

# The LivingSmart™ Alcohol Program

It may seem impossible to quit drinking too much, but it's not. It's simple when you know how.

LivingSmart is unlike anything you've ever seen before. We've been helping people control their drinking for over 3 decades, and we can help you, too.

Imagine waking in the morning with a clear head and a clean conscience. Imagine absolute freedom from alcohol. You can do it.

## How it works

As a drinker, certain beliefs and thought patterns have kept you from quitting, or controlling, drinking. LivingSmart is an online video-based coaching course designed to:



### EXPOSE FALSE BELIEFS

Discover why you really drink (hint: it's not what you think) and learn how your sub-conscious mind tricks you into feeling the urge to drink.



### DESTROY SELF-DEFEATING THOUGHTS

Master a simple technique that instantly neutralizes the thought patterns that create your urges to drink.



### FLAT-LINE YOUR URGE TO DRINK

Rewire your brain so you no longer care about alcohol.

Here's the main point: once you complete LivingSmart, you will no longer feel the need to drink.

## The Details

LivingSmart consists of 12 online video-based sessions, each split into short segments. Log on privately and conveniently, 24/7, via internet-enabled PC, tablet, or smartphone. The first time you log on you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. It's that simple.