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## Allen carr pdf gratis

Allen Carr worked as a financial adviser until in 1983 he managed to quit smoking effortlessly. Driven by the growing interest that aroused his method, he decided to devote himself entirely to liberating the world from the need to smoke. Afterwards, he applied it to other problems that prevent large numbers of people from living a normal life. It is easy to quit smoking if you know how, It is easy for women to stop smoking, It is easy for your children to stop smoking, It is easy to succeed, It is easy to lose weight, It is easy to stop worrying, It is easy to overcome the fear of flying, It is easy to control alcohol consumption and no more diets, also published in Espasa. NO MORE RESACAS Allen Carr NO MORE RESACAS Allen Carr Original Title: Allen Carr's No More Hangovers Translation: Clara Moran Calvo-Sotelo Collection Interior Design: Heirs to Juan Palomo Design and Cover Image: Juan Pablo Rada Zebra Step Photo by author: CAMERA PRESS/Dominik Gigler - Press Press © Allen Carr's Easyway (International) Cordon, Cordon 2005 © Espasa Calpe, S.A., 2008 Legal deposit: M. 840-2008 ISBN: 978-84-670-2806-5 All rights reserved. It is not permitted to reproduce, store in information retrieval systems or transmit any part of this publication, regardless of the means used — electronic, mechanical, photocopying, photocopying, recording, etc. Espasa, in its desire to improve its publications, will appreciate any suggestions that as readers do to the editors via email protected] Printed in Spain / Printed in Spain Printing: Unigraf, S. L. Editorial Espasa Calpe, S. A. Via de las Dos Castillas, 33 Complejo Attica - Edificio 4 28224 Pozuelo de Alarcón (Madrid) Dedicatoria It is a great pleasure for me to dedicate this book to Crispin Hay. Cris is not only a close friend and colleague, but also the discoverer and leader of easyway method to help others escape the tyranny of the bottle. Without your commitment, experience and compassion this book would never have been possible. Introduction In 1983, I discovered something that every fu-mador dreams of: an easy way to quit smoking. I gave up my previous job with the intention of dedicating myself to the cure of smoking. I am now recognized as the world's leading expert in quitting smoking. My book It's Easy to Quit Smoking has sold over five million copies, and my network of clinics is spreading across the globe. But my success has not been limited to smokers. I have helped in a number of problems, from overseating to fear of flying, to dependence on Substances. The irony is that for years I was a great consumer of most of the drugs available on the market. I found the solution to the predicament I was in, and now I'm happy to share it with you all. Alcohol is all over the UK it is consumed by 90 per cent of adults. But few stop questioning their reasons for drinking until they catch a similar one. The media does not help precisely by spreading unambiguous messages such as alcohol and drugs. Drugs. A better term would be alcohol and other drugs or simply drugs, because alcohol is a drug. The society we live in marginalizes the use of almost all kinds of drugs, but with the alcohol roles change: people ask why you don't drink. If you don't drink, in this community a lot of people think you're a weird person. What kind of drinker are you? Maybe you're the typical drinker who's had more than one hangover. You may suspect you have an alcohol problem or you may be completely convinced that you are an alcoholic. No matter what kind of drink you are, you've chosen this for a reason. Whether you're interested in controlling alcohol, or want to quit completely, here's the answer as long as you follow six very simple instructions. You may find this a somewhat outlandish request, but it is definitely worth a try. If I'm wrong, you've thrown away what a few drinks cost and some time you spend at the bar. But if I'm right, your alcohol problems are over. The first four instructions: 1. Follow all instructions. 2. Read the book only when you are sober. 3. Read lib book ro an estr estric icto to the order of order, n, desd from the principality to the end. 4. Unless you have been here for several days without drinking, r, not int inten ente tess abste nert ree de beber ni redu reduci cir la consum umoo until you have read and understood the whole book. Think of the solution to your dilemma as a precious treasure hidden in a safe. Here are the numbers that open that sure: 293658 Do you trust that you will be able to reach the tax? But are they in the right order? I just gave you the numbers. I didn't tell you how to follow. The combination that opens the safe is 265839: same number, second order. Imagine that each of the instructions is one of these numbers. If you ignore one of the instructions or interrupt the sequence, the safe will not open. For example, if you tried to stop or reduce alcohol consumption before the book, at some point you would feel incomplete and you would fail. Open your mind Chances are you would have assumed the combination was in the right order. Of course, we're always making assumptions. These are the remaining two instructions: remaining: 5. Cue Cuesti stion on your supos osic icio ione ness soborre el alcoh cohoh. Olympics. 