

The Sober Diaries: How One Woman Stopped Drinking And Started Living

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." –Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." –Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." –Bernie M., Dublin, Ireland

"Triumphant, moving, and wildly entertaining. This is an unabashed and completely relatable account of getting clean and getting a life."–Steve Geng, author of *Thick as Thieves*
The single glass of wine with dinner . . . the cold beer on a hot day . . . the champagne flute raised in a toast . . . what I’d drink if Hunter S. Thompson wanted to get wasted with me . . . these are my fantasies lately. Too bad I've gone sober. When Sacha Z. Scoblic was drinking, she was a rock star; the days were rough and the nights filled with laughter and blackouts. Then she gave it up. She had to. Here are her adventures in an utterly and maddeningly sober world—and how she discovered that nothing is as odd and fantastic as life without a drink in hand. . . . "A gripping, inspiring tale that picks up where most sobriety memoirs leave off . . . This is a story for anyone trying to enact meaningful change in their lives."–Emma McLaughlin and Nicola Kraus, #1 New York Times–bestselling coauthors of *The Nanny Diaries*
"Hilarious and heartbreaking, Unwasted is a traveler’s guide to the perilous, wondrous land of sobriety. Scoblic’s scorched, sweet prose is the work of a writer at the top of her form."–Jennifer Finney Boylan, New York Times–bestselling author of *She’s Not There*
“Scoblic’s testament to life on the wagon is pertinent and raffish, marked by considerable candor and humor. A dryly witty, spirited memoir.”–Kirkus Reviews

'AN INSPIRATIONAL MANIFESTO' - Annie Grace 'SIMON IS FABULOUS - YOU HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN!' - Clare Pooley
Do you feel trapped by alcohol? Do you find yourself thinking about drinking too often? Do you put alcohol ahead of the most important things in your life? If so - here's some good news. You can quit drinking, and it's not as difficult as you think. Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In *How to Quit Drinking in 50 Days* he'll give you a structured way to find complete freedom from alcohol - for now, or forever. This 50-day journey to freedom is split into two parts. Days 1-25 will ask you to take an honest look at the impact alcohol has had on your life, to examine the reasons for your drinking, and will arm you with the best strategy for quitting alcohol successfully. Days 26-50 will ask you to make the commitment to taking a break from alcohol - taking each step with one chapter a day, and answering the questions that come up. There are strategies for dealing with challenges and setbacks, and a wealth of resources for finding support and inspiration. Above all, there is a genuine passion for the sober adventure, and the huge rewards of an alcohol-free life - a life of freedom that's waiting for you. *Includes free downloadable workbook and journal* Download the workbook from the John Murray Learning Library website, or the free John Murray Learning app. PREORDERED? VISIT SIMON'S 'BE SOBER' WEBSITE TO CLAIM YOUR PLACE ON AN EXCLUSIVE WORKSHOP

90 no-alcohol cocktail recipes from top bartenders across the country

Up All Day

The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol

How to Quit Alcohol in 50 Days

Unwasted:

Girl Walks Out of a Bar

An empowering guide to living hangover free

My Lush Sobriety

The Sober Survival Guide

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format.For those with an alcohol problem it will explain why they have a problem and what they can do about it. For those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book.Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture.

"We Are the Luckiest is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of *Love Warrior: A Memoir*
What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, *The 28 Day Alcohol-Free Challenge* is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website *One Year No Beer* to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In *The 28 Day Alcohol-Free Challenge* Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

'Sober in Seven' details each of the seven stages that the author worked through, to wrench his life back from the clutches of alcohol. It offers inspiration, help and hope to anyone else seeking to do the same.

Uncover a Sustainable, Fulfilling Life Free of Alcohol

A Love Story

Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

Take My 100-Day Sober Challenge

Love Yourself Sober

90 Non-Alcoholic Recipes for Mindful Drinking

The Sober Revolution

Sober in Seven

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as: • The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars • The art of creating zero-proof cocktails for all seasons • Having a fantastic first date while completely sober • A primer on setting up your own backyard beehive, and honey tastings For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

