



The Beginners Guide to Caffeine

Steven Johnson

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This book contains proven steps and strategies on how to overcome caffeine addiction. Besides nicotine and alcohol, caffeine is the third most popular addictive drug in the world. Do you need your morning coffee to start your day? Do you develop instant headaches and bad mood when you miss your coffee? Then just like millions of people you are also suffering from caffeine addiction problem. People drink coffee for a variety of reasons: they like the taste, because they do a stressful job, or they are depressed and drinking coffee or caffeine-rich drinks are the only relief they got. But over time, drinking too much coffee and caffeinated drinks and snacks have its own problems like an abnormal heartbeat, anxiety, insomnia, and other diseases such as heart attack and strokes.

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Clair Lemanski:

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