6. Be positive. Someone pessimistic always sees the bottle half empty; the optimist sees her half full. There are two ways to look the same. Since optimists tend to be happy, it would be a good idea to choose the half-filled bottle option. You have nothing to lose and much to gain. The real question is, what's in the bottle? What is alcohol? Alcohol is a diuretic A diuretic is a drink that makes you thirsty. That's why you wake up at three in the morning after a drunken night with your mouth like the dry riverbed and a single head idea: water! If alcohol were to be cut off, the last thing you needed, after all the liquid, would be more liquid. The fact that there are people able to drink more than eight liters of beer shows that alcohol craves: You wouldn't drink eight liters of water even if you tried! Alcohol doesn't quib your thirst or tastes good that an alcoholic beverage temporarily guess your thirst is not because of alcohol but to the water of this beverage. The same principle can be applied to taste: that an alcoholic beverage tastes good is not due to alcohol, but traces of fruits that have not been converted into alcohol or to soft drinks or juices mixed with the alcoholic beverage. We wouldn't have to sweeten the pill that way if the alcohol itself tasted good. Alcohol is a poison Alcohol is produced by letting fruit or other plant macerate, which is why I always find it a little absurd to hear winemakers describe their products as attractive, fresh or available. They're talking about a very potent poison! A glass of pure alcohol would kill you. Why do you think it makes you puke? Not that it's particularly nice, but don't avoid it, it's life insurance! The more alcohol a drink contains, the harder it is to swallow, so you can swallow beer, but not whiskey. I accept that if you continue, you can buy a taste for a single whiskey. But if you look like me, you probably remember the grimaces you made the first time you tried alcohol. A few years later, I would put whiskey in my body as the world would end. But the taste itself had not changed. It was my perception of taste that had changed. The taste does not explain that we continue to do it I like bananas, but if one day I ate too many, and the next morning, I would wake up with a huge headache and want to vomit, would repeat the feat the same day. If bananas caused me half as much trouble as alcohol, I would never get close to a banana in my life again! I'm sure alcohol has caused you some other problems or you wouldn't have started reading this book. Do you really think you can take it for a matter of taste? Don't you think that alcohol is an addictive substance can have something to do with it? Alcohol is a drug It is an anesthetic and a depressive and additionally intoxicated. My dictionary defines intoxication as the state in which one is deprived of one's usual use of senses and reason. In fact, alcohol affects our abilities, including self-control. Most people have, let's call it a checkpoint between the brain and the mouth, that prevents us from getting into trouble. Alcohol short circuits this brain cord, ie reduces inhibition. It's the worst of it all. That's what causes people at their work or their children. They'll think you're a great narrator, even if you've barely said a word! And it won't give you a hangover! If you are so shy that my suggestion horrifies you, take solace in this: shyness can be a very attractive quality. I'd much rather spend my time with someone a little shy than having to listen to the pointless boast of sweaty, swollen, turkey-swollen because of how important they think they are. Have we ever been fooled by one? Do we regard them as dynamic types who face life's great challenges? Or do we see them more like the usually shy men who become prepotent when they barricade themselves in a big car? When a regularly docile person rudely treats the waiter for an indifferent matter, do you think, I never noticed that the guy was so hefty? And when this accountant starts dancing half-naked at the office table on Christmas party day, you think, the guy is a free spirit! I wish I was like that! or drunk bravado? Do you really want the kind of confidence that alcohol creates? The saddest thing about it is that it is completely wrong and everyone knows it. The problem with using alcohol for this purpose is that you tell yourself that your internal resources do not exist. For example, if you have to resort to alcohol to be to create value, you will tell yourself that you lack real value. After a while, you start to believe it, and you end up behaving like it's true. Authentic value My dictionary defines it as acting despite fear. Would you say that an ostrich is brave when he buries his head in the sand at the first sign of danger? No, it's just taking the danger out of sight, which is a long way from beating him. In certain situations, alcohol may temporarily reduce fear, in which case less authentic value would be required. Therefore, resorting to alcohol in this situation would prevent you from being able to in order to get all the true value you possess. Look, defend and run And you want to ask yourself. If it helps me cope with the consequences, what does it mean that I rely more on alcohol than my own courage to get out of difficult situations? But value is like a muscle: the more you use it, the more it gets stronger. Moreover, when he buries his head, the ostrich does more than take the timid moif away from sight, he deprives himself of three other faculties essential to survival: the ability to see, defend