



## **20 Good Reasons to Stay Sober (Even If You Don't Have a Drinking Problem)**

*David Eugene*

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Hi, my name is David and I'm an alcoholic. I wasn't always an alcoholic. I'm not even sure when I became an alcoholic. I didn't have a full understanding of what an alcoholic was until I was in my late twenties. I was always under the impression that an alcoholic was a homeless person who slept on park benches covered with newspaper or a person who had to go to those silly meetings. There was absolutely no way in the world that I could be an alcoholic. Sure, I drank a lot, but I just liked to have a good time. Doesn't everybody? Not everyone who drinks alcohol is, or will become, an alcoholic. Although, the only difference between a "normal" drunk person and an alcoholic is that an alcoholic is unable to control their drinking. The same negative results from drunkenness can happen to anyone, alcoholic or not. A drunken person is still a drunken person. Knowing this, I have put together 20 good reasons to stay sober (even if you don't have a drinking problem).

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