

*I tried so many times to quit,
but the withdrawals kept me
going back after 2 days of
horror, with this method I didn't
have to quit right away. I just
followed the process of learning
first, I was able to cut down so
much over the first 2 weeks of
the program that when I got to
the last module, I was able to
stop with no withdrawals.*

*Something is different this time.
I don't want to drink anymore. 5
weeks sober and happy. Can't
thank Mel enough - James K*

"Absolutely life changing"

**"Wish I found this program
10 years ago"**

"Sober at 60, who would have thought"

**"What can I say, it
bloody worked"**

**"Finally
have my
life
back"**

**"I honestly can't believe I
finally quit"**

I found Guided Recovery through a sober Facebook page. I really needed something different as nothing I was trying was working. I first tried cold turkey but the sweating and anxiety was out of control. I only lasted 3 days. I was in the process of trying to find a rehab I could afford when I saw a video talking about this program. It was a lot cheaper than rehab and I didn't have to take time off work. I thought I would try and if it didn't work it would have to be rehab for me. I learned so much about alcohol and about myself. Amazingly I was able to stop drinking by module 9 after cutting down to less than half my normal drinking. so I didn't get withdrawals. It has been 2 months since I had a drink and I just joined up to the gym. I will be using micro habits like I learned to get started. My life is so different now. Thanks - Cassie R

**Would 100 percent
recommend this
program to anyone
that asked. In fact I
have 3 friends now
going through the
program. Completely
changed my life.**

**Doctors should be
recommending this
instead of AA - Jill P**

My weekend binge drinking was getting out of hand and I was thinking about drinking every day but due to having to be 00 to drive for my job I wouldn't give in. But the constant thinking about drinking was driving me crazy. A friend at work actually went through the program and drank a lot more than me and managed to stop and seemed happy so I thought what the hell its worth a try. By the time I got halfway through I had no interest in drinking, so I had my first sober weekend. It felt weird and I was a bit anxious. But over the next 3 weekends it just became normal not to drink. I now haven't drank for 4 weeks. Loving life - Reece

**I found this course after watching a YouTube video. My wife and I decided to give it a try not expecting much. I was so wrong. We are now both alcohol free and our relationship has improved so much already. Thankyou -
Maxwell D**

Sober thanks to this program. There is no other way to explain this other than the perfect combination. The hypnosis was really relaxing and I was finding by day 4 something was changing. I followed all the instructions and did all the journal prompts. I just kept hoping it would work. I had been drinking every day for about 7 years. I could stop for a week or 2 but I was always depressed and bored. I stopped drinking when I was in my 3rd week of learning. It has been 2 months. I have had some triggering times but I just followed the tools I learned and they work. Each time it gets easier and easier. The best part is I still go out with my friends that still drink and I don't feel like I want to drink. I feel like because I can still see my friends I'm not bored and depressed like I normally was when I would try to stop. Would recommend this to anyone that asks. Thankyou Mel - Edward T

Wow thankyou Mel so much. I had no idea I was even addicted. I just thought I drank to much. I called myself a social drinker but I was social 5 nights a week lol. Now I see the truth. No drinks since day 15 of the program

- Steve

I was an Alcoholic, I say I was because after stumbling across Mels Tiktoks, I decided to try the course after managing to stay sober for 9 months through AA, I was so unhappy and had no friends left. I am now actually happy to be a non drinker and I am back socialising with my friends that drink. I have no interest in drinking anymore. I am now a happy sober person. Finally - Melanie T

**I had been drinking
everyday for 17 years, I
had tried to stop 3 times
before this and could
last a few days but then
would binge drink worse
than ever to catch up.
Can honestly say I don't
even feel like a drink.
Like some magic spell. 6
weeks sober over here.
Thanking you -Brock T**

I had already stopped drinking for 2 months with AA but I wasn't happy. I still desperately wanted to drink and I was stuck at home because I couldn't go out. That has all changed now. I am a happy non Drinker now and will never be going back plus I can hang out with my friends again. thanks Mel- Tegan W

**Where do I even start, Mel you
have changed my life and
saved my marriage, my wife
was about to leave. she had
finally had enough of my crap.
28 years of drinking every day
that ended in Y. I had been to
rehab twice but nothing
worked. I always felt like I was
missing out when I was sober. I
am free now. I don't want to
drink anymore. 12 weeks sober
today. The longest since I was
in my 20s.**

**Thankyou.thankyou.thankyou -
Peter K**

I had no idea what a subconscious mind was. I was worried I would have to understand weird terminology and it wouldn't work for me. But its weird, it worked, I haven't had a drink since module 5 and I have no interest in drinking. I still go to the bar with my friends but have no interest. Thanks Mel- Brian

It's like having a private coach in your pocket. The journaling prompts cracked me open and helped me heal shame I've carried for years. I feel like I'm finally on the right path. It's been 14 weeks since I even thought about having a beer - Mark

”Just hit 8 months sober, love my new life, my wife says she loves you. She got her husband back”

“ 3 months sober, thanks Mel. You are a legend”

“6 months of no beers, I can’t believe I no longer drink. My new normal is sober and I love it”

“Can’t believe I wasted over 15 years thinking sobriety was boring. I am having more fun now than ever”

“6 months sober today. I actually did it, its all thanks to you Mel”

If you're sitting on the fence, my advice, just do it. What have you got to lose? Apart from the obsession to drink. I am finally in a good place after years of binge drinking and partying. The best part, my kids have their dad back. Can't recommend the program enough - Danny

