drinking habits, but also how to CHANGE them. It enabled me to change to drinking in a way that meant I could still enjoy one or two drinks now and again, but know how, when and why to stop! A TRUE revelation... And I don't say that

lightly. This program comes with my highest recommendation... It is easy to understand and I was able to apply it my life instantly.”

This deep “revelation” and REAL lasting change happens because of **the power of HYPNOTHERAPY...**

And more PRECISELY, it's hypnotherapy that's applied to your Inner Dialog drinking psychology...

This isn't the kind of hypnosis you see on a stage or at a show...

And it isn't going to make you do anything silly or embarrassing, or knock you out in any way...

This is **CLINICAL hypnotherapy** that's been used for decades to successfully treat all kinds of mind-based problems -- from depression to anxiety and insomnia... to self-esteem and weight problems...

We all have incredible minds... and this kind of hypnotherapy is **EXCELLENT** at helping you use your mind to **INTUITIVELY drink less...**

It literally helps you make a Drink-LESS Mind Shift

MAKE THE 'DRINK LESS' MIND-SHIFT



Many of us would like to drink less, says clinical hypnotherapist Georgia Foster (left), author of *The Drink Less Mind*. But overdrinking often has complicated emotional and social roots. Here she explains how we can all cut down



Who is *The Drink Less Mind* for?

Anyone who feels their drinking is out of control. I don't mean alcoholics, but people who regularly drink more than they like, and are too shy to discuss it, but would like to retrain their mind to make it easier to cut down.

Why is it so hard to resist a drink?

We live in a 'cocktail culture', where there aren't many social options aside from bars and restaurants. We also drink more to open up to friends: alcohol becomes a form of therapy, to make it easier to discuss problems. Alcohol is relaxing, and we lead very stressful lives. But the unconscious mind does everything habitually, so there is a danger that you will come to associate stress relief with alcohol, and that a nightly glass with dinner could, in time, turn into a bottle.

When is social drinking a problem?

When it becomes emotional and habitual. The process is twofold. First, you drink to alleviate stress, boredom or unhappiness; then your mind links this emotion to drinking, so you drink every time you feel this way.

Keep a drink diary for a few weeks: jot down each time you have a drink, who you are with, what you've just done and what you do next. You will

find that patterns emerge, and that certain places, people and times trigger your drinking.

Are some people more prone to over-drinking?

The socially anxious drink to feel less inhibited and more interesting. In contrast, 'pleasers' are often naturally outgoing, but drink to bond with a group. They assume responsibility for starting the party and holding the night together. What all drinkers share is a strong inner critic that tells us we won't be good enough or have enough fun unless we drink. Because we feel more 'in the moment' when we drink, it's easier to ignore the inner critic.

The problem is the next day, when the voice is even louder: 'Why did you drink so much last night? What did you say? What did you do?' Because your body is suffering the physical side effects of alcohol, you can't cope with the stress. It's like a panic attack; the self-doubt is overwhelming, so you have another drink. It's a vicious cycle.

What if you feel you really can't enjoy a night out without alcohol?

Practise not drinking. Have soft drinks now and then, or commit to driving. The more your mind goes into situations sober, the easier it becomes.



When you do drink, set yourself a limit before going out: a goal helps slow down your drinking to fit the evening.

How can we resist when friends encourage us to drink?

People encourage each other to drink because they don't want their own drinking habits exposed. We often cleverly, but unconsciously, choose friends who drink as much as we do to justify our own drinking.

Ultimately you have to take responsibility for yourself. Don't join in rounds – make a financial excuse, or say you have a big meeting the next day. It is much easier to drink less if you set your own pace and stick to single glasses rather than a bottle of wine. Prepare your excuse before you go out. It doesn't matter if you tell a few white lies – eventually you will have the confidence to explain to friends that you are drinking less, but this takes time.

How do you know when you have achieved a 'Drink Less Mind'?