and escape. Getting drunk can reduce fear in certain situations. It is certain that it damages the sense of vision and coordination. And from there, the terms go blind or go doing eses. Flying in fog Driving when there is fog scares, even if you go at the minimum speed and in broad daylight. Imagine what it must feel like to fly a plane between a mountain range, in the fog and at night. And now he's trying to imagine what the pilot would feel like if he suddenly realized that the radar, the altimeter, the fuel meter and compass started to seem bad. But can you imagine the pilot deliberately skidding all these instruments into fake readings? He flies in a sea of fog between mountains that he knows reach a thousand and two hundred meters high. His altimeter says the plane's altitude is six hundred and ten meters: so the pilot manipulates it to say a thousand and five hundred. Don't you think that would be the ostrich's own behavior? That's exactly what we do when we drink alcohol. I've said before that in certain situations, alcohol can reduce fear. But if you knew that the situation would require you to use your mental and/or physical abilities, fear would increase. Of Because, while an ostrich can deceive itself by burying its head in the sand, the pilot would know that by interfering with the panel, the command would be increasing the risk. In his case, fears would rise as well. The only way the pilot could put away fear would be by acting. How? Rising altitude. Survival of species In fact, ostriches do not bury their heads in times of danger. No species would have much chance of survival by adopting such a stupid tactic. We all depend entirely on our senses and instincts. We think of fear, inhibitions, stress and nerves as something really harmful, but they are actually vital components of our instinctive survival mechanisms. By using a drug, you will be disruptive with them, and therefore it will be like embarking on a journey as suicidal as the pilot who toys with the altimeter. Lost souls? Some people are born without normal instincts: without inhibitions or fear, without the scruples of harm to themselves or others. They behave like the worst of, even when they're sober. Most of them are in asylum, for their own good and for the sake of society. There are also cases of people who are born without some of the senses: completely blind or deaf, or without a sense of taste, touch or smell. You want to envy one of those people? Would you get into a car with a blind person behind the wheel? Ethyl Lucie but disabled people are aware of their limitations and adapt to their situation accordingly, while even a minimum of alcohol damages your abilities, and more than you can think of at the time. For many years I was one of those idiots convinced that they run better with a few drinks on them when the truth is just the opposite. Alcohol has a similar effect on vit: everyone thinks it's Oscar Wilde, while drunk when all they actually do is prove repetitive and incoherent. This effect is not limited to driving and social skills: alcohol makes you feel better able to do something, even if it's the opposite. Do you really want to go through a life like that? Lethal combination Alcohol places people in very dangerous situations while maintaining risk awareness. Drink-driving is just one example. Let's see someone else. When returning from a nightclub, a teenage girl should be careful when a stranger approaches her. If she is drunk, she will not have the advantage, so it would be very possible for her to agree to get in any suspicious person's car. If something terrible happened, he would have less chance of defending himself, and besides, it would be Aware. Very often, the moment a potential danger becomes real, fear stops diminishing at the effect of alcohol to increase. I'm not just talking about physical risks, let's say you're worried because you made a mistake at work. Then on the way home, stop for a few drinks to let go the problem out of your head. But while you're at the bar, your boss calls you to tell you he wants you to come back to the office right away and find out. By the time your anxiety starts to increase because you know that in your current state of disability, you will find it even harder to solve the problem. And you'll have to go through the embarrassing farce of pretending you're more sober than you really are when it's obvious to anyone who's in a pathetic state. Drugs don't work. A good night's sleep won't give you the solution either, but you'll recharge the batteries and help you see the situation with perspective, which will help you manage it with more warranties. When you get drunk, the batteries run out and you make a mountain out of a grain of sand. Review your acquaintances. Who are the most disloyal and nervous? Aren't they exactly the people who look for drugs, like alcohol or nicotine, the way to deal with stress and nerves? But a little stress and nerves can also be useful as a stimulant to intervene. The human safety system Nerves are considered more of a disease than the faculty of a healthy human being that works perfectly. When a door slams shut and we take a breath, we tend to say something like, I'm tired of my nerves! When this reaction is a sign that your nerves are perfect. And stress is no more harmful than a fire alarm. Worrying about something is nothing more or less than a premature warning. It was the fear of drinking that made