



KNOCKOUT ALCOHOLISM

**"YOUR MUSCLE ONLY GROWS AFTER IT IS TAKEN TO FAILURE.
THE SAME GOES FOR THE HUMAN SPIRIT.
DON'T LOOK AT FAILURE AS A BAD THING.
IT'S THE OPPORTUNITY FOR GROWTH!"**

~ DAN JETT ~

INTRODUCTION

85% of people who attempt to quit drinking return to it within the first year. Why? For some, like myself, I thought I was cured or healed and that I could handle drinking. But I quickly found myself again at the bottom of a half gallon of vodka. Does that sound familiar? Addiction is a demon that knows no bounds other than to take over and destroy. Don't allow addiction to destroy your health, your family and your career. If your story sounds like mine, whether you are quitting the first time or this is your tenth attempt, this book is for you. This will be one of the hardest challenges you ever set out to achieve, but it will also be the most rewarding. Get your life back, take control, look in the mirror and love who you see. If your journey is anything like mine, right now you have no control, no life and despise what you see in the mirror.

Hi, my name is Dan. I'm a recovered alcoholic (I know we are supposed to say recovering alcoholic, but I choose to never allow that demon in my life again). I have tried quitting on my own. I have done the rehab, I have felt the withdrawals, and I kept relapsing. Ultimately, I was told I had to quit or in 30 days I'd be dead.

Now my mission is to help others because I have stood where you are standing right now. I've lost family and friends from this horrible addiction, and I know it's the hardest thing you will ever overcome. If I can help just one person pour their energy somewhere else and find love for themselves, then sharing my story will have been worth it.

In a society that often glorifies alcohol consumption and social drinking, it's important to explore alternative ways to unwind, release stress, and foster a healthy lifestyle. One such alternative is engaging in regular physical exercise. By prioritizing fitness and working out instead of relying on alcohol as a coping mechanism or social activity, you can achieve multiple benefits for your physical and mental well-being.

I've recently seen people advertising that you can continue with social drinking if you put your mind to it. For some that may be true, but if you're here reading this, I'm guessing that your experience has been like mine. And all I can say is that the people advertising this concept have never stood where we have stood. Only when you are on your knees crying and feel there's no hope, will someone understand it's a dead-end road. I wish there were a simple way to change it, but if it came to mindset, I wouldn't have had a problem. The fact is, relapse is real and comes back more robust than the first time. There is no sugar coating here, just authentic and genuine help, support, and love.

It would be great if you could just go out with your friends and have a drink or two and head home safe and sound. If that's you, then don't continue reading. My tools are here to help if you are dying inside, damaging everyone around you and self-love is the furthest thing from your mind. If you are choosing, once and for all, to be done poisoning your body. I want to help those that are looking forward to a lifetime of living as their best self.

****“Success is the sum of small efforts, repeated day in and day out.” – Robert Collier****

MY STORY

Growing up in the 70's was a great time in my life. We lived in the suburbs, 20 miles outside of Detroit. Every block had at least ten families with kids of my age playing outside all the time. Every kid had to be within shouting distance of home, in order to be back in time for lunch or dinner. When the streetlights came on, that was our signal to be home and in for the night. I can't remember any single-family homes back then. It was a different time. We were all safe to play outside, most of the families were really tight-knit with happily married parents. Life was simple and not filled with stress. I have fond memories from this time in my childhood.

My family would always eat dinners at the table, and Wednesdays were spent with our grandparents for dinner. Sundays were extended family parties, and at the time, it was common that every man in the family had a cooler at his side filled with beer. At this age I was high on life. Simple things like upcoming holidays, vacations and just being with friends in the sunshine gave me a sense of joy.

Alcoholism wasn't talked about, and it seemed like everyone was lax about it. My dad used to get awards at work for never missing a day from his career, but he missed plenty of time being a father. Don't get me wrong, he was loved by everyone who had ever met him, and his family loved him. But at my current age, I can now testify to my battles with alcohol. I see where it stems from, and it sneaks up on you. I feel bad now that I'm older and see that he wasn't happy with himself, and just as I did, he separated himself from the ones he loved. I call it suffering in silence. My dad never broke his cycle, but if he felt like he could have, I know he would have chosen a different way.

