

Read Online The Unexpected Joy Of Being Sober
Discovering A Happy Healthy Wealthy Alcohol
Free Life

The Unexpected Joy Of Being Sober Discovering A Happy Healthy Wealthy Alcohol Free Life

From the internationally bestselling author of *The Etymologicon*, a lively and fascinating exploration of how, throughout history, each civilization has found a way to celebrate, or to control, the eternal human drive to get sloshed “ An entertaining bar hop though the past 10,000 years. ” —The New York Times Book Review

Almost every culture on earth has drink, and where there ’ s drink there ’ s drunkenness. But in every age and in every place drunkenness is a little bit different. It can be religious, it can be sexual, it can be the duty of kings or the relief of peasants. It can be an offering to the ancestors, or a way of marking the end of a day ’ s work. It can send you to sleep, or send you into battle. Making stops all over the world, *A Short History of Drunkenness* traces humankind ’ s love affair with booze from our primate ancestors through to the twentieth century, answering every possible question along the way: What did people drink? How much? Who did the drinking? Of the many possible reasons, why? On the way, learn about the Neolithic Shamans, who drank to communicate with the spirit world (no pun intended), marvel at how Greeks got giddy and Sumerians got sauced, and find out how bars in the Wild West were never quite like in the movies. This is a history of the world at its inebriated best.

This Naked Mind has ignited a movement across the

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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

Forget everything you've heard about being single

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Nope, you don't need a better half – you're already whole. And every second waiting for 'the one' is time wasted: time that could be spent living your life your way. Because when you take a moment to stop and look at things differently, you'll soon see that there are so many wonderful reasons to embrace being proudly partner-free. Celebrating the freedom and fun of solo living, this book is brimming with inspiration, ideas and practical advice. From going on me dates and awesome adventures, to staying true to yourself and learning to leave loneliness at the front door, *The Art of Being Single* is your one-stop guide to living a life you love. 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.

I Feel Great About My Hands

Like Water for Chocolate

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Sunshine Warm Sober

Drinking

The Unexpected Joy of Heartbreak

Twentieth Anniversary Edition

THE COMPANION TO THE SUNDAY TIMES BESTSELLER

Ghosts

Single, less stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "less-than" because you haven't found your soul mate. Until now. How to Be Single and Happy is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. But this isn't just another dating book. Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.

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The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller 'Exquisite' - Fearne 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

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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

A Mother Shares the Story of Her First

Year of Sobriety A real woman's memoir and

her story of recovery in hopes that she

inspires other mothers to maintain

sobriety. A mom who turned to alcohol.

With three children under five, a set of

twins and a newborn, Rachell Brownell

wanted to feel like an adult again. So she

turned to three bottles of white wine a

night. The good, the bad, and the ugly of

getting clean. Through wit and honesty,

Brownell lets readers into her world of

addiction, but also towards hope. Through

examples of community, wisdom, and

support, this book provides a map for

anyone trying to get through the early

stages of recovery. Inspiration for the

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first year of recovery. Learn how a couple of glasses of wine lead to a big problem. Understand how mommy cocktail groups and the desire to feel like “more than a mommy” can lead to addiction. In Mommy Doesn't Drink Here Anymore you will find: The good, the bad, and the ugly of parenting The truth about the first year of recovery Hope for a light at the end of the tunnel Mommy Doesn't Drink Here Anymore is one woman's recollection of the pressures of motherhood, addiction, and the first year of sobriety. Without preaching, Brownell lets you into her heart-wrenching and inspiring story. If you learned from books like The Happier Hour, Drunk Hour, or Quit Like a Woman, then you'll want to read Mommy Doesn't Drink Here Anymore.

Going sober will make you happier, healthier, wealthier, slimmer and sexier. Despite all of these upsides, it's easier said than done. This inspirational, aspirational and highly relatable narrative champions the benefits of sobriety; combining the author's personal experience, factual reportage, contributions from experts and self-help advice.

The Rise and Fall of an American Myth
The Radical Choice to Not Drink in a

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Culture Obsessed with Alcohol

The Alcohol Experiment: Expanded Edition

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

The Unbearable Lightness of Being

How To Break Up With Alcohol

The Unexpected Joy of Wiping Out and What It Can Teach Us About Patience,

Resilience, and the Stuff that Really Matters

My Lush Sobriety

“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.

