

## **Sober Is The New Black: A Then And Now Account Of Life Beyond Booze**

*The disease of addiction affects 1 out of 10 people in the United States, and is a devastating—often, fatal—illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic “one-day-at-a-time” approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, Being Sober walks readers through the many phases of addiction and recovery without judgment or the overly “cultish” language of traditional 12-step plans. It also addresses the latest face of this disease: the “highly functioning” addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this provocative issue head-on, offering new insight into why you don’t have to “bottom out” to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field. Using clear, straightforward language, Being Sober offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect. Including a Foreword written by Steven Tyler.*

*Caught in the swirling momentum of the early 1970's unrest -- the Vietnam war protests, the advent of feminism, birth control, and a culture that questions all authority -- the naïve Meredith Byrne becomes entangled in an illicit relationship from which she's desperate to escape. When she meets the dazzling Robert Baird, she believes he's her way out. One night, Robert shares a dangerous secret -- one that makes Meredith doubt the wisdom of her attraction. But she chooses to bury these fears, and the pair jump into a marriage for which neither is prepared. The honeymoon over, Robert begins to recreate Meredith. Afraid he will leave her, Meredith struggles to be the perfect wife; going platinum blonde, wearing only the fashions he approves of, and even wrapping herself seductively in Saran wrap. All to no avail. When she turns to professional help, Robert suggests they see a priest for counseling. The priest, hiding secrets of his own, takes*

*Robert's side, and when Meredith finds herself in a profound moral crisis, advises the unthinkable! Ultimately, she must choose between a life of bitterness and anger, or one in which she comes to terms with her husband, the priest, and, most importantly, herself. AS A YOUNG WOMAN, Tilly flees home for the hollow underworld of Nevada, looking for pure souls and finding nothing but bad habits. One day, after Tilly has spent nearly thirty years without a family, drinking herself to the brink of death, her niece Stella—who has been leading her own life of empty promise in New York City—arrives on the doorstep of Tilly's desert trailer. The Gin Closet unravels the strange and powerful intimacy that forms between them. With an uncanny ear for dialogue and a witty, unflinching candor about sex, love, and power, Leslie Jamison reminds us that no matter how unexpected its turns, the life we're given is all we have: the cruelties that unhinge us, the beauties that clarify us, the addictions that deform us, those fleeting possibilities of grace that fade as quickly as they come. The Gin Closet marks the debut of a stunning new talent in fiction.*

*THE NEW YORK TIMES BESTSELLER THE INSPIRATION FOR THE FEATURE FILM THE UNITED STATES VS. BILLIE HOLIDAY 'Screamingly addictive' STEPHEN FRY 'Superb ... Thrilling story-telling' NAOMI KLEIN 'A powerful contribution to an urgent debate' GUARDIAN What if everything we've been told about addiction is wrong? One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realised there was addiction in his family. Confused, he set out on a three-year, thirty-thousand mile journey to discover what really causes addiction – and how to solve it. Told through a series of gripping human stories, this book was the basis of a TED talk and animation that have been viewed more than twenty million times. It has transformed the global debate about addiction.*

*I'm Black and I'm Sober*

*A Minister's Daughter Tells Her Story about Fighting the Disease of Alcoholism--and Winning*

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

***Sober Curious***

***Sober Is the New Black***

***Sweet and Sober***

***Soberful***

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

This book analyses historical, literary, and cultural shifts in African American literature from the 1920s-1930s.

Childlessness is a growing issue throughout the developed world. Current estimates suggest that 2025% of women now of childbearing age will not, for a variety of reasons, ever have a child. This sensitive and intelligent book offers support, shared experience and practical strategies to those for whom childlessness is not a positive choice but a circumstance they have to learn to live with. Even now, many women find it very difficult to discuss this emotive topic with family and friends so this groundbreaking and accessible book will be profoundly and widely welcomed. This book is unique there is nothing on the market dealing with childlessness in this way. Includes a very wide range of personal stories, reflecting the myriad reasons why women do not have children.

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.

Sacred Lies, Sober Truths

The Sober Truth

A Guide to Creating a Sober Life You Love

Keep It Simple Guided Sobriety Journal

## Read Free Sober Is The New Black: A Then And Now Account Of Life Beyond Booze

Sober Positive

The Secret to Being Fashionably Sober and Fabulous

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

Record the days of recovery with this guided journal Write through recovery, feel all the feelings and have gratitude with this simple guided journal. Daily pages have space to record the number of days sober, how you feel, what you are grateful for and what you are doing to nourish your mind and body. The perfect portable size fits easily into your bag and take with you to write on the go. Makes a great sober anniversary gift and also for those new to recovery Personalization pageTrack recovery self-care Gratitude and mindfulness promptsSpace to record number of days soberPortable 6" x 9" sizeA brilliant gift for people who are sober or in recovery

Being sober was once a shameful secret to hide, full of negative connotations, misery and deprivation. Now it is a positive lifestyle choice parading down the catwalk in full view of the world. More and more follow the front row fashionistas as they realise the wealth of advantages and opportunities brought by the sober life. Sober living was once considered the party pooper who missed all the fun. Now the truth is out and sobriety is, most definitely, back in fashion.