When you have three to four alcohol-free days a week, and nights of excess are rare. We all deserve to be able to enjoy a few drinks with friends without losing control, and to express ourselves confidently without alcohol. »

RESOURCES

• **THE DRINK LESS MIND** plus free CD (£17.99 from www.georgiafoster.com)

• For details on 'The Drink Less Mind' one-day workshops, call 0845 660 4396

COMPLETE OUR SURVEY ONLINE AT www.psychologies.co.uk

PSYCHOLOGIES 11

It's all done through your own NATURAL hypnotic state, called the Alpha state...

It's the state we daydream in...

And the last state we all pass through right before we fall asleep every night.

This is the state when your subconscious mind is in its non-resistant ACCEPTANCE mode.

When your brain is most open to suggestion and new information... and takes in whatever you hear...without trying to judge it, fight it, or figure it out...

Your brain just instantly stores new information...without any resistance.

PERFECT for slipping in healthy NEW drinking psychology to replace your destructive unhealthy drinking psychology...

The first thing each Drink Less hypnotherapy recording does is help your subconscious get into this non-resistant Alpha mode...

How do the recordings DO THIS?

You simply lie down somewhere comfortable and when you close your eyes you naturally start to go into a more relaxed and internal state...

With my hypnotherapy suggestions, you drift into the Alpha hypnosis state...

Don't worry, this is **perfectly safe** and scientifically sound...

You go from your normal awake state of 14 cycles per second, to 13, then 12, and all the way down to about 8 cycles a second...

Now you're in a state between daydreaming and the state just before falling asleep... the state where your brain **automatically accepts** what it hears without resistance.

Once you're in this state, which is incredibly RELAXING, you listen to my voice talking you through your NEW "healthy drinking" Inner Dialog...

In an instant, the brain takes in this new information... and your old unhealthy thinking and drinking habits are literally swapped out with NEW healthy drinking habits *on the spot*.

It's like out with the old and in with the **NEW!**

The deeply-ingrained thoughts, habits, and impulses that came from your Inner Critic over many years and caused you to over-drink... are EFFECTIVELY REPROGRAMMED simply by having you listen to healthy drinking messages...

Replacing one unhealthy drinking habit after another... until they're all gone!

Each day you listen... you'll feel less and less like you NEED to drink excessively... or drink at all!

You just NATURALLY don't want to drink like you used to... because those urges are simply not there anymore...

Hard to BELIEVE I know... but virtually everyone who does this program says that the urge to over-drink just VANISHES...

Like this woman... Who was skeptical and rebelled all the way through the program and even hardly paid attention to it... and still her alcohol cravings disappeared...

★★★★★ **Such a relief!**

The program is quite a strange experience to start with, but then I've never done something like this before. Just relax and don't question it. I never 'went under' with it being a hypnotherapy program... just listened to the words, alongside the everyday waffle inside my mind (washing, shopping, work, supper). The first week I seemed to rebel a bit against what I was hoping the program would do for me and had a few too many on the weekend. I was a bit disappointed and thought it wasn't working at all. Then suddenly, this odd thing happened... I haven't wanted to have a drink at all. It's not like the idea turns me off, but before I would think about a big glass of wine and it would only be a matter of time before I had got my hands on one (then two, then three). **Those cravings just VANISHED! It's such a RELIEF!** I will definitely want to have wine in my future, but it's nice to think that I call the shots from now on (no pun intended), instead of the other way round. Try it, and stick at it... you'll be AMAZED.

IT WORKS because what you've done is **trained your unconscious mind to drink LESS!**

Think about it like upgrading your mind's "software" ...

The files stored in your brain that contain your unhealthy habits are UPGRADED to contain HEALTHY habits...

Each time you listen to the recordings, you upgrade your mind's capacity to drink less more and more...

This radically simple yet highly effective program is GUARANTEED to cut your drinking by at least 50%, EVEN IF you:

Are used to drinking 1, 2 and even 3 bottles of wine a night...

Even if you've been a heavy drinker for years... or your entire adult life!

And GET THIS... it works even if you drift off while you're listening to the recordings...

And even if you fall asleep!

Which may happen because each recording is extremely RELAXING...