I grew up as a driven young man, getting my black belt at 16 and turning to competitive bodybuilding at 19. Then I bought my first fitness center at 19 and owned three clubs by age 23. If I set my mind to something, I would achieve it.

My story tends to surprise everyone because on the outside, I have always been successful and I've been on this lifelong fitness journey. I had a few sips of beer with my dad as a kid, but my first encounter with drinking wasn't until 16 years old (Boone's Farms was the cheap drink of choice). Only getting drunk occasionally with a friend while roller skating or at the local pool hall. Drinking at family functions in my late 30's or having a couple of drinks at night to relax became my usual. Weekend drinking to excess was also one of my escapes from the stress of running small businesses. In my early 40's, I started drinking to numb myself from stress but I still told myself I had it under control. That joy I used to get from life was gone. I only knew the numbness of alcohol. I tried to quit several times and found it wasn't easy.

When I used to compete in bodybuilding I could follow the most strict diet for 16 weeks consisting of 6-7 meals a day of plain fish, chicken, rice and vegetables without one cheat

during it. My mind was so super focused that there was no other option than 110%. Alcohol is a different beast. When I realized I was hiding it from friends, family, and clients that I was drinking nonstop, I started going to AA meetings and went daily. I could quit with the help and support of my family, friends, and all the members, and by the grace of God, I stopped for 19 months. I thought I had this beat after a weekend that included a family wedding and a client's 50th birthday party with a couple of open bars (both occasions were filled with heavy drinkers). I began to think I could go back to social drinking, so that Sunday, I had two drinks, Monday was four drinks, and Tuesday eight, up to the point where a half gallon a day of vodka was a typical day. I'd hide fifths in the bushes outside, under the bed and in my car. I would fill up Gatorade bottles halfway with booze, in order to sneak and hide it. When I woke up in the middle of the night to use the bathroom, I would have to do four to six shots to pass back out. I couldn't sleep anymore, I only knew passing out. Falling down on the ground from losing my balance and thinking I will just lay here for a minute, and waking up 30 mins later thinking "how did I end up here?". It's a miracle I did not hurt myself, or worse, someone else while driving. Lying constantly about being sober to friends and family surely wasn't the man I was born to be.

The crazy thing is that I still owned a high-end personal training boxing studio, and I could box 12 rounds with a fifth of vodka in my system. I hid it very well. My body's chemistry changed. It needed alcohol in it to function. I was with my wife one day, walking around our lake. We ran into a couple of friends who had a breathalyzer and had me blow; I was .20 just walking. I realized later that if I dropped below that, I would have withdrawals; I would vomit, have a headache, shake, and have anxiety attacks. I couldn't drive without having a fifth in me. Otherwise, I would go 30 with my hazards on. I had previously been to rehab and was given all the drugs needed to keep me sober for a week or two while I was there, only to stop at a liquor store on the way home.

I truly hated myself. I was hurting everyone around me, my wife, my mom, and my family, friends and clients that I avoided. I didn't want them to see me in this state. At one point my wife could no longer sit around and subject herself to my addiction, watching me kill myself, so she moved out and rented a house. I remember it was a holiday weekend and we had the worst snow storm and my truck was snowed-in in the driveway. I was out of vodka and had to figure out how to get to the party store to remain in my drunken state. I walked through 18 inches of snow, 2 miles each way, just to get vodka. Honestly, I believe this is the first time I am sharing this with anyone. I was truly alone just with my dark thoughts and depression. I was taking the coward's way out of suicide. One day they would say "the poor guy drank himself to death". Most people don't know we do that on purpose. Thank God He was listening to my cries for help.

Before I knew it, I couldn't eat anymore. All my calories were coming from alcohol, over 3000 calories a day. As a retired bodybuilder, I was 5'10 "and 250 pounds, and people thought I was bulky. I was constantly asked why my eyes were yellow and my skin was turning yellow. The secrets I was hiding were starting to become apparent to others.

