

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 be 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.

#1 Best Selling Author
JAMES SWANWICK

PLUS

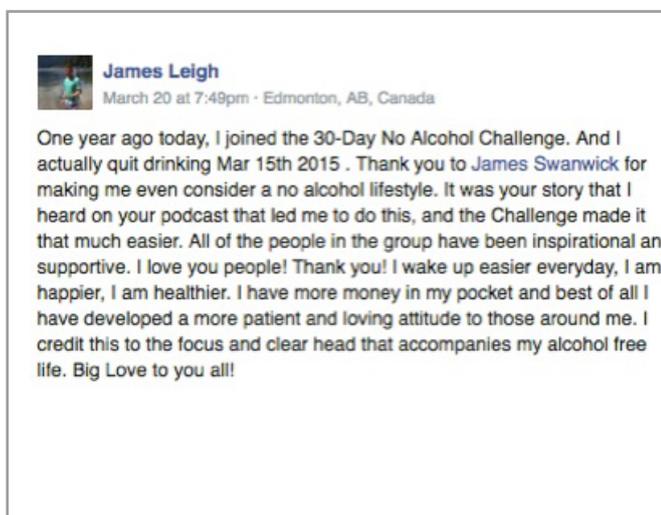


VIP LIVE GROUP COACHING CALLS

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***](#).

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JAMES SWANWICK



ABOUT JAMES SWANWICK, CREATOR OF THE 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 @jameswanwick.

YES, I'M READY TO JOIN NOW

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JAMES SWANWICK

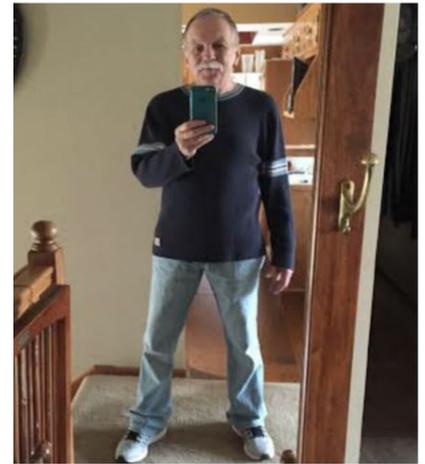
TESTIMONIALS

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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



Adey Newman > 30-Day No Alcohol Challenge - VIP

16 March · 🌍

Day 30!!! BOOM!!!!

Wow! Like many of you out there who have completed your challenge, the last 30 days has been a massive deal for me. If you'd said to me even a couple of months ago that I would go 30 days without a drink, I wouldn't have believed you. It's amazing what you can do when you decide that's it, enough is enough.

It is no exaggeration to say that this challenge has been one of the best things I have ever done for myself, it has been a life changing experience. It has shown me a side of myself and a strength within that I forgot was there. I have never felt healthier, happier or more alive.

I'm not sure what's next, but lets just say my relationship with alcohol has been changed forever.

If you are just starting out on your journey I'd love to share a few things with you, just incase any of it helps, as it helped me to hear from others along the way. I'll be honest, there were a couple of really tough moments in the first two weeks when I nearly folded, and in those moments it is thanks to this Facebook group that I stayed on track. But having said that, overall I found it easier than I thought I would. This is mainly because I felt so damn good every day being alcohol free that it gave me the strength and motivation to continue.

The numerous benefits for me have been:

- Waking up earlier and bouncing out of bed
- Being more alert and having greater clarity of thought
- Having more energy (especially in the mornings and evenings)
- Better quality sleep
- Feeling happier!
- Improved relationships with family and friends
- Saving LOTS of money
- Healthier, slimmer and more toned body
- No bloating around the face anymore
- Better communication skills at social events where I'd usually drink
- A renewed confidence in myself, I feel like I can achieve anything!



Tim Lucas > 30-Day No Alcohol Challenge - VIP

10 hrs · Christchurch, New Zealand · 🌍

Day 30 and I did it. Feel great. Lost 3Kg and discovered sleep. Going for another 30. This group is awesome so I'm sticking around. 🍀

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YES, I'M READY TO JOIN NOW.