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery

"This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse."

—Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step

fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

This is not a typical self help book. This is a book of action. This is a book that is going to light a fire under your ass. In this refreshingly entertaining do it yourself-self help book, life coach, podcaster and inspirational speaker, Jessica Jeboult, will show you how to save your own damn life. By upholding the 4 commitments outlined in this book, you will track where your life needs improvement and learn the tools and strategies to successfully implement a solution immediately. Through hilariously inspiring stories, sage advice and simple, user friendly exercises, you will learn how to: -improve your health-override self doubt-live a life you're proud of-cultivate fulfilling relationships-build an endless source of confidence-love your job and career -take action You will get the cheat codes to living a happy, healthy, productive life filled with love. "Anything I can do, you can do too. If you want to take control of your life, let's get to work!

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.'

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

How becoming single turned out to be my happily ever after

Save Your Own Damn Life

Harrow

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Alcohol Explained

***It's Great to Suck at Something
Forget the Alamo***

The Unexpected Joy of Being Sober
THE SUNDAY TIMES BESTSELLER
Aster
From the Sunday Times bestselling author 'This refreshing, unusual book needs to exist. A culture shift which repositions a single person as someone who is relationship-free, complete, and not lacking is long overdue.' - The i
'Absolutely f*cking brilliant' - Florence Given
Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single. It's become the norm to remain solo until much later in life, given the average marriage ages of 35 (women) and 38 (men). Many of us are choosing never to marry at all. But society, films, song lyrics and our parents are adamant that a happy ending has to be couple-shaped. That we're incomplete without an 'other half', like a bisected panto pony. Cue: single sorrow. Dating like it's a job. Spending half our lives waiting for

somebody-we-fancy to text us back. Feeling haunted by the terms 'spinster' or 'confirmed bachelor.' Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame, detached from 'all the good ones are gone!' panic and debunked the myth that married people are much happier. Let's start the reverse brainwash, in order to locate - and luxuriate in - single happiness. Are you in? *Spoiler: you're already whole PRAISE FOR CATHERINE GRAY'S WRITING: "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 In her first novel since the Pulitzer Prize-nominated The Quick and the Dead, the legendary writer takes us into an uncertain landscape after an environmental apocalypse, a world in

which only the man-made has value, but some still wish to salvage the authentic.

"She practices ... camouflage, except that instead of adapting to its environment, Williams's imagination, by remaining true to itself, reveals new colorations in the ecology around her."

—A.O. Scott, The New York Times Book Review
Khristen is a teenager who, her mother believes, was marked by greatness as a baby when she died for a moment and then came back to life.

After Khristen's failing boarding school for gifted teens closes its doors, and she finds that her mother has disappeared, she ranges across the dead landscape and washes up at a "resort" on the shores of a mysterious, putrid lake the elderly residents there call "Big Girl." In a rotting honeycomb of rooms, these old ones plot actions to punish corporations and people they consider culpable in the destruction of the final scraps of nature's beauty. What will Khristen and Jeffrey, the precocious ten-year-old boy she meets there, learn from this "gabby seditious lot, in the worst of health but with kamikaze hearts, an army of the aged and ill, determined to refresh,

through crackpot violence, a plundered earth”? Rivetingly strange and beautiful, and delivered with Williams’s searing, deadpan wit, Harrow is their intertwined tale of paradise lost and of their reasons—against all reasonableness—to try and recover something of it. 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.