I had set up my annual physical and went to the doctor. He looked at me and almost shit himself. He ran the test but immediately told me I wouldn't make it 30 days to my next appointment. My liver was shutting down, and this was my final warning.

On June 8th, 2016, I was told to stop or die. I decided to quit, and I have never looked back. They say it isn't a choice, but something inside flips when you hit rock bottom. I had that moment. This time when I quit, I suffered from no withdrawals, I had a sense of clarity of my own self-love. I didn't need to be under the influence to function.

This is when it becomes sticky. I am not a doctor, and I can't tell you exactly what is happening in your body. I recommend getting a complete physical like I did before doing something as drastic as completely removing all alcohol from your life.

Dealing with withdrawals is a lot like training clients when putting them through a workout. A client says, "This hurts", so it is my responsibility to ask questions and really understand what they are feeling. If it's pain associated with muscle fatigue, or if there is a strain on the joints or tendons, it tells us how to continue. Withdrawals are a massive pain in the ass. They are super uncomfortable and must be taken seriously. For many of us, if withdrawals consisted only of a slight headache, I'm sure we would have quit the first time we made the decision. But those are excuses and we need to focus on the goal of being the best version of ourselves.

Since that day, June 8th, my life has forever changed and I have been able to be totally honest and open about my fight with alcoholism. I have had friends and family approach me who have been hiding it, but feeling like they have been losing the battle, ask me for help. I am happy to say I've been blessed to be able to help others save their lives and I want to extend this reach, and help as many people as I can with this book and program. Being in the fitness industry for over 35 years, I have dedicated my life to helping others with their battle, giving them the same tools I used to quit alcohol once and for all.

****“When you rise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love ...” —Marcus Aurelius****

Why Exercise

Choosing a Healthier Alternative: Working Out Instead of Drinking

Choosing to prioritize working out over drinking can positively impact your physical and mental health as well as provide social benefits! Let's break that down.

Physical Health Benefits:

Regular exercise offers a wide range of benefits for your physical health. Firstly, it helps you maintain a healthy weight and increases your fitness level. Engaging in different forms of exercise, such as cardio, strength training, or yoga, can improve cardiovascular health, increase muscle strength, and enhance flexibility. These physical improvements contribute to better overall health and a reduced risk of chronic conditions such as heart disease, diabetes, and obesity.

Furthermore, regular exercise promotes a more robust immune system, improving the body's defense against illnesses and infections. Exercise also helps regulate blood pressure, reduces cholesterol levels, and enhances bone density, reducing the risk of osteoporosis.

Mental Health Benefits:

In addition to the physical benefits, working out positively impacts mental health. Exercise triggers the release of endorphins, also known as "feel-good" hormones, which elevate mood and reduce stress and anxiety. Engaging in physical activity can help manage symptoms of depression and boost self-confidence.

Exercise also provides a healthy outlet for managing emotions and resolving stress. It acts as a form of relaxation and helps clear the mind by shifting focus away from daily worries and tensions. Notably, setting and achieving fitness goals enhances feelings of accomplishment and self-esteem.

Social Benefits:

Joining a fitness community or participating in group exercise classes allows you to build new social connections with like-minded individuals with similar health goals. Engaging in fitness-related activities with friends or family can strengthen relationships while fostering a supportive and healthy environment.

Moreover, by choosing workout activities as a social outing, such as hiking, team sports, or cycling, you can enjoy the benefits of bonding and socializing without needing alcohol.

Opting for exercise as a healthier alternative to drinking offers many benefits for your physical and mental well-being. Regular physical activity not only improves your fitness level but also reduces the risk of chronic diseases, enhances your mood, and provides an avenue for stress relief. Moreover, prioritizing working out over drinking can foster positive social connections and lead to a more balanced and fulfilling lifestyle. So, next time you contemplate a drink, consider lacing up your running shoes or grabbing a yoga mat instead and experiencing the transformative power of working out.

