



WALKING BACK TO HAPPINESS

THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING

London, September 2022... A new book revealing the secret of how to live an alcohol-free life, and the huge health benefits that come with it, is set to help thousands of people change their lives and find real happiness.

WALKING BACK TO HAPPINESS is the story of how Nigel Jones, a 50-something-year-old, who had been locked into the habit of drinking alcohol for over 35 years, finally woke up and said, 'I want a different life'; how he found his purpose and in doing so transformed his mind and body; how he lost 30% of his body weight and made anxiety and sleepless nights a thing of the past.

Aimed at the millions of drinkers around the world who are sober curious and interested in taking a break from alcohol, WALKING BACK TO HAPPINESS explains how to free yourself from alcohol's control. Where the standard willpower method fails, this unique and easy-to-follow approach is proven to succeed. It shows how by quitting drinking you can transform your body, mind and life.



The secret of AF living is revealed as you live through the days, the weeks and the months towards completing one year and beyond without a drop of alcohol.

It involves finding and following your purpose, living in the present moment and having an optimistic view.

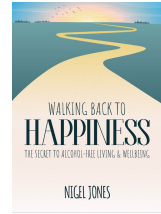
The first part of the secret is learning how to change your perceptions and beliefs around alcohol so you can see it for what it really is and thereby change your mind. Two of the early chapters help with this: the *How Saucy Are You? Test* measures how potentially 'out of control' your relationship is with alcohol and gives you a score between 0 and 100%; and the Alcoholometer lets you calculate the amount of neat or pure alcohol you drink. Both these are great ways to change your perceptions and beliefs around alcohol and thereby change your mind.

<https://www.9kmb9am.com/books/how-saucy-are-you-test/>

<https://www.9kmb9am.com/books/alcoholometer/>

Nigel says: 'One of the amazing, unbelievable changes that happened to me almost immediately after quitting alcohol, was that I started to feel alive and much, much happier than I had done for years. I had so much energy. I was waking up at around five o'clock, full to the brim with 'get up and go'.'

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Six months down the line, this energy had translated itself into walking at least nine kilometres every day before 9 o'clock. He called this 9KM BY 9AM and covered more than 3,400km, over 81 marathons, in the first 12 months, and all before breakfast!

Nigel says: *'Like the majority of drinkers, I was what I would call a 'middle lane' drinker. I had weaved alcohol into my life. At the end of the relationship, it was the equivalent of around a bottle of wine a day, more on weekends. But still enough to make me feel like there must be more to life.'*

'I was overweight (well over 17 stone), short of breath, anxious, short-tempered and doing very little exercise, all symptoms of too much alcohol consumption and an unhealthy lifestyle. Most nights I lay awake at night believing I was an addict and could never stop. But I did.'

'In the 36 years that I drank alcohol I had 1,000s of day ones – days in which I planned to stop drinking, but never did. I knew this time I would be successful because I truly believed I could do it. I spent the first year finding my purpose and in doing so I started to transform my mind and my body. On my journey I discovered the secret to alcohol-free living, which I am now sharing with you. I did this through looking at my many limiting beliefs. I calmed my mind through meditation and mindfulness practice. I changed my story and that changed my life.'

'One of the most important, if not THE most important thing anyone who drinks can learn is this: believing you can never stop drinking is just a belief. That's all it is. A false and limiting belief. And like all beliefs, they can be learned and unlearned. This book will show you how to do it.'

If you want to lose weight, sleep through the night, reduce anxiety, improve your general well-being and fitness, feel happy, get clarity of purpose, find your true potential and discover who you are, then this book is for you.

Available from Amazon in three formats...

Paperback <https://amzn.eu/d/573olDm>

Hardcover <https://www.amazon.co.uk/dp/191514731X/>

Kindle / eBook <https://www.amazon.co.uk/dp/B0B7QVJP2M/>

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WHAT OTHERS SAY?

'Nigel's story is a brilliant example of how you can transform your health and happiness starting with one simple change - taking a break from alcohol. This is not only a wonderful story of transformation, but also a fantastic self-help, health and happiness book rolled into one. This book will change your life. Absolute must read!' Andy Ramage, World's No. 1 Alcohol-free Self Development Coach

'Nigel spells out chapter by chapter how to navigate the pathway of alcohol-free living. He shows how by changing your story you truly can change your life. Buy this book.' Ruari Fairbairns, Co-Founder & CEO One Year No Beer

'Walking Back To Happiness is a fab read with great insights to going alcohol-free.' Suzanne Shaw, Singer, Actress, Wellness Coach & Founder of the Happy Health Club



NOTES TO EDITORS

WHAT HAPPENS WHEN YOU STOP DRINKING ALCOHOL?