**Mrs D is Going Without
And Other Unexpected Joys of Aging
Live a Life You Love**

**Discover the unexpected bliss of an
alcohol-free life**

**Overextended and Loving Most of It
Blackout**

**Quit Like a Woman
Drink**

When The Unbearable Lightness of Being was first published in English, it was hailed as "a work of the boldest mastery, originality,

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and richness" by critic Elizabeth Hardwick and named one of the best books of 1984 by the New York Times Book Review. It went on to win the Los Angeles Times Book Prize for Fiction and quickly became an international bestseller. Twenty years later, the novel has established itself as a modern classic. To commemorate the anniversary of its first English-language publication, HarperCollins is proud to offer a special hardcover edition. A young woman in love with a man torn between his love for her and his incorrigible womanizing; one of his mistresses and her humbly faithful lover -- these are the two couples whose story is told in this masterful novel. Controlled by day, Tereza's jealousy awakens by night, transformed into ineffably sad death-dreams, while Tomas, a successful surgeon, alternates loving devotion to the dependent Tereza with the ardent pursuit of other women. Sabina, an independent, free-spirited artist, lives her life as a series of betrayals -- of parents, husband, country, love itself -- whereas her lover, the intellectual Franz, loses all because of his earnest goodness and fidelity. In a world in which lives are shaped by irrevocable choices and by fortuitous events, a world in which everything occurs but once, existence seems to lose its substance, its weight. Hence we feel, says the novelist, "the unbearable lightness of being" -- not only as the consequence of our private acts but also in the public sphere, and the two

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inevitably intertwine. This magnificent novel encompasses the extremes of comedy and tragedy, and embraces, it seems, all aspects of human existence. It juxtaposes geographically distant places (Prague, Geneva, Paris, Thailand, the United States, a forlorn Bohemian village); brilliant and playful reflections (on "eternal return," on kitsch, on man and animals -- Tomas and Tereza have a beloved doe named Karenin); and a variety of styles (from the farcical to the elegiac) to take its place as perhaps the major achievement of one of the world's truly great writers.

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 latest neuroscience and her own journey, Annie Grace has cracked the code on 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

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see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

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

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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

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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. A New York Times bestseller! "Lively and absorbing. . ." – The New York Times Book Review "Engrossing." –Wall Street Journal "Entertaining and well-researched . . . " –Houston Chronicle Three noted Texan writers combine forces to tell the real story of the Alamo, dispelling the myths, exploring why they had their day for so long, and explaining why the ugly fight about its meaning is now coming to a head. Every nation needs its creation myth, and since Texas was a nation before it was a state, it's no surprise that its myths bite deep. There's no piece of history more important to Texans than the Battle of the Alamo, when Davy Crockett and a band of rebels went down in a blaze of glory fighting for independence from Mexico, losing the battle but setting Texas up to win the war. However, that version of events, as Forget the Alamo definitively shows, owes more to fantasy than reality. Just as the site of the Alamo was left in ruins for decades, its story was forgotten and twisted over time, with the contributions of Tejanos--Texans of Mexican origin, who fought alongside the Anglo rebels--scrubbed from the record, and the origin of the conflict over Mexico's push to abolish slavery papered over. Forget the Alamo

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provocatively explains the true story of the battle against the backdrop of Texas's struggle for independence, then shows how the sausage of myth got made in the Jim Crow South of the late nineteenth and early twentieth century. As uncomfortable as it may be to hear for some, celebrating the Alamo has long had an echo of celebrating whiteness. In the past forty-some years, waves of revisionists have come at this topic, and at times have made real progress toward a more nuanced and inclusive story that doesn't alienate anyone. But we are not living in one of those times; the fight over the Alamo's meaning has become more pitched than ever in the past few years, even violent, as Texas's future begins to look more and more different from its past. It's the perfect time for a wise and generous-spirited book that shines the bright light of the truth into a place that's gotten awfully dark.

The Sober Diaries

A novel

THE SUNDAY TIMES BESTSELLER

The Surprising Magic of a Sober Life

Science-Based Strategies for Keeping Your

Sanity While Looking for a Soul Mate

Getting Through the First Year of Sobriety

How, Why, Where, and When Humankind Has

Gotten Merry from the Stone Age to the

Present

The Unexpected Joy of Being Harried,

Heartbroken, and Hurling Oneself Off Cliffs

“The Anti-Romantic Child is remarkable. This haunting and lyrical memoir will be an invaluable and heartening guide to all who find themselves in similar situations and indeed anyone confronting an unforeseen challenge.”—Marie Brenner, writer for Vanity Fair and author of Apples and Oranges With an emotionally resonant combination of memoir and literature, Wordsworth scholar Priscilla Gilman recounts the challenges of raising a son with hyperlexia, a developmental disorder neurologically counterpoint to dyslexia. Gilman explores the complexities of our hopes and expectations for our children and ourselves. With luminous prose and a searing, personal story evocative of A Year of Magical Thinking and A Year of Reading Proust, Gilman’s The Anti-Romantic Child is an unforgettable exploration of what happens when we lean to embrace the unexpected.