**Can't believe it, have
just hit 7 months
sober. I am so glad I
stumbled across you.
I was so stuck in the
never ending cycle of
wanting to quit, trying
then going back. Now
I am free. Never going
back -Ben**

I found Mel on TikTok up scrolling late one night with my wine in hand. I had honestly given up trying and just thought this is how I was going to spend my miserable life. I had been to 2 rehabs and lasted 2 months at most before going back to drinking. I worked with Mel 1:1 for 6 weeks and to say I am a completely different person would be understating the change. I have been sober for 6 months and my life has done a full 180. I am exercising, writing again and have just started dating. Mel was so kind and compassionate and easy to talk to and gave me so many tools. I could finally see my patterns and triggers so clearly. Now I know how to work through the hard times, but can honestly say since month 3 life has been pretty cruisy. I don't have craving or triggers anymore and I actually socialise more now that I'm sober. I have another friend working with Mel now and she has dramatically cut down already. I am forever thankful that I found Mel -Stacey

**I didn't think I could ever
enjoy a weekend without
alcohol. Now I'm planning a
sober retreat. I am actually
loving my new life without
alcohol. I never thought I
could go out without getting
drunk. Turns out I can and I
actually have more fun. I am
about to celebrate 4 months
sober. This program is
everything -Jenna**

I finally get it, I cant thank you enough for choosing us to try the program. My husband and I had tried to quit so many times but one of us would fail, usually me and convince the other to drink again. We are both done with drinking. I gave up at day 24. My husband at day 42. Nearly 3 months sober for me - Melanie & Chris W

I was what you would call a functioning alcoholic and had been for 14 years. I could manage to not drink for 2 or 3 days but then something would happen and I'd be back at the bottle shop. The longest I have gone without a drink was 9 days and that was because I was in hospital. Can say I am no longer addicted to alcohol! I am back at work and back at the gym, loving my new alcohol free lifestyle. 3 months sober- Bec P

Hello raging alcoholic here ,well I was. I had been drinking about 6 to 10 beers everyday of my life since I was 17. I am now 56. I had had enough. I wasn't a mess and I didn't hit rock bottom but I was sick of feeling tired, fat and lazy. I always had headaches , I slept like crap and I was depressed for what felt like forever. I had never heard of this way to quit, so I thought I might as well try. Well it worked. I don't know how but it did. Sober 3 months and never going back.

Thanks so much -Matty K

I was someone that was so lost in addiction, not just alcohol but other drugs as well. I ended up buying the course and had follow up 1:1 sessions every 2 weeks with Mel for 2 months whilst I worked through the program. I felt like I needed all the help I could get. Mel was so supportive and caring, but still tough enough to convince me to make changes that would become my new habits that I actually enjoy doing. When I felt like giving up she pushed me through. The combination of the program and working with Mel at the same time was exactly what I needed. I haven't touched a drug or drink for almost 4 months. Forever grateful- Didi

I had tried to stop drinking more times than I could count. I didn't drink every single day but I made up for it on weekends. Well from Thursday to Sunday. My doctor had told me my liver enzymes were high and I needed to stop drinking. But I just couldn't last a weekend. I was day 5 into this course when the first weekend hit. Guess what I didn't drink and I haven't felt like a drink since, that was 4 months ago

Thankyou. - Kate S

I reached out to Mel for about 2 months before I actually signed up with her for 1:1. I just wanted to make sure she was the right fit.

Spent 6 weeks really getting to the bottom of my drinking problem and issues I was having in every aspect of my life. She was so kind and easy to talk to. I felt like I'd known her for ages. I haven't had a drink for nearly 2 months and can honestly say I won't be going back. Mel is an angel - Sammi

I've tried everything. This was the first time I actually understood WHY I drank — and now I don't even want to. I couldn't really afford the program, but I also couldn't afford to keep living the way I was. I was spending over \$200 a week on alcohol and my whole life was falling apart. My husband left and told me I had to do something or we would be over for good this time. I am beyond grateful for this program. Not only did I get my life back, I can now work through my anxiety and my husband came home last week. Our life looks completely different now and we have just booked a holiday to Fiji with the money I've saved

-Sarah

I decided to work with Mel 1:1 after watching about 100 of her videos, she seemed so genuine. She didn't disappoint. She was so calming and easy to talk to, I found myself really being able to open up about a lot of past issues that led to me drinking everyday to cope. I had so much shame and regret for all the things I'd done. She was able to help me let it all go and start to live for now and love myself again. It's early days but I honestly don't feel like a drink and this is the longest I've ever gone in my life. 2 months sober, thanks again

Mel - Amanda

Why is everyone so obsessed with AA being the only way to get sober. I tried AA for 2 years and I still kept relapsing over and over. I would last about 6 weeks then I would have a hard day and be back drinking. I was so ashamed. Then I saw Mel on a video, actually a friend sent it to me. She is Australian like me and I thought that must be a sign so I signed up for 6 weeks 1:1 with her. Mel is such a caring lovely person, she made me feel really comfortable. I gained so many new tools that I had never thought of trying before. She actually told me to stop trying to quit which was weird but by our 4th session something shifted and I looked at alcohol like poison. Now I've gotten to the point where I no longer want to drink. I don't crave it and I don't want it. Good news I passed my record, now at 2 months sober and I know I won't be going back. If you are wanting to change, I would definitely recommend Mel. She is a godsend - Rach