you take this book and that's the most important thing. If alcohol gave you confidence, courage, peace and relaxation, do you think you'd read this book? Setting a fire with gasoline inhibitions, fear, nerves and stress, which at night was reduced by alcohol, is extended the next morning. As I used to say to people, if you had the problems I have, you'd drink as much as I do. But I ran out of arguments when a real friend replied: If I drank as much as you, I'd have your problems. Thank you, Steve, for saving my life! It is the key to understanding the illusion of relaxation. Do you think alcohol relaxes you? When you see a drunk punk menacing people with a broken bottle, what's your first reaction? You think, Quick, give him another drink to see if he calms down! This hooligan works that way because alcohol has mitigated any sense of responsibility it may have, and it is precisely this mitigating effect of alcohol that gives rise to the illusion of relaxation. It doesn't solve your problems, it just temporarily cushions the anxiety that can cause you. But it's alcohol that's causing most of the problems to begin with. It's like hitting your head against the wall hard until there comes a time when you lose consciousness and stop feeling pain. Do you sound? In fact, this latter analogy is particularly appropriate because a drunk behaves very much like someone suffering some kind of brain damage. The word anesthesia means lack of sensitivity. How can an anesthetic really relax? If you go through this drug, you lose all consciousness. Is that what you call relaxation? Do you think a beaten boxer is really relaxed? It is true that in these moments he is unaware of all his problems, but it is not quite the same. It's impossible to feel relaxed – in fact, it's impossible to feel anything – when you're unconscious. Being really relaxed is not being dazed Maybe you are able to see that drinking until you fall into a coma does not solve anything, but think moderate alcohol consumption helps you relax. Let's say the boxer gets up before the referee counts to ten, but he is still reeling as he is dizzy and confused. You call that relaxation? No: If unconsciousness is not the same as relaxation, the same can be said of a state of semi-unconsciousness. It doesn't matter how much alcohol you consume; true mental relaxation is actually a state of alertness. It's not about taking worries and worries out of your mind, it's about feeling completely free of them. «But there is not a single person on the planet without worries or worries! True. But we can enjoy moments of complete calm. And you won't have many if you're looking for shelter in the bottle. Wouldn't it be better to find a solution? Alcohol won't help you! Nor will it make you forget the problems completely. The truth is that this is not a particularly effective anesthetic, so unless you drink until you become a coma, your anxiety will not go away even when you are drunk. When I was afraid to fly, it was of no use to me to drink because I regained sobriety as soon as the plane took off and was still terrified. If alcohol was an effective anesthetic it would be used in hospitals Alcohol would lose the effect as your body develops tolerance. Tolerance is to create a resistance, in this case to alcohol, so that it becomes more and more ineffective when it comes to making you forget the problems that alcohol itself creates. Take the test. Write down your biggest concern in a role right now. That could be your alcohol problem. From now on, until you're done reading the book while you're having a few drinks, check out the note. Do you feel happily free of your problem? How can we all be fooled into thinking that an anesthetic and depressive drug is a real point of support and pleasure? It occurs by osmosis A child's brain is susceptible as a fungus, and children tend to absorb many of the beliefs, opinions and prejudices of the adults around them. This may also apply to alcohol. Most of us are stunned when we hear the news of young alcohol consumption. But are we surprised that our children are attracted to this drug? Most adults eat it, and most get something good out of it, or that's what young people assume. We have no reason to catch a fattening. We inherit them from the culture we grew up in. Under great influence When I was young, Hollywood was the great factory of illusions: the glamorous lead actresses who always had a Martini in one hand and a cigarette in the other, or the actor in action movies fond of garrafón whiskey. Today is such bombardment by the media that we are able to be manipulated even in the comfort of our homes. We can be influenced by our relationships, people around us, TV, movies or fashion magazines. At a very young age, we all get a picture of alcohol: we swallow the idea that drinking is adult, it's a sophisticated and sexy thing. Double patterns But the message we receive from society is contradictory. People who drink too much are not well looked after, and teenagers receive endless sermons about the terrible effects of addiction and the dangers of alcohol abuse. And often it's people who know the bottle who throw the sermons. If you get the feeling that you enjoyed the first few drinks of your life, it's probably because of the psychological effect of playing with fire, the sweet taste of rebellion, or the feeling that you're finally a member of an adult club. Initiation rituals I grew up in a social