So relaxing and pleasing that most people find listening to the program becomes their favorite part of the day...

A time to spend on yourself that you'll truly look forward to, and feel much better after the 30 to 40 minutes it takes to listen to the day's recordings...

Like this woman... who used to be a stressed out heavy drinker, and now she's not... even in difficult times...

★★★★★ **Absolutely Amazing!** By [Syddy1](#) on 29 November 2013

This program is BRILLIANT, I don't even know what words to use; even the word 'excellent' doesn't seem praise this program enough. After just a couple of nights I felt **DIFFERENT**... which gave me hope it would work. Since then there has been such a difference to my stress levels, (and I have had to cope with a lot of extremely stressful things since then), it's unbelievable. I haven't picked up a drink at all. Georgia's voice is 'just right'... She just gets right on with the hypnosis. It **TOTALLY RELAXES ME** every time and I didn't think anything but a drink could achieve that. Everybody has noticed a change in me, including my children. **I cannot praise it enough, it is well worth getting** and I would recommend it to anyone. Thank you Georgia Foster, I owe you big time!

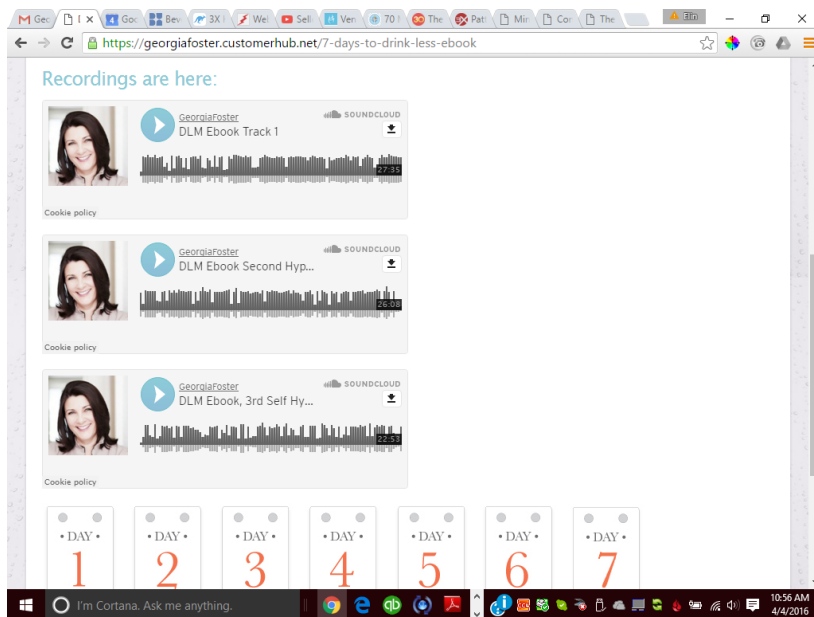
Before I tell you the **LOW PRICE** for this program, let me tell you how much incredible programming and support you get, because its way more than you'd expect...

You get immediate access to my **ENTIRE** program...

Plus, since you're watching this video today, I'm giving you a **SPECIAL** package that includes:

- The Drink Less Mind e-book
- 7 drinking psychology talks from Georgia
- 5 powerful hypnotherapy recordings
- **BONUS** 3-Month After Care Program
- **FREE** Membership to Georgia's private Drink Less Facebook page
- Additional **FREE** recordings from Georgia and other top experts

This special package has extra recordings and support to **MAKE SURE YOU SUCCEED** in becoming a lighter drinker... and it's only found here...



The recordings are designed to walk you through each step of recognizing and releasing unhealthy drinking habits...

And remember: the entire program is super **CONVENIENT** to complete on your own time in the comfort of your own home...

Depending on which recording you're on, it only takes 30-60 minutes a day and in 7 days you're done...

However, just to **make sure you succeed**, I give you **FULL SUPPORT** afterwards...