Euphoric is your 8-week plan for an alcohol-free lifestyle that can lead to more happiness, well-being, and self-love. It's the modern woman's guide to relax without alcohol, find freedom from cravings and fitting in, and create the life you want--along with the audacity to go after it. Imagine a program that makes the benefits of "Dry January" last all year. That's Euphoric! Alcohol is everywhere in our society, and it's hard to resist. The pressures to fit in and have "just one drink"--that turns into several--whether at a party or on a casual Friday night, can lead to an imbalanced life that's plagued with unhealthy habits, low self-esteem, and decreased productivity. How can you change your relationship with alcohol without feeling deprived or like a social outcast? First, decide you want a change and then pick up Euphoric,from certified alcohol-free life coach Karolina Rzakdowolska. Karolina has helped thousands of casual drinkers transform their relationship with alcohol, including herself. In Euphoric, she shares a proven strategy to make alcohol insignificant in your life. In just eight weeks, you can ditch alcohol and learn how to: Create a natural buzz that alcohol can only mimic Be fully present with your kids, partner, and friends Feel more energized, look better, and live healthier Enjoy the best sleep of your life Have fun in any social situation, without drinking Accomplish goals with your newfound drive Become confident to chase your biggest dreams Euphoric presents an 8-week, easy-to-customize plan for anyone who wants to transform their relationship with alcohol and experience the life-changing benefits that happen when you take a break from booze to focus the health of your mind, body, and soul. Here's the plan! Week 1: Examine and Dismantle Limiting Beliefs Week 2: Let Go of Shame Week 3: Step into Your Best Health Week 4: Navigate Your Social Life Week 5: Get Mindful and Embody Self-Love Week 6: Find Pure and Utter Happiness Week 7: Create Your Dream Life Week 8: Step into Your Purpose Reclaim yourself and rejuvenate your life, as you make alcohol irrelevant and get motivated to claim a new lifestyle clearly focused on your goals, priority, and values.

In *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning journalist Anne Dowsett Johnston combines in-depth research with her own personal story of recovery, and delivers a groundbreaking examination of a shocking yet little recognized epidemic threatening society today: the precipitous rise in risky drinking among women and girls. With the feminist revolution, women have closed the gender gap in their professional and educational lives. They have also achieved equality with men in more troubling areas as well. In the U.S. alone, the rates of alcohol abuse among women have skyrocketed in the past decade. DUIs, "drunkorexia" (choosing to limit eating to consume greater quantities of alcohol), and health problems connected to drinking are all rising—a problem exacerbated by the alcohol industry itself. Battling for women's dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Equally alarming is a recent CDC report showing a sharp rise in binge drinking, putting women and girls at further risk. As she brilliantly weaves in-depth research, interviews with leading researchers, and the moving story of her own struggle with alcohol abuse, Johnston illuminates this startling epidemic, dissecting the psychological, social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives.

Not Drinking Tonight

A Novel

Stop Drinking and Find Freedom

Sober Positive

The Surprising Magic of a Sober Life

We Are the Luckiest

Diary of an Alcoholic Housewife

Drinking Diaries

A reissue of the 2014 edition, featuring a new foreword from the authors. Do you count down the minutes to wine o'clock? You are not alone. When it comes to alcohol, plenty of people find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and addiction. If you want to take back control and stop being defined by alcohol now is the time to join The Sober Revolution. In this empowering book, addictions counsellor Sarah Turner and life coach Lucy Rocca examine women's relationship with alcohol and offer insight and advice into overcoming this addiction. The Sober Revolution explores the myths behind this socially acceptable yet often destructive habit and, through personal accounts of alcohol abuse and its impacts on relationships, careers and finances, you are invited to examine your own relationship with alcohol and its impact on your life. Read it now. Regain control and lead a happier, healthier life. Call time on wine o'clock forever.

As the ever-increasing “quit-lit” audience explores new ways to get sober, many are asking, “What’s next?” A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

The guided sobriety journal inspired by the Sunday Times bestseller *Ever sworn off alcohol for a month and found yourself drinking by the 7th?* Think there's 'no point' in just one drink? Welcome! Quitting drinking, whether for a month or for life, is enormously satisfying, but also fiendishly difficult. -There's the getting started ('But I have that party next week!') -There's the feeling clenched and socially anxious. -Throw in a sizeable amount of social pressure and suspicious questions ('So, do you have a drinking problem?') -Finally, chuck in the hundreds of pro-drinking messages we see every day; films where a round of shots always comes with a whoop; fridge magnets that say 'I don't trust people who don't drink'; pub clapboards announcing 'Strong people need strong drinks'; and memes declaring 'Beer: it's a holiday in a glass.' Whew. It's no wonder we find it tricky to stay teetotal. But don't worry. We're going to tackle all of the above. I'm going to give you tools that enable you to clear all of these stumbling blocks with the grace of a gazelle. So, let's get started, shall we? PRAISE FOR CATHERINE GRAY'S WRITING: "An icon of the Quit Lit movement." - Condé Nast Traveller "Fascinating." - Bryony Gordon. "Not remotely preachy." - The Times "Jaunty, shrewd and convincing." - The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." - The Guardian "Truthful, modern and real." - Stylist "Brave, witty and brilliantly written." - Marie Claire "Haunting, admirable and enlightening." - The Pool "No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK

The Sober DiariesHow one woman stopped drinking and started living. By New York Times BestsellerCoronet

Ditch Alcohol and Gain a Happier, More Confident You

The Authenticity Project

This Naked Mind

Tired of Thinking About Drinking

THE COMPANION TO THE SUNDAY TIMES BESTSELLER

Between Breaths

Find Freedom from Alcohol Forever - Quit Drinking & Start Living!