environment where three were the most important events of a boy's life: losing his virginity, passing the driving test, and that first beer you had at the age of sixteen, under the awakening eye of your proud father and his colleagues at the bar. Today it has become a glass of wine at home, but alcohol remains the only drug that many parents actively encourage their children to consume. The emperor's new costume For when the new thing about alcohol consumption begins to weaken, we have already developed a certain tolerance. It's much easier to fool yourself about how nice something is when it doesn't seem very uncomfortable. As it is easier when everyone else also deceives themselves. The alcohol industry invests astronomical amounts of money to persuade us to see alcohol in a different light, but the best way to advertise will be through other drinkers. Since 90 percent of the adult population drinks, we're talking about a very strong sales force. The structure of society is dipped in alcohol It is consumed by births, baptisms, Easter, Christmas, birthdays, graduation ceremonies, weddings and funerals. An alcohol-free social event? Sounds like a contradiction in itself! But with the exception of funerals, all the situations mentioned are extremely pleasant celebrations. If a group of friends are having fun at a birthday party or bar, it's not because they consume alcohol! They enjoy themselves because they laugh at people they like to be with. It's the same atmosphere that can take place in the dressing room before a football game, a situation where no alcohol has been consumed. Win or lose, get the booze over! When the game ends, do you think the winning team needs alcohol to feel happy? No. They are really placed as the whistle marked the end of the match. Many times they don't even drink champagne, but they just water those present with it! Do you think the atmosphere in the dressing room of the defeated team goes from sadness to joy when you have a drink? Or has alcohol — a depressive substance — further depressed them? Is the mood because of alcohol or the situation in which it is consumed? When I was a financial adviser, often when I got home from work, I would play some music, earn myself a drink and put my feet up. He took a sip and let out a long sigh of relief long before the drug could have taken effect. But if it is already very pleasant to come home after a hard day's work! It's not the alcohol we taste, it's the scenario where we consume it. We found alcohol pleasant by association. Take the test with this experiment separating the drunk experience from anything that may affect your perception of it. Stay alone in a room where there is only alcohol, bottles and bottles of what take, but no rides like TV, books or music, nothing that can distract you from the feeling of getting drunk. You'll see how much fun it is. If it was alcohol that caused us so much joy, we would enjoy the same thing in an empty room as in a bar full of people and laughter. The icing on the cake? Almost all the situations where alcohol is consumed are pleasant in themselves: at the end of a day's work, Friday dinner in a restaurant, parties, romantic dinners, going out Saturday night to a bar with some friends. But are you sure that alcohol makes those moments even better? Are you sure it makes fireside sex an unparalleled experience? Are you sure it makes you appreciate music better? Really? An anesthetic is a drug that numbs the numb brain in the face of both pain and pleasure. But those who drink will believe in anything. Somehow they manage to even make sure that alcohol is a kind of smart bomb that erases problems and sorrows, but miraculously leaves pleasant experiences intact. And that's not how it works. If you drink alcohol to eliminate your problems and worries, you will suffer collateral damage: true pleasures will also spread. It's a camel! We have all been convinced that an adult's social function is not complete if he does not drink. But before you had your first drink, you knew how to enjoy life without alcohol. Kids don't need it. They have a great time for parties with refreshments. 10 percent of adults are perfectly capable of having a good time without drinking alcohol. In fact, the remaining 90 percent too! I'm sure you're able to remember at least one wonderful evening when you've consumed little and no alcohol. The illusion of joy It is not true that you can not have a good time without drinking. But if you think you won't be able to enjoy without a drink, you'll feel very unhappy until you have one. Have a drink and you can enjoy a situation where the one who does not drink enjoys in the same way. But if you already know – or suspect – that you have an alcohol problem, the joy of the occasion will be tarnished by that knowledge. The alcohol remains with icing on the cake and leaves you some crumbs to create the illusion of joy. And wouldn't you rather be fully present in each of your life's experiences? Why don't you become part of your own life? What's so great about being gone? The terms we use to refer ourselves to being drunk are very significant. Some refer to bodily functions, such as the fart, along with some others you might mention; others refer to the damage caused to any of our abilities, such as blind or do eses; and we also have the many coloristic terms like being bolinga, cogorza, pimplar, being triggered, carrying a good pedal, or the most