



EMPOWERMENT



**Habits for Happiness**  
Friday at 8 AM Pacific

**October 15th 2021: EP 7: The power of Not Drinking w. Alcohol Free Hero: Annie Grace**

In this episode we will explore the power of not drinking alcohol with best selling author and change-maker Annie Grace. Annie will talk about the three pillars of habit change for those looking to change their drinking or form any new habit. Annie Grace revamped her own relationship with alcohol — she stripped it of its power and changed her beliefs about booze being a reward — and today she helps others across the globe do the same. Her approach helps people where rehabs have not. She's created a brand new way to look at the role of alcohol in our lives, establishing a safe space for those w

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### Featured Guest



#### Annie Grace

Annie Grace is the author of *This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life* and *The Alcohol Experiment: A 30-day, Alcohol-Free Challenge to Interrupt Your Habits and Help You Take Control*. She grew up outside Aspen, Colorado, in a one-room log cabin without running water or electricity. Having discovered a passion for marketing, Annie Grace earned a Masters of Science (Marketing) and dove into corporate life. As the youngest vice president in a multinational company at the age of 26, her drinking career began in earnest. At 35, in a global C-level marketing role, she was responsible for marketing in 28 countries; she was drinking almost two bottles of w

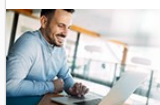
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