The first book in the three book practical series on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. This book introduces some mindfulness exercises and techniques into your daily routine to help with cravings and increase happiness levels. There is also a discussion of supplements specific to alcohol addiction and recovery. The nutrition sections in the book look at eating to avoid the triggers for wanting to drink or cravings HALT and rebuilding your health and looks. The recipes are for healthy eating with specific nutrients to target liver health. There is also a section on juices for everyday and rejuvenation.\* Building the sober person from the inside out\* How you got sober does not matter\* Looking and feeling great\* It's all about blood sugar\* How is alcohol metabolised\* Effect of stopping drinking on your body\* Supporting your body to get back to optimum health\* The food element of HALT\* Supplements\* Liver supporting foods and recipes\* Juices for sobriety

Sober Is the New BlackA Then and Now Account of Life Beyond BoozeCreatespace Independent Pub

I'm Black & I'm Sober

African American Literature in Transition, 1920-1930: Volume 9

Sunshine Warm Sober

A Book of Reflections by A.A. Members for A.A. Members

Daily Reflections

Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry

*This powerful and disturbing book clearly links persistent poverty among blacks in the United States to the unparalleled degree of deliberate segregation they experience in American cities. American Apartheid shows how the black ghetto was created by whites during the first half of the twentieth century in order to isolate growing urban black populations. It goes on to show that, despite the Fair Housing Act of 1968, segregation is perpetuated today through an interlocking set of individual actions, institutional practices, and governmental policies. In some urban areas the degree of black segregation is so intense and occurs in so many dimensions simultaneously that it amounts to "hypersegregation." Douglas Massey and Nancy Denton demonstrate that this systematic segregation of African Americans leads inexorably to the creation of underclass communities during periods of economic downturn. Under conditions of extreme segregation, any increase in the overall rate of black poverty yields a marked increase in the geographic concentration of indigence and the deterioration of social and economic conditions in black communities. As ghetto residents adapt to this increasingly harsh environment under a climate of racial isolation, they evolve attitudes, behaviors, and practices that further marginalize their neighborhoods and undermine their chances of success in mainstream American society. This book is a sober challenge to those who argue that race is of declining significance in the United States today.*

*I'm Black and I'm Sober*

*Control Alcohol, Find Freedom, Discover Happiness & Change Your Life 'Brilliant' - Stella Duffy*  
*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](http://www.besober.co.uk) to discover more.

*New Solutions for Drinking Problems-Advice from Those Who Have Succeeded  
Chasing the Scream*

**A Short History of Drunkenness**

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

**The Surprising Magic of a Sober Life**

**Being Sober**

**A Memoir**

Combining the success stories of people who have taken control of their drinking and the latest scientific research on alcoholism, a look at combatting alcohol addiction without conventional Alcoholics Anonymous ranges from quitting on one's own to entering a formal treatment facility. Reprint.

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. *A Short History of Drunkenness* traces humankind's love affair with booze from our primate ancestors through to Prohibition, 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 Romans got rat-arsed, 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.

'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* 'Stone cold sober.' Sounds horrible, doesn't it? Hard, icy. Brrrrr. No bloody ta. However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is wonky. Sober doesn't feel stony, or cold. Retired wreckhead Catherine Gray, author of surprise bestseller *The Unexpected Joy of Being Sober*, is now in her eighth sober year and has learnt a damn sight more. This hotly anticipated sequel enlists the help of experts and case studies, turning a curious, playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and yourself - in

sobriety? Whether you're a dedicated boozehound, flirting with teetotalling, or already sober, this witty, gritty read may just change how you think about alcohol forever. 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 powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story of AA's rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, *The Sober Truth* offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

*How To Break Up With Alcohol*

*Alcohol safety public information materials catalog*

*An empowering guide to living hangover free*

## Mindful Drinking

Super Nutrition and Mindfulness Exercises for Staying Sober to Support Long Term

The Sober Revolution

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

*If you have decided to quit drinking, 'Your 6 Week Plan' is for you. A diary specifically created for those at the beginning of their sober journey, 'Your 6 Week Plan' provides the opportunity to write your very own personalised plan for alcohol-free living. Helped along by inspirational quotes, delicious alcohol-free drinks recipes and expert day-to-day guidance for liberation from the booze, fill in 'Your 6 Week Plan' as a diary which, once complete, becomes a lasting record of how YOU achieved your new alcohol-free life. An accompaniment to The Sober Revolution written by therapist Sarah Turner and Soberistas.com founder Lucy Rocca, this journal is the perfect start to your exciting journey of self-discovery, and your first step in joining the Sober Revolution, today!*

*This true account from Rachel Black (Author of Sober is the New Black) follows her journey to stay sober AND out of the biscuit tin.*

*Written in the same, honest, down to earth style this too will resonate with anyone who has comforted themselves with chocolate.*

*Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever.*

*Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story.*

*The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the*

*recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.*

*Alternatives to Nagging, Pleading, and Threatening*

*Segregation and the Making of the Underclass*

*Calling Time on Wine O'Clock*

*The Timeless Story of a Woman's Journey Back to Sanity*

*A Then and Now Account of Life Beyond Booze*

*Sober for Good*

*Sober Kitchen*

"The Funny Thing About Being Sober" is the punchline to "You Can't Die: A Day of Clarity." It contrasts, in a humorous, sometimes explicit way, the difference between life now, and life before rehab. Drunk or sober, the author is weird. Those around him are surprised to learn that he's even weirder sober than he was drunk. Soon after leaving rehab, the author learns what he long-suspected -- that, for decades, his alcoholism masked a different illness, one that he would now have to confront in sobriety. He does it mockingly, with an irreverent attitude and a steady stream of pranks, stunts and childish behavior, some of which make the news and go viral on Reddit and BuzzFeed. The author concedes that there was nothing funny about the final, shocking years of his alcoholism. In fact, as time goes by, he is stunned by how much he missed when he was drinking. Even though he got sober in 2013, he is baffled when he learns that many of his favorite 90s musicians died twenty years earlier. The author nearly died from alcoholism. At the time, he knew he was dying and accepted it. Having recovered, he refuses to accept

his new diagnosis, opting instead to defeat it his own way. Instead of hiding his peculiarities, he puts them front and center. He is not afraid of stigmas, which makes his stories and observations of life thought-provoking and wildly entertaining.

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!

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.

\*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 Short History of Celebrity

Cake O'Clock

Quit Like a Woman

The Sober Survival Guide

What to Eat to Control Alcohol and Cravings and Help You Live the Life You Dreamed of in Recovery

American Apartheid

Classic Black and White: Sobriety Gifts, Journals, Notebooks | Addiction Recovery

'A brilliantly clever, meticulously researched, fearless, snort-out-loud funny read that grabs you and won't let go' Catherine Gray We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questions is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery were archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed. 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. Honest, witty and trenchant, *Quit Like a Woman* is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.

A history of celebrity from Byron to Beckham Love it or hate it, celebrity is one of the dominant features of modern life—and one of the least understood. Fred Inglis sets out to correct this problem in this entertaining and enlightening social history of modern celebrity, from eighteenth-century London to today's Hollywood. Vividly written and brimming with fascinating stories of figures whose lives mark important moments in the history of celebrity, this book explains how fame has changed over the past two-and-a-half centuries. Starting with the first modern celebrities in mid-eighteenth-century London, including Samuel Johnson and the Prince Regent, the book traces the changing nature of celebrity and celebrities through the age of the Romantic hero, the European fin de siècle, and the Gilded Age in New York and Chicago. In the twentieth century, the book covers the Jazz Age, the rise of political celebrities such as Mussolini, Hitler,

and Stalin, and the democratization of celebrity in the postwar decades, as actors, rock stars, and sports heroes became the leading celebrities. Arguing that celebrity is a mirror reflecting some of the worst as well as some of the best aspects of modern history itself, Inglis considers how the lives of the rich and famous provide not only entertainment but also social cohesion and, like morality plays, examples of what—and what not—to do. This book will interest anyone who is curious about the history that lies behind one of the great preoccupations of our lives. Some images inside the book are unavailable due to digital copyright restrictions.

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.

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.

**A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery**

**Uncover a Sustainable, Fulfilling Life Free of Alcohol**

**Recipes and Advice for a Lifetime of Sobriety**

**Get Your Loved One Sober**

**Girl Walks Out of a Bar**

**The Search for the Truth About Addiction**

**Join the Sober Revolution and Call Time on Wine O'clock**

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. Lucy Rocca is the founder of Soberistas.com, the social networking site for women who have successfully kicked the booze or would like.

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.

## Read Free Sober Is The New Black: A Then And Now Account Of Life Beyond Booze

"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.

Have you ever been reluctant to wash your jeans? Worried they will shrink to their original size and no longer fit? In this non-fiction account, Rachel decides to address her lifelong disordered dieting and chaotic eating habits. Attempting to understand why she overeats and sabotages her own attempts to lose weight, when all she wants is to be slim, Rachel explores her past experiences from anorexia to binge eating in an attempt to break free from a life dictated by food.

Chocolate Each Day Keeps Cravings Away: a Personal Account of Dealing With the Sugar Demon

This Naked Mind

For Every Woman who Ever Wanted to Have a Child - and Didn't

from the SUNDAY TIMES bestselling author of THE UNEXPECTED JOY OF BEING SOBER

The Gin Closet

Your Six Week Plan

Not Drinking Tonight

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.'

People in the early stages of alcoholism recovery are often sugar-addicted and nutritionally deficient. Trained chef and recovering alcoholic Liz Scott tackles these issues head on in a cookbook that pursues lifelong sobriety through building a healthy lifestyle around food.

We Are the Luckiest

## Read Free Sober Is The New Black: A Then And Now Account Of Life Beyond Booze

The Sober Girl Society Handbook

Beyond Childlessness

Number 9

The Funny Thing About Being Sober

Kick the Drink...Easily!

An Account of One Woman's Intimate Relationship with Food