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William Porter - Alcohol Explained

Stopping Drinking Advice \u0026 Tips with William Porter author of Alcohol Explained 1\u00262

EP 13: Alcohol Explained with William Porter

Alcohol Explained: A Conversation With William Porter

Casually Explained: Alcohol

Facebook Live 11th December 2020

Facebook Live 4th December 2020

L'alcool explique - introduction

Facebook Live 22nd November 2020

Facebook Live 20th November 2020

Friday 13th (oer) November 2020 Facebook Live

Cravings Addressing The Underlying Issues That Cause us to Drink

Facebook Live 27th August 2020

The Physiological Effects of Alcohol

Episode #158: Book Review - Alcohol Explained

The Easy Way To Control Alcohol

What We Get Wrong About "Alcoholism"

How To Stop Drinking Alcohol - My Top 3 Steps

Quitting Drinking Made Easy...

With This Amazing Mindset Trick

10 Things That Happened When I Quit Drinking Alcohol - #3 Is Surprising!

How did I stop drinking?

Annie Grace answers.

Trick Your Brain to Feel High

Alcoholic Progression - The Death Spiral Explained

Alcohol \u0026 Cognitive Dissonance

The Making of an Alcoholic + Barely Surviving Alcoholism - The Amazing Story of Elizabeth Vargas

What Alcohol Does to Your Body

How I overcame alcoholism | Claudia Christian | TEDxLondonBusinessSchool

The Science of Alcohol: From Beer to Bourbon

Episode 57: Alcohol Explained

Live Session 1

Alcohol Explained - Why you drink too much

Types of Liquor | Bartending School

Live Session 2

The World's 5 Best Stop Drinking Books Revealed

alcohol explained.

Alcohol Explained by William Porter

Audiobook Excerpt

Dr. David Samadi - Binge drinking explained!

Alcohol Explained

Alcohol is an anaesthetic; it anaesthetises certain feelings (such as tiredness, stress, pain, and discomfort) and the effect of this is that we tend to feel more mentally relaxed after a drink. Of course the depressant/anaesthetising effects don't just work on our mind, causing us to feel relaxed, they also affect the rest of our body, leaving us slightly...

Alcohol Explained | The definitive, ground breaking guide ...

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from those first drinks right up to chronic alcoholism.

Alcohol Explained: Porter, William: 9781516997190: Amazon ...

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from those first drinks right up to chronic alcoholism.

Alcohol Explained by William Porter - Goodreads

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from those first drinks right up to chronic alcoholism.

Alcohol Explained - Kindle edition by Porter, William ...

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Kindle File Format Alcohol Explained

Alcohol Explained is not a doctrine you have to follow or a set of steps or instructions you need to accept and work through. It is not a personal testimony designed to inspire you to a life of sobriety. It is simply information.

About Alcohol Explained-Archive | Alcohol Explained

William Porter, author of Alcohol Explained, dives deep into how alcohol works in the body. He answers why alcohol is both a depressant and a stimulant? Why does alcohol help you fall asleep but leave you awake at 3am? Why is it that alcohol can feel so good (euphoria) and then later feel so bad (anxiety, hangovers)?

EP 13: Alcohol Explained with William Porter - This Naked Mind

Alcohol consumption and alcoholism is made up of the chemical, physical, physiological, and psychological effects that alcohol has on human beings, and the accumulative impact of these effects. I myself spent 25 years of my life drinking, however I have always been curious and have always sought practical

Alcohol Explained

Recommended intake per week explained Work out how many units of alcohol are in your drink. By Matt Brooks. Friday, 4th December 2020, 5:27 pm ... To keep health risks from alcohol to a low level ...

How many units of alcohol are in a bottle of wine or pint ...

Alcoholism is used to describe a situation where an individual has developed a physical and psychological dependence on alcohol. This person is no longer drinking simply because they like to engage in this behavior.

Alcoholism Explained

Explained: Why Russia warning to avoid alcohol after Covid vaccine caused a storm in a wine glass While Russia's Deputy PM and the head of its consumer safety watchdog have said people should avoid alcohol after the Sputnik V shot, the vaccine's developer has contradicted the warning.

Explained: Why Russia warning to avoid alcohol after Covid ...

A person’s liver can process about one standard drink an hour. 1 According to the Centers for Disease Control and Prevention (CDC), a standard drink contains 0.6 ounces of pure alcohol. Blood Alcohol Concentration (BAC) levels in standard drinks include: 2 12 ounces of beer, or one bottle at 5% alcohol. 8 ounces of malt liquor at 7% alcohol.

Blood Alcohol Level | BAC Chart Content Meanings

This book is a great follow up to Alcohol Explained. It helps to understand why we become addicted and that alcohol is a highly addictive substance that anyone can fall prey to. It also provides tools for people who want to stop ingesting the addictive poison. 5 people found this helpful

Alcohol Explained 2: Tools for a Stronger Sobriety ...

Can Alcohol Cause Sleeping Problems? by William Porter | Sep 18, 2020 | Alcohol and sleep, Alcohol Withdrawal. I deal with alcohol and how it affects

sleep in Alcohol Explained, but I think it is worth going in to a bit more detail on exactly how drinking alcohol impacts our sleep.

William Porter | Alcohol Explained

Blood Alcohol Concentration (BAC) refers to the percent of alcohol (ethyl alcohol or ethanol) in a person's blood stream. A BAC of.10% means that an individual's blood supply contains one part alcohol for every 1000 parts blood. In California, a person is legally intoxicated if he/she has a BAC of.08% or higher. Factors that impact BAC

What Is BAC? | Office of Alcohol Policy and Education

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological, and psychological level, from those first drinks right up to chronic alcoholism.

Amazon.com: Alcohol Explained (Audible Audio Edition ...

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological, and psychological level, from those first drinks right up to chronic alcoholism.

Alcohol Explained by William Porter | Audiobook | Audible.com

The only book on alcohol cessation I brought with me was Alcohol Explained. After 3-hour morning hikes, I would read in the afternoon and think in the evenings. Porter’s post-alcohol sleep predictions were spot on. The first couple of nights were rough. I read the book twice on my mini sabbatical and didn’t touch alcohol.

Amazon.com: Customer reviews: Alcohol Explained

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcoholism. It explains how alcohol affects human beings on a chemical, physiological, and psychological level, from those first drinks right up to chronic alcoholism.