You get an **AFTER CARE BONUS** with 3 more months of close support and more education so you **become even more confident in yourself as a lighter drinker...**

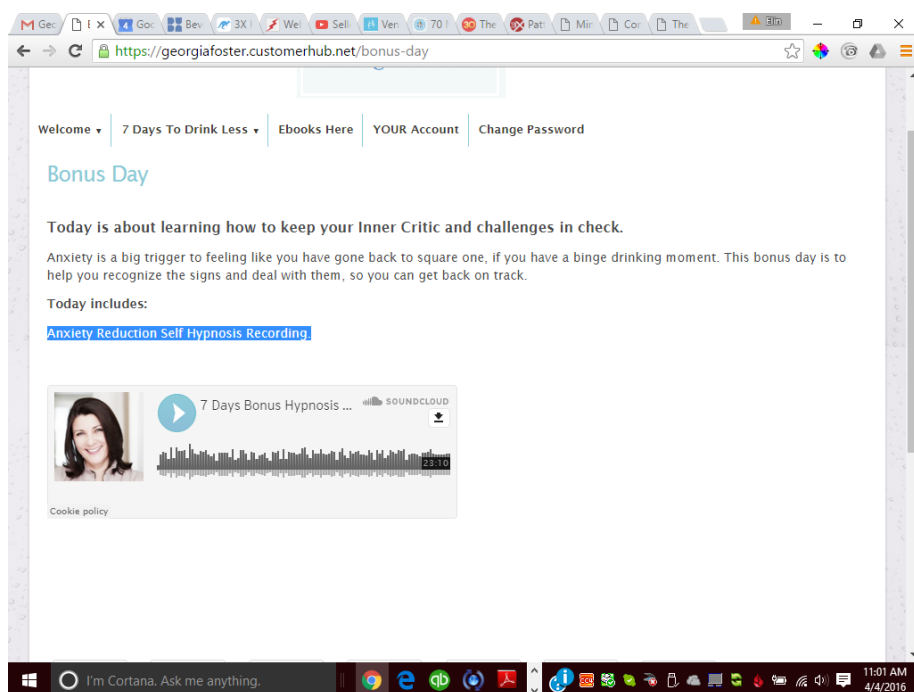
This after-care program alone usually costs \$45, but you **GET IT FREE** in this **SPECIAL PACKAGE**

As part of additional personal support, I email you each week with tips and strategies I myself use every day to **keep you going strong...**



And I send you recordings from other top experts on how to drink alcohol in more stable, HEALTHY ways... and still keep the FUN alive...

Plus you get a few surprise BONUS recordings from me... like this amazing “Anxiety Reduction Self Hypnosis” recording you get at no extra charge...



You also get a free lifetime membership to my private Facebook page...

It's a place you can chat and interact with lots of other people who are dealing with the same issues you are...

And even make new friends who are really there for you...

And the beauty is... if you ever do feel like you're slipping, even a little... you can always just go back and listen to the recordings again.

It's like you have an expert therapist to help you control your drinking at all times... *whenever you need it!*

Make sure you **listen to all 7 days** to get the full effect from the program, with the most **permanent results...**

When you do this, you learn to drink in a way that no longer impacts your health, your work, your family and other relationships, and your future...

This comprehensive package can be offered at an **extremely low price** for two reasons:

One, I was able to take the same kind of therapy sessions I have face-to-face with my clients, and digitalize everything as recordings you can simply and instantly access online from any device...

An two, because this program has enabled me to fulfill my life's mission of helping as many people as possible learn to drink less, and be a happier, healthier drinker...

Now this amazingly effective therapy is affordable to everyone who needs it...

So how much do you think such an eye-opening, life-changing program cost from the BEST drinking-reduction therapist in the world?

Can you BELIEVE... **only \$79.97** U.S. dollars

That's less than just one session with a face-to-face therapist...

And, if I remember correctly, that's about what it costs for a week's supply of alcohol, right?

Not to mention **the thousands you'll save all year, every year** by not drinking as much from now on...

Just the recordings alone is equivalent to having 7 private sessions with a prominent therapist totaling \$1,750.00...

The program is so set up for TOTAL SUCCESS that I *personally* guarantee it if you'll just do your part and listen to the recordings each day for 7 days...