Mixing humour, heartache and science, award-winning comedian, author and accidental relationship guru Rosie Wilby embarks on a quest to investigate, understand and conquer the psychology of heartbreak. Tragedy plus time equals comedy, right? In 2011, comedian Rosie Wilby was dumped by email... though she did feel a little better about it after correcting her ex's spelling and punctuation. Obsessing about breakups ever since, she embarked on a quest to investigate, understand and conquer the psychology of heartbreak. That quest proved to be a creatively fertile one, resulting in Rosie's acclaimed podcast 'The Breakup Monologues'. She

decided to ask her colleagues on the circuit about their experiences of romantic disaster and recovery, thinking, 'if one group of people have become adept at learning from catastrophe it is comedians. The worst onstage deaths are the performances that enlighten us most about how to improve.' She wondered if comics had been able to transfer this 'fail better' logic to love. This book is a love letter to her breakups, a celebration of what they have taught her peppered with anecdotes from illustrious friends and interviews with relationship therapists, scientists and sociologists about separating in the modern age of ghosting, breadcrumbing and conscious uncoupling. Her plan is to assimilate their advice and ideas in order to not break up with Girlfriend, her partner of nearly three years. Will this self-confessed serial monogamist, and breakup addict, finally settle down?

The bestselling phenomenon and inspiration for the award-winning film. Earthy, magical, and utterly charming, this tale of family life in turn-of-the-century Mexico blends poignant romance and bittersweet wit. This classic love story takes place on the De la Garza ranch, as the tyrannical owner, Mama Elena, chops onions at the kitchen table in her final days of pregnancy. While still in her mother's womb, her daughter to be weeps so violently she causes an early labor, and little Tita slips out amid the spices and fixings for noodle soup. This early encounter with food soon becomes a way of life, and Tita grows up to be a master

chef, using cooking to express herself and sharing recipes with readers along the way.

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

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now an integral part of our culture.

The Unexpected Joy of Being Single

A Happier Hour

Unexpected Joy at Dawn

A Do It Yourself Self Help Book

Get Divorced, Be Happy

Unwasted:

A Short History of Drunkenness

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

INTERNATIONAL BEST SELLER • A smart, sexy, laugh-out-loud romantic comedy about ex-boyfriends, imperfect parents, friends with kids, and a man who disappears the moment he says "I love you"—from the bestselling author of *Everything I Know About Love*. “An absolute knock-out. Wickedly funny and, at turns, both cynical and sincere... feels like your very favorite friend.” —Taylor Jenkins Reid, author of *Malibu Rising* Nina Dean is not especially bothered that she's single. She owns her own apartment, she's about to publish her second book, she has a great relationship with her ex-boyfriend, and enough friends to keep her social calendar full and her hangovers plentiful. And when she downloads a dating app, she does the seemingly impossible: She meets a great guy on her first date. Max is handsome and built like a lumberjack; he has floppy blond hair and a stable job. But more surprising than anything else, Nina and Max have chemistry. Their conversations are witty and ironic, they both hate sports, they dance together like fools, they happily dig deep into the nuances of crappy

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music, and they create an entire universe of private jokes and chemical bliss. But when Max ghosts her, Nina is forced to deal with everything she's been trying so hard to ignore: her father's dementia is getting worse, and so is her mother's denial of it; her editor hates her new book idea; and her best friend from childhood is icing her out. Funny, tender, and eminently, movingly relatable, *Ghosts* is a whip-smart tale of relationships and modern life.

