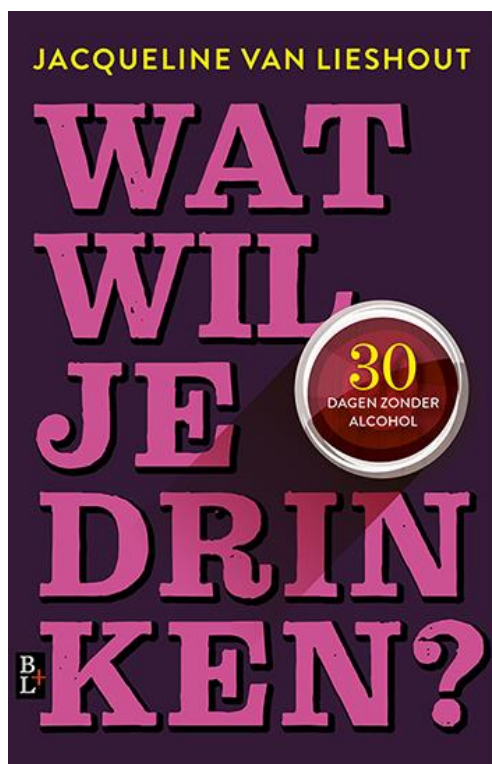


SANTASADŌ

Jacqueline van Lieshout - What Do You Want to Drink?

Thirty Days Without Alcohol

HEALTH | LIFESTYLE



No alcohol for thirty days and enjoying it? Yes! This book provides you with an unexpectedly inspiring party, without a hangover. Jacqueline van Lieshout presents a 30-day program for an alcohol-free month. It features information on what exactly alcohol does to you and most of all what not drinking has to offer to you. Accompanied with a step-by-step plan to really help and inspire you, without having to feel boring, dull, or alone.

This program transforms a month of toiling into a month of releasing patterned behavior, feeling super fit, and giving you an easy way to deal with alcohol differently. In a fun, interesting, and exciting manner, giving answers to all your questions, tips for each occasion, and most of all the desire to stay 'dry' for a month.

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- Dutch edition published by Bertram + de Leeuw

ABOUT THE AUTHOR



Jacqueline van Lieshout previously wrote *Dewine*, *From Trash to Temple in 28 Days*, and *The Genie Out of the Bottle*, and has been coaching people online and offline since 2017 on living alcohol-free for shorter or longer periods, and optimizing their diets. Recognizable, with humor, raw honesty, and enthusiasm, she knows how to inspire you to work on your health in a way that works for you.

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