

Why Recess is the best alcohol alternative in the world (and how you can be anxiety free)

Do any of the following sentences sound familiar?

“I love going out with my friends on the weekends, but I hate myself the morning after.”

“My job is so stressful. I wish I could relax without feeling guilty about drinking so much alcohol.”

“My brain just can’t ‘turn off’ when I am trying to go to sleep”

“My anxiety is through the roof! I can’t calm down!”

“I wish there was a solution to all of my previous sentences!”

RELAX, we got you covered

[Click here to find the solution to each problem and more!](#)