



Has Your Efficiency Decreased Since Drinking?

Video Transcript

This is Alcohol Mastery, my name's Kevin O'Hara, and today I'm gonna be talking about the thirteenth question of the Johns Hopkins 20 questions.

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The thirteenth question is all about your efficiency, whether it's decreased since you've started drinking.



It's one of the most important things in life, to move ahead, to plan things, to get things done.

Alcohol is one of those things that's just gonna ruin that.

I mean how can you even think about doing anything, planning to do anything when you don't know when you're gonna have a hangover, have one of those days when you just don't feel like it and you're gonna go out on the piss.

I know, I've done loads of it.

So let me first talk about what my life is like since I've stopped taking alcohol.

And there's one word which just beats everything else and that's productive.

I've got more done in the last three months, two and a half months since I stopped drinking, than I've got done all last year.

I mean seriously, my brain feels like it's been lifted out of this fog.

I'm getting more productive, stuff done.

I don't think it's as good as what my brain would have been like if I'd never had a drink, or if I'd looked after my body a bit better, but that's in the past, I can't do anything about it, I can only move forward from now.

I'm definitely in a better position now ten weeks off the drink than I was before.



I have to say that when I was drinking, I really felt like there was a permanent blanket over my brain, something just fuzzing up like a cloud.

Just preventing me from thinking straight.

And that's not even going into if one of my buddies called up and said "look, do you fancy a pint?"

No matter what I was intending on doing, I'd have the feeling... even if it was something really important, I'd still have that pull.

The decision to make about whether or not to go down and drink beer.

It's ridiculous when I think about it now.

Ridiculous.

So that's the thirteenth of the Johns Hopkins series of questions: is your efficiency suffering because of your drinking.

It's really one you want to look at lads.

I mean, you've only got one life as far as we know, once you're dead, you're dead.

There's no point in sitting at a bar, getting yourself stupid drunk when you can be out enjoying yourself, and learning new things, improving your life.

Click on the link down below and it'll take you to the website.

Leave a comment on the website and if I can help you in any way I will do.



Also, click on the button here to subscribe to the channel on YouTube.

Thanks for watching.

My name's Kevin O'Hara, this is alcoholmastery.com, onwards and upwards!

