

Recommended Resources

When it comes to you vs. booze, knowledge is power. Here are some of our favorite resources to recommend:

Huberman Labs, Podcast #86 - What Alcohol Does to Your Brain, Body & Health

If you haven't heard of the Huberman Labs podcast, you're missing out. Andrew Huberman is a leading neuroscientist, and his podcast talks about all sorts of issues related to our health and well-being. If you want a deep dive into the multi-faceted ways alcohol affects your physiology, [check this podcast episode out](#).

This podcast is so powerful, we made listening to it one of our Quick Win Challenges. To get smarter with your drinking this week, [click here and sign up for the Booze Vacation Listen Up Challenge!](#)

The Booze Vacation 6-Pack

While more people are talking about what alcohol is doing to us dudes, there's not too much info out there about what to actually do about it. Enter the 6-Pack. It's a bundle of 6 resources we created at Booze Vacation HQ to give you an in-depth view of what you're up against if you continue to drink like normal...and the master plan on how to take a Vacation and upgrade your life for good.

[Click here to see if the 6-Pack is right for you.](#)

Alcohol Lied to Me, By Craig Beck

What Clifford learned in this book helped him take off his beer goggles for good. Listening to it changed his life and sparked the idea that would one day become Booze Vacation. It's entertaining, convincing, and a quick listen on Audible.

[Click here to listen to it on Audible.](#)

The Easy Way to Control Alcohol, by Allen Carr

This book is another great resource. It's a bit longer than "Alcohol Lied to Me", but it thoroughly and methodically deconstructs every false belief that keeps us stuck and can help you better see what's really going on.

[Click here to listen to it on Audible.](#)

It's mission-critical to get smarter with your drinking.

It starts with self-awareness.
It increases with practical to-dos.

Get more of both when you take a Quick Win Challenge.

When you take a Challenge you'll:

- Focus on one thing, one week at a time
- Skyrocket your self-awareness
- Learn practical skills to get smarter
- with your drinking long-term
- Have some fun trying something new

Ready to find the Challenge that's right for you?

Don't kick the beer can down the road.

Get smarter with your drinking—starting today!

I'm Ready For A Quick Win Challenge!