representative of drunken mood, drinking to the water in vases. My medical dictionary uses slightly different language It defines the effects of alcohol as deterioration of intellectual and motor functions; prolongs the reaction time. numb mental processes; impair sentencing capacity, attention, self-discipline, coordination skills and visual acuity; and reduces sensitivity to sensory stimuli. A new perspective? Imagine what the effects of alcohol would sound like for someone who has never heard of it: someone who has never been brainwashed or warned of these effects, and who has therefore also been unable to develop tolerance for them. Imagine someone tricking him into consuming a large amount and suddenly finding himself unable to think, move, talk and look right! Do you think he'd find it nice or something really scary? Since walking as a container would be extremely uncomfortable for someone, don't you think it makes sense to think that getting drunk on purpose would be a little uncomfortable? Who's more creative? Most teetotalers do not drink because they are not at all attracted by the prospect of losing control, regardless of the degree. And in the event that they try alcohol, their beliefs are usually confirmed: both tastes and effects are unpleasant. Many children have a healthy suspicion of alcohol and therefore ask: Why do adults do it? The only people who are convinced how comfortable it is are the drinkers. Different views You may be one of those who think that people who don't drink are boring snarl, who wouldn't recognize what it's like to have a good time even if they had it in front of them. It is a perception that a lot of drinkers share, at least when they are full. But do you feel the same way when you're sober and the others go like vats? When you see a full punk doing eses on the street, do you think he's having a good time? In your opinion, when do you think you are best able to see intoxication objectively: when you have the trial damaged by the drug, or when you look at it from the outside? An instant cure Enter the center of any city on a Friday or Saturday night, but make it sober. Then you will see alcohol with objectivity! All are completely Kurdish. Usually sensible individuals do incredibly stupid things, things that wouldn't even cross their minds if they were sober. Do you really think that Do they feel better because they're drunk? I hate to be a party pooper, but... In the UK, 70% of people on Saturday night are alcohol-related. A recent study shows that alcohol is a major factor in 40 percent of violent crimes and 42 percent of cases of gender-based violence. In another survey of men who were jailed for rape, 70 per cent admitted to drinking before committing the crime. In more than 20 percent of murders, alcohol is present. Official figures show that around 1000 suicides in a year are alcohol-related. I imagine that the actual figure will be even higher. And what about the people who are left behind? Alcohol causes more human suffering than all other drugs combined. Balanced balance I have highlighted the disadvantages of alcohol, so I will now also talk about the beneficial as-pects. The benefits of alcohol 1. It can be used as an antiseptic. 2. It is a powerful detergent. 3. Can be used as fuel. Drinking alcohol gives you no advantage Let's pick up the analogy of the plane. Imagine you're one of the passengers on the plane going through a fog bank and you see the pilot giving a drink to a flask! Then why do you think if you do that, you're well done? You're the pilot of your plane. The human body is an extremely complex machine. It automatically provides adrenaline and other substances when we need them and in the quantities we need them. As for our brain, it's a much more sophisticated computer than you can find on any plane. Do you really think you can improve something so brilliant just because you're taking a chemical that radically negatively affects its function? But we are more than just computer-run machines The ingenuity of the human spirit never ceases to amaze me. Look around! Every day people called normal and ordinary act of amazing heroism and didn't drink alcohol for it either. The Two Lies The Alcohol Trap consists of two outrageous lies that an exorbitant 90 percent adult population has swallowed without even squeaking at them. The first is that people are weak and incomplete in some way, and the second is that alcohol compensates for this supposed deficiency. It's as if someone who doesn't have a broken leg buys some crutches gnawed by carcoma. Inside the insect-eating plant. Part one If alcohol consumption does not provide benefits, can you say that regular drinkers are in control of the situation? Have you ever seen a insectivorous? It's shaped like a jug or a vase. The scent of its nectar attracts flies, like perch on the edge of the jug to release it. The slope at the top is so small that the fly does not realize that it is being attracted to the inside of the plant. When you want to notice, the slope is too steep, even if the fly is too concentrated in nectar to notice. When you've already crossed your neck on the jug, you can see a lot of dead insects floating in a floating pond at the bottom. But he knows he can fly out whenever he wants. So he thinks it's safe to keep clinging to nectar. When she's already released enough nectar and decides to fly out, she's



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