30-DAY NO ALCOHOL CHALLENGE

UNLEASH YOUR BEST SELF

A fun and enjoyable way to take a short break from alcohol, improve your health & excel at life.

James Swanwick
Unleash Your Best Self
by James Swanwick

Are you ready to crush your goals? If so, you’ve just found a powerful program for getting more done in the next 30 days than most do over three months.

Everything happens for a reason, and it’s no accident that you’re now reading this.

Let’s be honest. Traditional goal setting doesn’t work. We begin with good intentions but get distracted, overwhelmed, discouraged and lose momentum. We come up with all sorts of reasons why it didn’t work out.

If you’re serious about stepping up your game, you need to take a new angle. And that’s why you’ll love the 30-Day No Alcohol Challenge.

30-DAY NO ALCOHOL CHALLENGE

Everyone loves a challenge. Something that inspires you to peak performance, stretch your comfort zone, demand urgency and focus.

The 30-Day No Alcohol Challenge is the fastest, smartest and easiest way for you to quit social drinking. It focuses on one thing: getting you from A (drinking) to B (not drinking) quickly.

Execution is the single greatest differentiator of success. When you work in a 30-day sprint of relentless execution, you don’t have the luxury of procrastination and excuses.

A bit of discomfort brings profound results -- like weight loss, better skin, transformed relationships, more money, greater joy and inner peace.

Are you ready to step up and start living your potential?
WHAT YOU’LL GET...

A SHORT DAILY VIDEO LESSON

Every morning you’ll find a short video in your inbox. You’ll be guided every step of the way and be inspired, motivated and focused to live an alcohol-free life.

• **Know Your Why.** I’ll help you figure it out so you can stay committed.

• **Engineer Your Environment.** Simple hacks to ensure alcohol stays out of sight and mind.

• **Drink This Instead.** Enjoy and expand your taste via a list of alcohol-free alternatives.

• **New Habits.** You won’t even miss drinking when you learn what to do with your spare time.

• **The No-Alcohol Wind-Down.** How to find an alternative way to wind down at home without alcohol.

• **Word-For-Word Scripts.** Become bulletproof when friends pressure you and say, “Go on, just have one. Live a little!”

• **How To Make New Sober Friends.** Think you’re the only one not drinking? Learn how to befriend thousands of people who are on the same mission as you.

• **No-Alcohol Seduction.** Develop unstoppable courage to approach and interact with someone attractive.

• **The Hormonal Reset.** Learn how your hormones, blood glucose, liver health, thyroid, metabolism and immune system will all improve over 30 days.

• **The Stress And Anxiety Crusher.** Transform from a stress-filled knot of anxiety into a calm superhuman through a simple breathing technique.

ACCESS TO A CLOSED FACEBOOK GROUP

You won’t embark on this incredible journey alone. You’ll access a secret, thriving Facebook community who’ll guide, motivate and hold you accountable. And James Swanwick will there, too. In the New York Times bestseller, *The Power of Habit*, Charles Duhigg says people only change when embedded in social groups. Many 30-Day members comment that they could not have reached the same level of success without the Facebook group.
PLUS

VIP LIVE GROUP COACHING CALLS

Ask James Swanwick anything. As part of the family, you’ll access his insight and care, essentially for free.

PEOPLE SKILLS BONUSES

Success usually boils down to your connections. No longer feel awkward in social situations without alcohol. Let James Swanwick help you with exclusive bonuses like How To Socialize Without Alcohol, How To Be Instantly Liked and more.

NO RISK 30-DAY GUARANTEE

Try it. Experiment. Test how you feel and if it works for you. Think worst case: you completely fail, you get zero results, and you’re the worst student in the world (by reading this, you’re not). If you decide this program isn’t for you, just email us for a full refund. You don’t risk anything. But you have to do one thing: bet on yourself.

INVESTMENT

Here’s the best part. A program that will change your life costs less than a fancy dinner with a few drinks (that you’ll soon forget). And the daily commitment is just 10-15 minutes.

JOIN NOW

Claim your spot and join the next 30-Day No Alcohol Challenge.
James Swanwick is a Los Angeles-based Australian-American investor and former ESPN SportsCenter anchor.

He is the host of The James Swanwick Show podcast, creator of the 30-Day No Alcohol Challenge and Swannies blue-blocking sleep glasses.

Swanwick has interviewed celebrities including Al Gore, Bradley Cooper, Brad Pitt, George Clooney and Arnold Schwarzenegger.

In 2010, he planned to quit alcohol for 30-Days. He liked how he felt so much, he just kept going. He hasn’t touched a drop of alcohol since. He’ll show you how.

James’s style is a mix of encouragement, tough love, strict discipline, hyper-accountability, and a strong sense of urgency to keep you fully engaged and reach your peak potential.

Connect with James on Snapchat, Instagram, Facebook, Twitter, and YouTube at @jamesswanwick.

YES, I’M READY TO JOIN NOW
20 days after quitting alcohol, my triglycerides dropped from 261 to 139.

My blood pressure fell from 135/140 to 110/70. I’m not a big guy (156lb) but lost 11lb -- so seeing my belly go is a nice perk!

~ Dale Allen