Drink

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in BETWEEN BREATHS, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, BETWEEN BREATHS is an inspiring read.

One woman's journey to finish what she started... In her bestselling memoir, A Happier Hour, Rebecca Weller shared her story of embracing an alcohol-free life with a steely determination to reach her true potential. But as she celebrates her second year of sobriety, she's challenged to determine what that really means. Deep down, in a part of her that she thought she'd grown out of, Rebecca had always dreamt of becoming an Author someday. With hangovers no longer holding her back - with eyes wide open and nowhere to hide - can she find the courage to confront her secret lifelong dream? She's about to discover that her hard-won sober status will only take her so far. What comes next is up to her. Up All Day is an uplifting story for anyone who has ever had to conquer themselves in order to conquer their dreams. Because it turns out the biggest battle we'll ever face in reaching our creative potential, is the one that takes place inside of all of us.

Thousands of people have forever regained control of their drinking through This Naked Mind. Now, they're telling their stories.This Naked Life offers forty-eight raw and real stories of people who have found freedom from alcohol. In these pages, discover how Bryan went from hopeless certainty that drinking would eventually kill him to absolute peace over the course of a single day.See how reading one book gave Jennifer total freedom after twenty years of binge drinking.Witness Becca thrive in ways she had never thought possible, all because she learned it was okay to question her relationship with alcohol before she hit rock bottom.Find out how Kari broke a family legacy of deadly alcohol abuse that stretched back generations.Alternately poignant and humorous, This Naked Life will surprise, challenge, and inspire you. These stories, written by relatable humans from all walks of life, pull no punches and prove that, no matter where you are in your journey with alcohol, you are not alone. Witness the power of transformed minds today in This Naked Life, the collection Annie Grace calls "the most important book I never wrote."From This Naked Life"I'm finally able to move forward into the future with confidence and poise, interacting with others on my own terms instead of through the haze of alcohol." -Nancy"It feels good to be alive-truly alive!" -Ryan"Past me-the me who drank-wouldn't recognize present me. But over those intervening years, I was able to design my lifestyle, to purposefully choose who I want to be without alcohol. . . . And in place of alcohol, I found a life I'm in love with that's only getting better. I love who I am today." -Mike J.

With an easy three-step plan, Mindful Drinking: How To Break Up With Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: How to Break Up With Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

Transform Your Drinking with this Radical New Guide

The Sober Girl Society Handbook

How To Break Up With Alcohol

The Intimate Relationship Between Women and Alcohol

The Radical Choice to Not Drink in a Culture Obsessed with Alcohol

The unexpected joy of being sober – forever

Mrs D is Going Without

The Sober Diaries

**Voted an Independent best self-care book for 2021*
Voted one of Heat's best self-help books to help you reach your full potential
If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'*

A gripping first-hand story of personal triumph and recovery by a wealthy American housewife who appeared to have it all but who was, in reality, losing life's most important moments in an alcohol-induced haze. Brenda Wilhelmsen was like a lot of women in her neighborhood. She had a husband and two children. She was educated and made a good living as a writer. She had a vibrant social life with a tight circle of friends. She could party until dawn and take her children to school the next day. From the outside, she appeared to have it all together. But, in truth, alcohol was slowly taking over, turning her world on its side.Waking up to another hangover, growing tired of embarrassing herself in front of friends and family, and feeling important moments slip away, Brenda made the most critical decision of her life: to get sober. She kept a diary of her first year (and beyond) in recovery, chronicling the struggles of finding a meeting she could look forward to, relating to her fellow alcoholics, and finding a sponsor with whom she connected. Along the way, she discovered the challenges and pleasures of living each day without alcohol, navigating a social circle where booze is a centerpiece, and dealing with her alcoholic father's terminal illness and denial.Brenda Wilhelmsen's Diary of an Alcoholic Housewife offers insight, wisdom, and relevance for readers in recovery, as well as their loved ones, no matter how long they've been sober.