Going alcohol-free led to so many changes for the good. For the author, these included:

HEALTH – *'I haven't felt as fit as I do today since my 20s. After JUST nine months of being alcohol-free, I was called in for my five-year NHS Health Check. The results showed that I had lost three stone in weight; my blood pressure was 115/80; my cholesterol was 3.49; and my overall risk of cardiovascular disease in the next 10 years was 5.1%.'*

FITNESS – *'I would now consider myself fit. I started walking daily at the beginning of the journey and six months in created the 9KM BY 9AM Challenge. Each day, I walk at least 9km before 9am – whatever the weather!*

SLEEP – *'I need six and a half to seven hours per night. I'm wide awake after that. Since stopping drinking alcohol, I'm normally fast asleep between 10.15pm and 4.45am. The early morning feeling is one of the best feelings I have ever had: the feeling of being ready for the day, excited to get out of bed. Now, well into the second year of no alcohol, it is still my favourite time of the day. It's a time when I can get things done.'*

ANXIETY FREE – *'Anxiety for me is pretty much a thing of the past. Alcohol took me away from the present and to the world of fretting about the future or worrying over things that had already happened. I trained myself to clear my mind of past or future thoughts and just think of what is now through meditation and mindfulness.'*

CONTROL – *'I am in control. I am the master of my destiny. Old me had become way too influenced by alcohol. It had crept into almost everything I did. It was like an invisible hand, helping me make decisions. I deluded myself for years that I was in control, creating scenarios like: Let's go to that hotel (reason – because the bar is great). Let's go on that walk (reason – because there's a pub I like along the way). Let's leave at that time (reason – as the pub will be open by the time we get there). At its core, alcohol-free living means that I am the sole decision-maker. It is me who decides how I spend my one 'wild and precious life'. I can drive anywhere I want, on any night of the week.'*

RELATIONSHIPS – *'My friends say I am more myself, more confident and more authentic; more caring about myself, my personal health and them.'*

BOOK STRUCTURE

Each Chapter covers... The Author's Story; What He Learnt; Steps You Can Take; and Key Learning Summaries.

Set Out In Six Sections: Time To Act - Day 1; The Journey Begins - The First Few Days; Discovering The New You - The First Few Weeks; Understanding The New You - The First Few Months; The New You - Beyond 90 Days; A New Life - One Year & Beyond.

The book will help you: identify your values; cement your beliefs; find your purpose; reduce your anxiety; lose weight; improve your well-being; discover the power of mindfulness & meditation; be more present; unleash your alcohol-free superpower; and transform your mind & body.

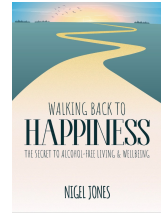
ABOUT THE AUTHOR

Nigel is the founder of the health and wellness channel 9KM BY 9AM, the 9KM BY 9AM CHALLENGE and author of WALKING BACK TO HAPPINESS – THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING.

Sober since December 2020, he is on a mission to share his journey to motivate, educate and inspire as many people as possible to take a break from alcohol and ultimately to LIVE THEIR BEST LIFE.

He is a Coach & Mentor specialising in self-development, motivation, mindfulness, movement, alcohol-free living and habit change. Helping clients hone their values, beliefs and goals to find their purpose, aiding their well-being and self-development.

NEWS RELEASE



He holds a Diploma in Positive Psychology Coaching and is a graduate of the London School of Economics, University of London.

Coaching qualifications include: internationally recognised, double accredited International Coaching Federation and Association for Coaching AreteWay Coaching Course; Accredited Sober Coach awarded by AreteWay Coach.

ABOUT 9KM BY 9AM

9KM BY 9AM is the alcohol-free living, health & wellness channel founded by author and habit change coach Nigel Jones. Its mission is to help people change their story, change their life, flourish and find the happiness they seek.

Through books, group masterclasses, coaching, mentoring and mental and physical challenges, 9KM BY 9AM helps improve mental health & build mental wealth.

The 9KM BY 9AM brand was the name the author gave to the challenge he set as part of his alcohol-free journey, walking 9km before 9 O'clock each day.

At its heart it is about doing something challenging early in the day. This could be walking 9KM or it could be running 2KM, cycling 10KM, writing a song, reading a book, painting a landscape - everyone is different.

Available on Facebook, Instagram, TikTok and YouTube, the channel features daily walks and thoughts and is open to anyone who wants to challenge themselves.

Over the first 12 months the author walked 3,400kms before breakfast! The walks are a great time to think, plan your day and also meditate. It's not just about walking it's about the ideas, the thoughts, the creativity time. Out walking early in the morning is a great time to learn new things through listening to podcasts and audio books and reflect.

<https://www.9kmby9am.com/9km-by-9am/>

Website

Book Website - www.9kmby9am.com/books

Take The How Saucy Are You? Test - <https://www.9kmby9am.com/books/take-the-test/>

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Amazon Author Page - <https://www.amazon.co.uk/Nigel-Jones/e/B0B7RP6LH6/>

Facebook 9KM BY 9AM Challenge Group: <https://www.facebook.com/groups/9kmby9amchallenge>

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