



# Living Smart

## Alcohol Management



### GET DRINKING UNDER CONTROL

The reason drinking is so hard to stop is that it goes way beyond physical alcohol dependency.

This uniquely effective course was designed by experts to help you break the psychological barriers that give alcohol power over you.

Start the course today to gain—and keep—control of your drinking.

### WHAT'S INSIDE

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A scientific solution from trusted behavior-change experts.



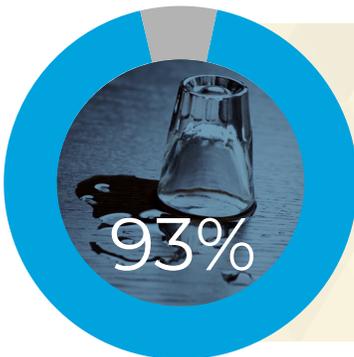
## Excessive drinking results from an emotional dependence on alcohol that you develop over time.

Replacing the brain's subconscious negative thought patterns with positive, empowering thoughts rewires your brain's neural pathways so healthy decisions about alcohol become simple and frictionless.

Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Eliminate psychological roadblocks** to break free of alcohol cravings and dependence,
- B. Quit drinking entirely** or modify habits to drink with control.

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.



*"This course has made me see my relationship with alcohol and has set me free. I know I still have a ways to go but I now have the tools and a change in mind to see a brighter and healthier future. I will recommend this program for those who wish to be in control with their drinking. Thank you!"*  
– Former drinker

**93% of participants who completed the course found that the course helped them meet their objectives related to alcohol.**

# We make it simple to participate and stay on course.

Our proprietary evidence-based training process transforms your mindset at the subconscious level to break your emotionally driven bonds with alcohol. The mindset training is paired with practical content and activities to eliminate alcohol cravings so you can control your drinking.

The course features highly engaging pre-recorded video instruction from a foremost cognitive behavioral training expert. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from an expert
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support



*“This was an excellent course with an excellent instructor. Have been drinking for 44 years. This course helped me develop the skills to break this addiction/habit and make changes I wanted in my life.” – Course Participant*

## Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.

# Course Overview and Instructor

## Session Listing

### Introduction – Around the Bend

This course is unlike anything you have tried before.

### Orientation – What is the Real Choice?

Find out how to define your choices regarding alcohol in a way that empowers you.

### Session 1. **Biggest Best Benefit of All**

Learn the secret to finding your greatest sources of motivation.

### Session 2. **There is Only ONE Reason You Drink**

You will have a light bulb moment once you understand the true reason you drink.

### Session 3. **Prepare for Your Breakthrough**

Today is the day you move from drinker to ex-drinker, and that's exciting.

### Session 4. **Do You Hear Yourself?**

Self-talk is powerful. Use it to your advantage.

### Session 5. **Practice Makes Perfect**

Living smart naturally takes time and repetition to learn.

### Session 6. **Who's the Boss?**

You are the boss! Not your urges to drink.

### Session 7. **Celebrate Your Success**

You have begun retraining your mind and healing your body—the beginning of a great chapter in your life.

### Session 8. **The Difference Between 99% and 100%**

We are talking about mastery, and it is yours if you want it.

### Session 9. **A Future Full of Possibilities**

There are eight characteristics. The more you practice them, the more you'll connect with yourself and others.

### Session 10. **Commitment Takes Character**

You have proven you have it by making it through the program. It's time to reinvent your future.

9

Sessions

3

Weeks

1

Hour  
per week

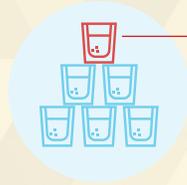
## Course Instructor



### Lou Ryan

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. Lou has helped thousands of people gain control over unhealthy eating habits and many other lifestyle issues so they can transition to a more calm, peaceful, and empowered life.

# How Does The Course Impact People Like You?



About **1 in 6** binge drink

## What's the cost?

- ▶ Excessive alcohol use is responsible for **1 in 10 total deaths among working-age US adults**

*"The program was especially valuable in giving me insights into how I am thinking. There is tremendous value in moderating my drinking, but I have already started to apply some of those insights to other areas of my life to take control."* – Course Participant



## The numbers tell a story of healthier outcomes

### We wanted to know: How does the course impact participants?

We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.

**93%** met their objectives related to their alcohol consumption

**93%** felt the course improved their overall health

**50%** gave the highest rating when asked how much the course made them feel in control of alcohol

**56%** believe the course made them feel more positive about the future

## COURSE RATINGS



# 91%

would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>