Would you consider your life stretched to the limit? Are you a burn-the-candle-at-both-ends kind of gal with lots of room for improvement when it comes to creating margins for rest? But you actually love it and wouldn't want it any other way? Well, so does Lisa Harper. In her humorous and packed-with-biblical-wisdom way, Lisa shows us that it is possible for a frazzled nature to be glorifying to the Lord. Every late-night conversation with a hurting friend and each precious, adopted child needing a little extra tender loving care—exhausting, yet imperative, ways to be extensions of the gospel. In each of these vignettes illustrating Lisa's overextended life, we learn that even in the middle of our own pure motives and hectic schedules, it is only by resting in God's sovereign mercy that we are able to keep risking our hearts to serve his people and fulfill the callings he has placed on us. Real life . . . abundant life . . . godly life is about loving Jesus and the people he allows us to rub shoulders with well—which means some days you'll be stretched emotionally and physically. You'll feel overextended. Thankfully God will expand our hearts and calendars to accommodate the calling. He is in the business of supplying us with new mercies every

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morning . . . new candles to burn, for more lives needing his light.

Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In Catherine Gray's hilarious, insightful, soulful (and very ordinary) next book, you may learn to do just that. We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. 'Enough' is a moving target we never quite reach. When we do brush our fingertips against the extraordinary a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that, after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event. So, what's the answer? The Unexpected Joy of the Ordinary theorizes that the solution is rediscovering the joy in the ordinary that we so often now forget to feel. Because we now expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause. Catherine Gray was a grandmaster in the art of eye-rolling the ordinary, and skilled in everlasting reaching. Until the black dog of depression forced her to re-think everything. Along the way, she discovered some surprising realities about the extraordinaries among us: that influencers risk higher rates of anxiety and depression and high-rollers are less happy.

Nora Ephron struck a chord with I Feel Bad about My

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Neck. Women's advocate and acclaimed writer Shari Graydon set out to counter the supposed downhill slide—inspired grief by inviting notable women from across Canada — all over 50 — to provide an alternative perspective. *I Feel Great about My Hands* is a collection of stories, essays and poems embracing the changes, discoveries and wisdom that come with age. This colourful anthology includes: Gemini award—honoured funnywoman Mary Walsh on playing a “big, loud, opinionated old bag” Celebrated poet Lorna Crozier's hilariously graphic “My Last Erotic Poem” Val Napoleon, an adopted Gitksan member of Cree heritage applying Aboriginal trickster tales to modern attitudes about aging Shari Graydon herself focusing her “face-half-unwrinkled” attention on the hands that have helped her nurture life and express creativity and joy Royalties from the book will benefit Media Action, an organization dedicated to challenging the under-representation and sexualization of women in the media.

Mindful Drinking

How to Be Single and Happy

The Art of Being Single

A Love Story

The 30-Day Sobriety Solution

A Story of Unexpected Joy

The Intimate Relationship Between Women and Alcohol

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

Discover how the freedom of sucking at something can help you build resilience, embrace imperfection, and find joy in the

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pursuit rather than the goal. What if the secret to resilience and joy is the one thing we've been taught to avoid? When was the last time you tried something new? Something that won't make you more productive, make you more money, or check anything off your to-do list? Something you're really, really bad at, but that brought you joy? Odds are, not recently. As a sh*tty surfer and all-around-imperfect human Karen Rinaldi explains in this eye-opening book, we live in a time of aspirational psychoses. We humblebrag about how hard we work and we prioritize productivity over play. Even kids don't play for the sake of playing anymore: they're building blocks to build the ideal college application. But we're all being had. We're told to be the best or nothing at all. We're trapped in an epic and farcical quest for perfection. We judge others on stuff we can't even begin to master, and it's all making us more anxious and depressed than ever. Worse, we're not improving on what really matters. This book provides the antidote. (It's Great to) Suck at Something reveals that the key to a richer, more fulfilling life is finding something to suck at. Drawing on her personal experience sucking at surfing (a sport she's dedicated nearly two decades of her life to doing without

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ever coming close to getting good at it) along with philosophy, literature, and the latest science, Rinaldi explores sucking as a lost art we must reclaim for our health and our sanity and helps us find the way to our own riotous suck-ability. She draws from sources as diverse as Anthony Bourdain and surfing luminary Jaimal Yogis, Thich Nhat Hanh, and Jean-Paul Sartre, among many others, and explains the marvelous things that happen to our mammalian brains when we try something new, all to discover what she's learned firsthand: it is great to suck at something. Sucking at something rewires our brain in positive ways, helps us cultivate grit, and inspires us to find joy in the process, without obsessing about the destination. Ultimately, it gives you freedom: the freedom to suck without caring is revelatory. Coupling honest, hilarious storytelling with unexpected insights, (It's Great to) Suck at Something is an invitation to embrace our shortcomings as the very best of who we are and to open ourselves up to adventure, where we may not find what we thought we were looking for, but something way more important.

