



# How To Make 2025 A Healthy And Hangover-Free Year

## Welcome to the New Year Masterclass!

If you're struggling to cut down and drink less alcohol - or you're tired of hangovers holding you back - you are in the right place. If you're feeling stuck because you know you can't carry on as you are, but you can't imagine a life without alcohol, then this is the place to get unstuck.

I've had more than 4,000 women go through my online training programmes and transform their lives in the process. Women just like you, who are driven and successful in every other area of life. I've worked with teachers, nurses, lawyers, busy mums, full time carers, grandparents, widows and many more. Despite being super smart, they struggled to solve their drinking, until they came to The Sober School.

So let me be clear. The reason you've been struggling up till now to change your drinking isn't because there's something wrong with you. It's not because you're weak or lacking willpower. It's just that you've been approaching this the wrong way. The chances are you've been relying on old-fashioned tips or outdated approaches to sobriety that don't really work for women like you and me, who want a more modern, inspiring and *empowered* approach to alcohol-free living.

It doesn't matter what experience you're arriving here with. Maybe you're right at the start of this journey and don't know where to begin. Perhaps you promise to stop each morning, but by mid-afternoon you're convinced you deserve a glass. Or perhaps you've managed to stop for a while, but you felt miserable and were counting down until you could drink again.

No matter what your experience, here's my promise to you: You are going to leave this masterclass knowing that ditching alcohol isn't just possible for you, but an

alcohol-free lifestyle is actually an UPGRADE on the life you're living now. I'm going to give you the step-by-step on how to do this without willpowering through or feeling deprived.

**Here are the key points from Lesson 1.**

## **Moderation**

Here's why it hasn't been working for you:

### ***1) Decision fatigue***

Moderation means you're always making decisions. What to drink, when to drink, where, how much. These endless decisions are exhausting and much harder than just making one whole hearted decision to stay alcohol-free.

### ***2) Alcohol makes you lose control***

It's a statement of the obvious, but alcohol reduces your ability to make good decisions. It's a mind altering drug - so why should we expect to exercise willpower over it?

### ***3) It puts your focus in the wrong place***

Cutting down, rather than cutting out, reinforces the belief that you cannot truly enjoy life without alcohol in it. You'll carry on feeding the part of you that believes you can't be happy without this drug in your life.

### ***4) Alcohol creates tolerance***

No matter how much effort and energy you put into trying to stick to a few glasses, over time, you will need to drink more to feel the same effect.

**Now's the time to think about *your* experience with moderation.** How many 'rules' have you created for yourself over the years? Remember, if cutting down worked consistently - and made you happy - you probably wouldn't be reading this.

## The thinking behind 'taking a break'

If you're fed up of feeling hungover and tired of alcohol holding you back, taking a *break* from drinking is a great idea. It's a chance to test drive sobriety and see what happens when you give alcohol-free living a proper try.

The only way of knowing what alcohol-free living is *really* all about is to do it... and keep doing it. So give this break your all. Give it 100%.

Treat your break as an experiment. Back in 2013, I was *convinced* that I'd return to drinking at the end of mine... but look what happened! I fell in love with this alcohol-free lifestyle and didn't want to give it up.

### **During your break from booze, you need to:**

- Examine your beliefs about alcohol and what you think booze does for you.
- Educate yourself about alcohol and the science behind how it really works.
- Find new coping mechanisms and tools so you have a way to deal with your emotions without alcohol.
- Explore the root causes that got you drinking in the first place.
- Get support. Be part of a community that has the same goals and ambitions, so you stay motivated and feel less isolated.

(We'll talk about all of the points above during the Masterclass)

## Why taking a break from booze works so well

### **1) It's far less intimidating than stopping forever!**

It's completely up to you how long your break is, but I'd recommend somewhere between 6-9 weeks. Stopping for just one month isn't really long enough - we want to make sure you give yourself the opportunity to get into the swing of things and really experience alcohol-free living.

### **2) It gives you time to reach the good bit of sobriety.**

It takes a while to get into a rhythm and a routine with alcohol-free living. You need to practice it, in order for it to feel second nature. When you quit drinking from Monday to Thursday and then drink all weekend, you don't do that. You just repeat the hardest bit of sobriety (the first few days) over and over.

As I explain in Episode 5 of Lesson 1, it takes time to rewire your brain and to establish new neural pathways. In other words, you've got to practice being sober and give yourself time to establish some new habits. If you don't let yourself do this, you'll never get to find out how good sobriety can be. You must give yourself the gift of time here - time to find out what alcohol-free living is really like, once you get into a rhythm and routine with it.

### **3) A break from booze will also give you the opportunity to experience all the incredible benefits of an alcohol-free lifestyle.**

For example:

- **Looking better!** Did you see the before-and-after photos in Episode 4? Don't forget to take a selfie at the beginning of your break.
- **Saving money.** How much are you currently spending on alcohol each week? Get your calculator out. What does a 'quiet' week of drinking at home cost you? What about when you go out? On average, how much are you spending each month?
- **Saving time.** How many hours do you lose each week, either drinking, recovering from drinking or worrying about your drinking?
- **Saving calories.** There are a lot of empty calories in alcohol. One glass of wine is approx 200 calories and one bottle of wine = 600 calories! How many calories are you drinking each week right now?

- **More energy.** No hangovers + proper sleep = a much brighter and more energetic version of you!
- **More confidence.** Learning how to socialise sober will sky-rocket your confidence. Be prepared to surprise yourself!
- **Stop missing out.** What opportunities have you missed as a result of your drinking? Is there something you keep talking about, or promising to do, that somehow never happens? What would you love to do, if alcohol wasn't holding you back? Note this below.