

[Why I stopped drinking alcohol](#)

This [thread](#) reminded me that it is now 10 years since I stopped drinking alcohol. I haven't had one drop since.

Sometimes people ask me: Why not just one glass? Why stop completely? Why not enjoy life?

The simple answer is: It simplified my life.

It's easier to quit something 100% than 98%. It eliminates the decision. There is no internal debate ever again.

Other benefits include: I save money; I sleep better; no hangovers; I can drive anywhere without worrying about driving back; and potential health benefits of course.

Also, I completely removed one vector that could possibly ruin my life.

I just learned that a new industry of non-alcoholic social beverages is emerging. Examples are [Kin](#) and [Three Spirit](#). Similar to plant-based meat.

In 10 years, I experienced no social awkwardness or negative reactions. I did experience that my non-drinking often unconsciously reduces the drinking of the people I hang out with. An effect I did not expect.

How did I do it? I went cold turkey. One day I got rid of all alcohol in the house, and never bought anything again. Done.



(Image by [sflaw](#))