## Contents

	Introduction	xi
Part One: Expo	osing Alcohol Dependency	1
Chapter 1	What the Brew Will Do to You	3
Chapter 2	My Personal Struggle with Alcohol Dependency	15
Chapter 3	Searching for a Remedy	54
Chapter 4	The Remedy Revealed	81
Part Two: The A	Alcohemy Process	99
Element 1	Your Journey's History	101
Element 2	Record Your Associations with Alcohol	115
Element 3	Record Your Life Values	118
Element 4	Record What Alcohol Does for You	121
Element 5	Record the Effects of Ceasing Your Habit	130
Element 6	Record the Effects of <b>NOT</b> Ceasing Your Habit	133
Element 7	Record the Compilation of Total Effects of	
	Consuming Alcohol versus Current Values	136
Element 8	Record and Replace the Fears That	
	Are Holding You Back	140
Element 9	Record Your Current Actions Involving	
	Alcohol and Replace Them with New	148
Element 10	Actions Prepare Answers to Likely Questions	
	and Statements Regarding Your New Habit	164
Element 11	Write Your Commitment Statement	177
Element 12	Document and Reward Milestones	181
Element 13	Plan Your Start Date and Start	191
Conclusion	The Power of Alcohemy	197
Appendix:	The Element Workbook	203
	Acknowledgments	217
	About the Author	219