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Are you worried you might be drinking too much? Fed up of hangovers, hangxiety and feeling below par? Bored of booze culture at home, at work, as a parent? Do you have a sneaking suspicion that alcohol might be standing between you and your best life? Are you wondering if there's another way? Julia Carson found out, quite unexpectedly, that there really is, when she had her last drink of mummy-juice wine in February 2017 and then embarked on a rollercoaster journey of self-discovery in sobriety. Sober Positive is both the story of her journey over the last two years and a detailed road map for anyone else looking for their own way out of the alcohol maze.You may not believe this now, but it is entirely possible to stop drinking and be completely happy. To achieve true freedom from alcohol. To be sober positive. In this book you will learn how to change your mindset about alcohol, how to assemble your own personal sobriety toolbox and how to cope with sober firsts like social events, holidays and Christmas. You will gain insight into why you might be struggling with alcohol and how you can address other compulsive behaviours which may arise in early sobriety. You will develop detailed strategies for self-care and be guided though the deeper work needed to support your physical and mental wellbeing and truly thrive as a non-drinker. You will be helped to navigate changing relationships with partners, children and friends and learn some surprising truths about our best friend booze.So, if you're drinking too much and it's making you miserable, why not take a chance on being sober and happy?You might just find your best life along the way. Julia did and this book contains everything she has learned in the past two years that helped her get there.

Happy Healthy Sober

Sleep Better, Lose Weight, Boost Energy, Beat Anxiety

A Memoir

Women Serve Their Stories Straight Up

The Sober Lush

Drinking

I used to be a boozy housewife. Now I'm not. This is my book.

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of This Naked Mind helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the lab habit change by addressing the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In The Alcohol Experiment, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you do so honestly and openly. In Drinking Diaries, editors Leah Odze Epstein and Caren Osten Gerszberg take women's drinking stories out of the closet and into the light. Whether it's shame, sober sex, and relapsing, or college drinking, bonding, and comparing the benefits of pot vs. booze, no topic related to alcohol is off limits in this illuminating anthology. With contributions from celebrated writers Hood, Ann Leary, Pam Houston, Jane Friedman, Elissa Schappell, Asra Nomani, Priscilla Warner, Rita Williams, and Joyce Maynard, Drinking Diaries is a candid look at the pleasures and pains of drinking, and the many ways in which it touches women's lives.

A New York Times bestseller A WASHINGTON POST "FEEL-GOOD BOOK guaranteed to lift your spirits" "A warm, charming tale about the rewards of revealing oneself, warts and all." —People The story of a solitary green notebook that brings together six strangers and leads to unexpected friendship, and even love Clare Pooley's next book, Iona Iverson's Rules for Commuting, is forthcoming Julian J. The most people aren't really honest with each other. But what if they were? And so he writes—in a plain, green journal—the truth about his own life and leaves it in his local café. It's run by the incredibly tidy and efficient Monica, who furtively adds her own entry and leaves the book in the wine bar across the street. Before long, the others who find the green notebook add the truths about their lives. Authenticity Project's cast of characters—including Hazard, the charming addict who makes a vow to get sober; Alice, the fabulous mommy Instagrammer whose real life is a lot less perfect than it looks online; and their other new friends—is by turns quirky and funny, heartbreakingly sad and painfully true-to-life. It's a story about being brave and putting your real self forward—and finding out that Authenticity Project is just the tonic for our times that readers are clamoring for—and one they will take to their hearts and read with unabashed pleasure.

The Alcohol Experiment: Expanded Edition

The Unexpected Joy of Being Sober Journal

Zero Proof

A 30-Day, Alcohol-Free Challenge To Interrupt Your Habits and Help You Take Control

Alcohol Explained

A Hedonist's Guide to Living a Decadent, Adventurous, Soulful Life--Alcohol Free

A Memoir of Panic and Addiction

Soberful

Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. Girl Walks Out of a Bar is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. Girl Walks Out of a Bar is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction.

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for Drinking "Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold."—Los Angeles Times Book Review "Filled with hard-won wisdom . . . [a] perceptive and revealing book."—San Francisco Chronicle "Eloquent . . . a remarkable exercise in self-discovery."—The New York Times "Drinking not only describes triumph; it is one."—Newsweek