****"Your muscle only grows after it is taken to failure. The same goes for the human spirit. Don't look at failure as a bad thing. It's the opportunity for growth. " - Dan Jett****

Habits

It takes a ton of energy to be a functional alcoholic. Hiding it, making sure your next fix is available. That energy has to go somewhere. I channeled it back into heavy exercise and diet. You can't just decide to be done, you have to also make the habits that support this life choice. One of my habits I had (that I didn't realize I needed to replace) was after I got home I was sipping out of a drinking glass filled with vodka all night long. The habit of raising a glass to my mouth every couple minutes is the same as when a smoker needs to have something to do with their hands after quitting smoking. When I quit the first time, I didn't replace the practice; I just dealt with it. The final time, I used the same glass and drank 2-4 liters of diet lemonade. Diet lemonade may not be the healthiest thing but it's much easier to quit and way better on the mind and body.

As I said, the energy needs to be channeled. That is why addicts will go from alcohol to gambling to drugs to sex and so on. Sometimes we find it easier to continue to chase and try an unhealthy addiction. But there are so many healthy activities to turn to like yoga, swimming, running and many more.

For me, my outlet is lifting weights and boxing. It's twofold, the physical and mental demand required to put my body through strenuous workouts also required me to pay closer attention to diet and nutrition. Let's think of it this way, you wouldn't put harmful gas in a brand-new Porsche.

As I said earlier, I was 5'10, 250lbs, taking in 3000 calories daily from vodka. Now I eat 4500 calories a day of good quality, unprocessed food and still weigh 250 with under 10% body fat. When I first quit drinking, I dropped 30 lbs of fat and water bloat to the point that gym members asked what kind of contest diet I was doing. Imagine how embarrassing it was for me, one of the area's most popular trainers, the guy that people turned to for fitness advice and the guy who was a competitive bodybuilder, to admit my physique improvements were because I was not drinking anymore. Addiction doesn't discriminate; it's ready and willing to take everything from anyone. My health and fitness is my life and alcohol took control over every aspect of my life, in a very unhealthy way. I can't be any prouder of myself that I was able to overcome this and can offer my help to those in need.

****“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” – Carl Bard****

Aftermath

So now is life all sunshine and rainbows? Lol. Absolutely not. Do I still long for that buzz? Yes, but in the last years of drinking, it wasn't fun anymore. There was no magic buzz. I was doing it because my body told me I needed it. Now, I feel like an outcast within my friends and family. I don't love them any less, but even seven years later, I leave parties early when everyone is just getting turned up. It's not that I resent them, not at all. I love them. I'm no longer tempted to drink. I'll never return to that nightmare. I want people to be themselves and enjoy their lives. I wouldn't say I like it if someone points out or acts like they can't drink—more power to those who feel they are in control. To me, it's just poisoning. It serves only itself. It's a demon and lives to sneak in and control you. The power is in each and every one of us, it is the power to choose your path. Every Choice can take you down a path of empowerment or self-destruction, it's your choice to make. The human spirit is meant to thrive and grow. I'm confident you will make the right choice.

Now what? I pray this helped you in some way, somehow. If it did, and you would like to have a free consultation or ask any questions, please answer the questions on the next page and click the link below. I can't wait to join you on your journey to a healthier and happier life.

What is next: www.jetboxing.online

Here is my story: <https://bit.ly/Jettstory>

****“Sometimes we motivate ourselves by thinking of what we want to become. Sometimes, we motivate ourselves by thinking about who we don't ever want to be again.”– Shane Niemeyer****

Questions

Here is a series of questions. Please answer as honestly as you can.

1. How long have you been drinking?
2. Do you drink daily?
3. How much do you drink in each 24-hour period?
4. What do you drink?
5. Do you feel like you need to drink to function?
6. Have you ever tried to quit?
7. If yes, how long before you relapsed? And how many times?
8. Is drinking affecting your health?
9. Is drinking affecting your career?
10. Is drinking affecting your family life?
11. Are you using any other substances other than drinking?
12. Why quit now?

13. If you were to quit drinking today, how would your life change?

What is next: www.jetboxing.online

****“Every experience in your life is being orchestrated to teach you something you need to know to move forward.” – Brian Tracy****