THE SUNDAY TIMES BESTSELLER 'Helen is the woman I want in my life when the shit hits the fan' - Bryony Gordon What do you do when

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your relationship suddenly ends? How do you cope when the cosy 'coupley' future you had planned disappears? Join comedian Helen Thorn from The Scummy Mummies as she haphazardly takes the plunge into single life for the first time in twenty-two years. Helen shares her own roller coaster journey from the initial shock of a surprise separation, the messy months hanging out in her PJs through to the highs of rediscovering online dating, tiny pants, rock-solid female friendships and the glorious joy of just being by herself. With the help of relationship experts and an army of women "who know", *Get Divorced, Be Happy* will show you that going it alone isn't the end, it is just the beginning, and you will come out the other side, stronger, happier and goddamn sassier than ever before.

Kate Gunn was a social drinker, usually having a few drinks about three nights a week. But she had an inkling that alcohol was holding her back from getting on top of her life, and the hangovers were getting worse. So when Kate's partner had to take a break from alcohol for a month, she decided to dip her toe in the water in solidarity with him and try being a non-drinker too. Not long into her transformational journey, Kate discovered that breaking free from alcohol improved every

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single aspect of her life: from relationships to health to work to happiness. In *The Accidental Soberista*, Kate chronicles the challenges and obstacles on the path to giving herself the greatest gift she has ever received - freedom from alcohol. Whether you're sober-curious or want to remove the final obstacle in the way of your own health and life goals, this could be just the journey for you too.

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

The Unexpected Joy of Being Sober Journal
Recovery

How to Cut Back Or Quit Drinking in the
Privacy of Your Own Home

Remembering the Things I Drank to Forget
Mommy Doesn't Drink Here Anymore

We Are the Luckiest

The Accidental Soberista

The Breakup Monologues

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

****From the Sunday Times Bestselling Author**** Life-affirming -
THE TELEGRAPH Wonderful - INDEPENDENT She made it her
mission to learn how to be default happy rather than default
disgruntled - RADIO 4 - WOMAN'S HOUR Take a leaf out of
Gray's book and be kinder to yourself by appreciating life just as it
is - IRISH TIMES This book came to me in an hour of need -

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during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand - SADIE FROST Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomena conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all. PRAISE FOR CATHERINE GRAY'S WRITING: "Uplifting and inspiring" - The Evening Standard "Not remotely preachy" - The Times "Jaunty, shrewd and convincing" - The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying" - The Guardian "An empathetic, warm and hilarious tale from a hugely likeable human" - The Lancet

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Free Life Psychiatry

Fifteen years ago, Mama said, starting her story, I came to Lagos from Ghana. I came to Nigeria because I was considered an alien in that country. The government of Ghana passed a law asking all aliens without resident permits to regularise their stay in the country'. This story of migration, identities and lives undermined by cynical and xenophobic politics pushed to its logical and terrible conclusion pertains to the Ghanaian orders of 'alien compliance' issued in 1970-1971, which determined to force all non-ethnic Ghanaians, so called illegal immigrants, to return to their - so stipulated - 'home'. The novel thus touches on concerns of deeper relevance to the politics of race and migration of the twenty first century.

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

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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
This Naked Mind

Freedom from Our Addictions

The unexpected joy of being sober " forever

The Anti-Romantic Child

A Novel in Monthly Installments with Recipes, Romances, and Home Remedies

The Unexpected Joy of the Ordinary

The Unexpected Joy of Being Sober

A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, BLACKOUT is the story of a woman stumbling into a new kind of

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adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return.

Includes Reading Group Guide

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

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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.

“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

The guided sobriety journal inspired by the Sunday Times bestseller *Ever sworn off alcohol for a month*

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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