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OYNB on the BBC Breakfast talking about The 28-Day Alcohol-Free Challenge Book!**THE 28 DAY ALCOHOL FREE**

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## **CHALLENGE**

### **30 DAY ALCOHOL FREE**

**CHALLENGE | the alcohol experiment  
review Tracy's story - 9 months Alcohol-  
Free**

**28 Days of No Alcohol! (Benefits +**

**Realizations)EP 28: How To Have Fun**

**Alcohol-Free Sarah's story - Giving up**

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**alcohol Day 45 Alcohol Free (Part 4)**

**Before \u0026 After Join Us!! 28 Day**

*Alcohol-Free Challenge The 28 Day*

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~~Brendan Courtney with OYNB Gary's~~

story- Living my best life without alcohol

*Andy's story- Breaking the cycle of 'Drink,*

*Sleep, Repeat' My First 30 Days Sober*

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*100 Days Without Alcohol: Here's What Happened* | *Men's Health UK* Why you should go 28 Days Alcohol-Free

Samantha's Story - Amazing things are happening in my life since going Alcohol-Free I STOPPED DRINKING FOR 30 DAYS | 30 DAYS SOBER Why you should go 28 Days Alcohol-Free ~~30 Days~~

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~~Without Drinking Alcohol Will Do This  
To Your Body~~ The 28 Day Alcohol Free  
Boost Energy Beat Anxiety  
Andy Ramage and Ruari Fairbairns started  
their website One Year No Beer to  
connect with like-minded people who no  
longer wanted to deal with the adverse  
effects of drinking alcohol. In The 28 Day  
Alcohol-Free Challenge Andy and Ruari



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Share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

The 28 Day Alcohol-Free Challenge:

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Sleep Better, Lose ...

02-02-2018. Many studies have shown that going alcohol-free for a month has positive impacts on one's physical and mental health. To help you get in the loop and take part in the 28 Days Sober Challenge, we've listed 28 benefits you could reap from going alcohol-free. 1 –

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Weight loss.  
Sleep Better Lose Weight  
Boost Energy Beat Anxiety

28 Benefits of Going Alcohol-Free for 28  
Days - Portage

Andy Ramage and Ruari Fairbairns started  
their website, One Year No Beer, to  
connect with like-minded people who no  
longer wanted to deal with the adverse

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effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge, Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one' and, most importantly, how to make the most of the health benefits of going sober.

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Sleep Better Lose Weight  
The 28 Day Alcohol-Free Challenge  
Audiobook | Andy Ramage ...

An illustrated day-by-day guide packed with inspiration and practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world

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of quality time to achieve your goals.  
Drawing on their own experiences of  
ditching the drink, and bri. Be happier,  
healthier and more productive by taking a  
break from booze!

The 28 Day Alcohol-Free Challenge:  
Sleep Better, Lose ...

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The 28 day alcohol-free challenge: sleep better, lose weight, boost energy, beat anxiety. Ramage, Andy; Fairbairns, Ruari. Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, this book helps you reset your drinking habits and

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discover a hangover-free... Weight

Boost Energy Beat Anxiety

The 28 day alcohol-free challenge: sleep better, lose ...

January 12, 2018 Must Have She's Not So Basic's 28 Day Alcohol-Free Challenge I dunno about you guys, but I always look at my birthday as a chance to push a hard



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reset on those New Years affirmations that might not have started out so hot. You know... the ones that sound good on December 31st but come January 10th you're all...

She's Not So Basic's 28 Day Alcohol-Free Challenge

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These fabulous tips from new book The 28 Day Alcohol-Free Challenge by Andy Ramage and Ruari Fairbairns could help you to kick the habit this month – or even longer! At the end of this challenge,...

Yes, you can give up the booze - here's how to do it in 28 ...

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Most went in thinking 28, 90 or even 356 days. But 87% of our members choose to carry on alcohol-free after 90 days.

Why?...because they've had a life-changing mindset shift. One Year No Beer

The 28 Day Alcohol-Free Challenge - One Year No Beer

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Science Explains What Happens To Your Body When You Go 28 Days Without Alcohol We've been told that a glass or two of wine per night won't hurt us, but a new study says that people should totally cut alcohol from their diets. It warns that around 5% of cancers have a direct link to alcohol.

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Sleep Better Lose Weight  
Science Explains What Happens To Your  
Body When You Go 28 ...

According to a 2015 article in the New England Journal of Medicine, an estimated 50 percent of people with an alcohol use disorder go through withdrawal symptoms when they stop drinking. Doctors ...

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Sleep Better Lose Weight  
How Long Does It Take to Detox from  
Alcohol? Timeline and More

Alcohol-free and low alcohol drinks

Headline reports. In addition to funding research into alcohol harm, we publish research and summaries on the key issues in alcohol harm today. ... Your risk of type

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2 diabetes has already started to reduce (in one study insulin resistance came down by an average of 28 per cent) and your cholesterol levels ...

One month alcohol-free - what's happening in your body ...

Find helpful customer reviews and review

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ratings for The 28 Day Alcohol-Free  
Challenge: Sleep Better, Lose Weight,  
Boost Energy, Beat Anxiety at  
Amazon.com. Read honest and unbiased  
product reviews from our users.

Amazon.co.uk:Customer reviews: The 28  
Day Alcohol-Free ...



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Author: Fairbairns, Ruari. Each month we recycle over 2.3 million books, saving over 12,500 tonnes of books a year from going straight into landfill sites. All of our paper waste is recycled and turned into corrugated cardboard.

The 28 Day Alcohol-Free Challenge:

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Sleep Better, Lose We ...

Andy Ramage and Ruari Fairbairns, who both work as brokers, did just that - and it changed their lives for the better. They are the authors of 28 Day Alcohol-Free Challenge, which aims to help others live life to the full without the need for alcohol. As Ruari explains, his decision to

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give up alcohol stemmed from feeling  
lethargic.

How To Live Alcohol-Free For 28 Days -  
TodayFM

An illustrated day-by-day guide packed  
with inspiration and practical help, The 28  
Day Alcohol-Free Challenge is the only

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book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals.

Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy ...

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The 28 Day Alcohol-Free Challenge  
eBook by Andy Ramage ...

That has been my own experience at least. There are those who prefer a six-week dry-out or even a 100 day challenge. Whatever floats your booze-free boat. In the five years before I decided to delete booze from my life permanently, I did the 30 day

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alcohol free challenge several times over. I won't lie to you--the first week can be very hard.

How to Do a Booze-free Challenge —  
Better Without Booze

Andy Ramage and Ruari Fairbairns started their website *One Year No Beer* to

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connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly,

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how to make the most of the health  
benefits of going sober.

The 28 Day Alcohol-Free Challenge By  
Andy Ramage | Used ...  
28 Day Alcohol Free Challenge; 28 Day  
Challenge. Text. 28 Day Alcohol Free  
Challenge. 30 Lessons Intermediate About



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this course Take a challenge that will really benefit you. Reduce anxiety, improve sleep, lose weight, boost productivity and motivation, save money and feel generally much happier. ...

28 Day Alcohol Free Challenge Archives -  
Podfit Personal ...

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Most went in thinking 28, 90 or even 356 days. But 87% of our members choose to carry on alcohol-free after 90 days.

Why?...because they've had a life-changing mindset shift. OYNB - One Year No Beer

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