You get a full 60 days to use it and decide for yourself...

If don't think it worked for you...

If you still feel you're out of control with your drinking...

Even if you don't like my soothing voice or how relaxed the recordings make you feel...

If you don't think it's working for you for any reason, just email my support team and you'll get every penny back... no questions asked.

Remember: This is the one and only program that's PROVEN to reduce your drinking and leave you TRULY HAPPY about this change...

No more struggling with all those crazy out-of-control urges to drink more!

It's an investment in YOU, so LOOK below and **Click the Yes! I want to drink less button NOW...**

This is the only program that's worked consistently and long-term for 100,000's of people...

Many of them may not have quite understood exactly how THIS WORKS but went ahead and tried it anyway, and are glad they did...

Like this woman...

★★★★★ **The RIGHT decision...**

"Slightly skeptical I nevertheless decided to give it a go, at that price and with money back guarantee I felt I had nothing to lose. Almost immediately I realised it had been **the right decision**. The holistic approach made me feel that at last here was someone who

really understood what has been such a huge problem for me and must be a problem for so many people. If you think that your habit of consuming alcohol is causing you trouble, the Drink Less program will **underpin the REAL reason you drink and restore the real you...**"

Now remember: This program is **only \$79.97** U.S. and 100% guaranteed or your money back...

So **make an investment in yourself**: LOOK below this video right now:

Click on the orange button that says **YES! I want to Drink Less...** and lock in your discounted price for this SPECIAL extra-support package today!

You'll be granted immediate access to everything: The Drink Less Mind e-book, 7 drinking psychology recordings, 5 powerful hypnotherapy recordings, and all the bonus recordings... PLUS:

You also get as a FREE Bonus... The 3-Month After Care Program, Membership to the private Drink Less Facebook page, and additional recordings from me and other top experts...

Here's what will happen the moment you click the orange YES! I want to Drink Less button below this video:

First, you'll be taken to our 100% secure checkout page, which looks like this:
(GRAPHIC OF YOUR CHECKOUT PAGE ON THIS SLIDE OR NEXT)

Then, after you order, you can select the add-ons you prefer to help you start losing weight faster, and even rebuild your self-esteem and confidence practically overnight...
(NOTE: DO NOT USE UNLESS YOU HAVE UP SELLS)

Finally, you'll be emailed your username and login to the Drink Less training portal, which looks like this (GRAPHIC OF MEMBERS AREA/DOWNLOAD PAGE)....

Here you'll find all the recordings, the e-book, and bonuses, plus a few extra surprises -- ready to use immediately -- within seconds of checking out...

It's That Simple!

Just Remember: Life is short, and you've been struggling with so many miserable consequences of over-drinking far too long...

Or at the very least you've been wasting precious time and energy worrying about you drinking too much or too often...

The pain of continuing without taking action will only lead to more drinking and wasted days, more health problems, more stress, relationship issues, guilt, and frustration...

YET: All of this can be avoided, beginning today, simply by listening to the Drink Less Mind for ONE WEEK... and it only takes 30-60 minutes a day depending on which recording you're on!

Picture right now one week from today when YOU are in control of your drinking, and can easily and consistently drink less.....

You are FREE... at peace, knowing you no longer have a drinking problem that you have to be ashamed of, or worry about, or lie about...

You are experiencing the BETTER way to drink... which is to drink less and **LOVE IT** - Finally!

Without feeling like you're missing out or always wanting more...

You feel alive...

Today marks your day you get serious and take responsibility for your over-drinking...

And take the action you KNOW is necessary to put you on the track to a healthier, happier you... back to the REAL YOU, using a program that SIMPLY WORKS...

TRY The Drink Less Mind for 60 full days, on me... and see the results you desire, or you pay nothing!

And do the ONLY smart thing you can do:

Take advantage of this limited-time offer, while you still can...

(ALL PRODUCT GRAPHICS ON PAGE) CLICK the orange YES! I want to Drink Less button below right now, and let's get you started today!