In this honest discussion of mental health, the founder of Therapy for Women explores our reasons for drinking alcohol—and the benefits of taking a break. When “retired party girl” and popular therapist Amanda White admitted she was an alcoholic, it wasn’t because she’d done something outrageous while under the influence, like land herself in jail or get married in Vegas. It was because she realized three things: 1. Alcohol was making her life worse. 2. Moderation wasn’t helping. 3. She could not be a therapist if she continued to use alcohol to numb her life. Something needed to change—not just her relationship with alcohol, but her relationship with herself. Choosing not to drink can be daunting. It’s everywhere in our culture, our socializing, and our destressing. And it can seem black or white: you drink, or you don’t (and if you don’t, people ask why). That’s where Not Drinking Tonight comes in. Judgement-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: Find out why you drink. Whether it’s a glass of wine after work or a weekly bar crawl, your drinking habits can be the result of everything from biology to trauma. Heal your relationship with alcohol. Understand how your relationships have been affecting your life, and learn how to set boundaries and create true self care. Build the sober life you love. Learn what comes next—how to maintain your social life, navigate sex and relationships, and love yourself. Not Drinking Tonight isn’t a program to stop drinking. It’s the first book to help you address the root issues that cause you to reach for a drink, and create a life you love—one that is not perfect, but is messy and real and one you are fully present for.

The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller 'Exquisite' - Fearnie Cotton 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds.

Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway bestseller The Unexpected Joy of Being Sober, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

The 28 Day Alcohol-Free Challenge

How one woman stopped drinking and started living. Perfect reading for Sober October

Forty-Eight True Stories of Finding Freedom From Alcohol

Sunshine Warm Sober

Sober Curious

Mindful Drinking

This Naked Life

Happyly Quit Drinking and Discover the Unlimited Possibilities Waiting for You Beyond Alcohol

'Upbeat, wise and empathetic... A best sober buddy in your pocket' - Clare Pooley, author of The Sober Diaries 'An amazingly helpful, refreshing and positive book' - Lucy Rocca, Soberistas 'A guidebook to making the absolute best of one of life's toughest transitions ... I wish I'd read it ten years ago' - William Porter, author of Alcohol Explained With questions around the 'Mummy Wine O'clock' culture growing, Love Yourself Sober explores how a problematic relationship with alcohol can easily develop, particularly with time-poor mothers, how to recognise it, and what to do about it. Kate and Mandy provide a supportive 'sober curious' environment, encouraging active participation using positive psychology, coaching methods and workbook features to help women make changes for themselves. Love Yourself Sober is an empowering book for women and mothers to put their own self-care at the centre of a healthy and positive life-change.

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozer to self-respecting sober lady.

When Rebecca Weller’s pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age – and a Health Coach, no less – she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she

live a joyful existence, without alcohol? How would she relax, socialise, or celebrate – without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A Happier Hour is a heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted.

NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of Untamed “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Euphoric

A Self Care Guide to Alcohol-Free Living for Busy Mothers

How one woman stopped drinking and started living. By New York Times Bestseller

A Happier Hour

Quit Like a Woman

Calling Time on Wine O’Clock

Kick the Drink...Easily!

Iona Iverson’s Rules for Commuting

Would life be better without alcohol? It ’ s the nagging question more and more of us are finding harder to ignore, whether we have a “ problem ” with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it ’ s hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can ’ t have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can ’ t relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it ’ s cool and sophisticated; I ’ m not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I ’ m drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn ’ t live without alcohol, and that once I ’ d had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you ’ re already on the path to changing your relationship with booze and might have read other ’ sober books ’ or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don ’ t have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person ’ s fault, and that there ’ s no need to blame yourself for finding it hard to give up. It honestly isn ’ t as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that ’ s what you want. The first part of the book contains essential information for when you ’ re in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you ’ ll see I ’ ve used my own experiences and those of the people I ’ ve worked with to help ensure you ’ re ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You ’ ll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won ’ t, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you ’ re facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online ‘quit drinking’ communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

Nobody ever talks to strangers on the train. It ’ s a rule. But what would happen if they did? From the New York Times bestselling author of The Authenticity Project comes an escapist read that will transport you, cheer you, and make you smile—and make you, too, wish you had Iona ’ s gift for bringing out the best in everyone. “ A not-to-be-missed read in the mode of Gail Honeyman’s Eleanor Oliphant Is Completely Fine. ” —Booklist, starred review Every day Iona, a larger-than-life magazine advice columnist, travels the ten stops from Hampton Court to Waterloo Station by train, accompanied by her dog, Lulu. Every day she sees the same people, whom she knows only by nickname: Impossibly-Pretty-Bookworm and Terribly-Lonely-Teenager. Of course, they never speak. Seasoned commuters never do. Then one morning, the man she calls Smart-But-Sexist-Manspreader chokes on a grape right in front of her. He ’ d have died were it not for the timely intervention of Sanjay, a nurse, who gives him the Heimlich maneuver. This single event starts a chain reaction, and an eclectic group of people with almost nothing in common except their commute discover that a chance encounter can blossom into much more. It turns out that talking to strangers can teach you about the world around you--and even more about yourself.

A Guide to Creating a Sober Life You Love

Ditch the booze and take control of your life