

Staying Sober A Guide For Relapse Prevention

Most people who struggle with compulsive behaviors want to stop using, but they are continually overcome by their cravings. Brian Mulipah has created a framework that helps them clarify their vision of recovery and prevent relapse long term, so that they can move forward with their life with clarity, confidence and peace of mind. Recovery coach and author Brian Mulipah uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders. Brian Mulipah's Staying Sober Workbook and relapse prevention process is the solution to the struggle men and women in recovery face when trying to live lives free from addiction. This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors. No matter how much you crave or feel compelled to drink alcohol, or use other drugs and addictive behaviors, the Staying Sober Workbook will help you to be aware of your environment and be able to prevent relapse way ahead of time. The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions. This is an effective sobriety solution that will help you to stop your addiction. Relapse prevention need not to be rocket science. This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse. Whether you are in your early days of your recovery, well advanced with years of sobriety, you have been sober and you relapsed, or you are sober and confident, the Staying Sober Workbook will forever transform the way you relate to yourself and other people, and most importantly your thought process. This is a guide to freedom from substance abuse disorders, a guide to sobriety.

People quit drinking for lots of reasons. Maybe one night of embarrassing behavior haunts your memory—or perhaps you don't remember it at all. Maybe your three-martini or one-bottle-of-wine habit leaves you feeling debilitated rather than exhilarated. Some people quit for financial reasons—and that makes a lot of sense, too. Seven Days Sober: A Guide to

Discovering What You Really Think About Your Drinking makes it easy to dip a toe into an alcohol-free pool to see if the sober life works for you. Filled with common sense advice, personal anecdotes from Meredith Bell and details about the effects of alcohol on your mind, body and emotions, Seven Days Sober is a must-read for anyone who drinks.

You're reading this now because you have a goal: To Stop Drinking and Stay Sober. This book is going to give you solid, proven, practical advice to help you get there. Let's be honest, quitting alcohol is difficult, but by no means is it impossible. And you don't have to quit cold turkey.

What's important now is that you maintain a strong resolve, remember your motivation, and know that LOTS of other people have succeeded in getting sober - so there's no reason you can't succeed too. This book provides lots of practical tips and motivating information. "A year from now you may wish you had started today" (-quote by Karen Lamb). So let's get started!

Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program

The Sober Lush

An Interpretation and Guide for Recovering

How to Stay Sober

A Guide for Relapse Prevention

Staying Sober Without God

Enough Already!

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

A Memoir of Recovery

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 AA--ranging from quitting on one's own to entering a formal treatment facility.

Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety.

"Abstinence from alcohol and other drugs is only the beginning of sobriety. It's the ticket to get into the theater, not the movie we are going to see."--Passages through RecoveryOne of the most important things we learn in recovery is that there really is a way out of all the misery--if we know which way to go. But abstinence from alcohol and other drugs is just the beginning of our journey, not our destination. And, that journey can be a rough one if we don't know what lies ahead.**Based on the experiences of thousands of recovering men and women, Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. Gorski's pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage--challenges that can create frustration and lead to**

relapse. Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage. "It's a way of thinking, acting, and relating to others," Gorski writes, "that promotes continued physical, psychological, social, and spiritual health. The skills necessary for long-term sobriety are all directed at finding meaning and purpose in life." Use this book as a compass in your recovery to help you stay on course.

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. This new edition features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where they can enjoy a life of recovery and help others. And the Recovery Zone ReCheck is a simple and effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on current options and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy and handling common ailments. Pain Control: How to deal with pain in recovery and avoid a relapse if you need pain control for medical care. Family and Friends: How to help a loved one with addiction, and how to help yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness.

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

A Step-by-step Guide to Long-term Recovery from Addiction

Ninety Days

A Practical Guide to Overcome Alcoholism and Drug Addiction

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

Understanding the Twelve Steps

A Guide for Gambling Sobriety and Relapse Prevention

Getting Sober

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

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

*Staying Sober A Guide for Relapse Prevention Herald Publishing House
Getting Sober A Practical Guide to Making It Through the First 30 Days McGraw Hill Professional*

A self-help guide.

Straight Talk means giving a clear, honest, and plain-English descriptions of important issues related to addiction, recovery, relapse prevention, and responsible living. This book tells it like it is without a great deal of concern for political correctness or the tentative guarded language that so often hides the true messages about addiction, recovery, and relapse. The message is given clearly and honestly with "no holds barred". After 40 years of following research and treatment practices for addiction, Terry Gorski became frustrated at the misinformation about alcohol and other drug addictions and the narrow and incomplete approaches to treatment, recovery and relapse prevention. In this book, Terry provides the best information on the current science-based understanding of what core addiction syndrome is and what the core addiction treatment process needs to look like to increase the chances of recovery and decrease the risk of relapse. This book is easy to read, entertaining, and loaded with useful information you can actually use in your life.

The Sober Survival Guide

A Practical Guide to Making It Through the First 30 Days

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

A Guide for Recovery from Chemical Dependency

A Guide for Sobriety and Relapse Prevention

The 30-Day Sobriety Solution

The Ultimate Guide to Stop Drinking and Staying Sober

Staying Sober

Enough Already! is an easy read that educates alcoholics and addicts on precisely what to get and stay sober. After learning about the disease of alcoholism/addiction and the tools of recovery, the reader is introduced to relapse prevention strategies, the 12 Steps of Alcoholics Anonymous and other 12 Step programs, and coping skills to deal with uncomfortable emotions that often lead to drug and alcohol use. This is followed by step-by-step instructions on how to get started in recovery and a final inspiring chapter entitled "The Miracle." Having years of sobriety and experience in the field of chemical dependency, Bob presents the information in this book drawing from personal and professional perspectives. Therefore, the reader learns the principles of sobriety and how to apply them in daily life through Bob's candid self-disclosure - a unique quality of this book.

"Honest, direct, comprehensive, and practical." --Bestselling author Mary Pipher "Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to a happy destiny." --Christopher Kennedy Lawford, author of *Symptoms of Withdrawal: A Memoir of Snapshots and Redemption* Already hailed as "a thoughtful and comprehens

guide to those early, crucial days of sobriety," this groundbreaking new book is different from anything else on the market. As an alcohol and drug counselor for more than 20 years, Kelly has helped thousands into recovery, the author does not focus on trying to diagnose your problem; instead, she compassionately guides you through the first 30 days of sobriety, the most crucial part of recovery. She gives you practical, day-by-day advice for becoming and staying sober--from removing alcohol and alcohol-related items from your house to picking the recovery program that fits your needs.

Most people who struggle with compulsive behaviors want to stop using, but they are continually overcome by their cravings. Kelly has created a framework that helps them realize their vision of recovery and prevent relapse long term, so that they can move forward with their life with clarity, confidence and peace of mind. This is a guide to 30 days of staying sober and relapse prevention. "Staying Sober: A Guide for Sobriety and Relapse Prevention" is a relapse prevention and sobriety focused workbook which uses universal elements of effective addiction recovery to help people in recovery from substance misuse disorders and co-occurring lifestyles to significantly improve how they prevent relapse so they can walk tall and free from compulsive disorders. A. J Kelly's Staying Sober Guide and relapse prevention program is the solution to the struggle men and women in recovery face when trying to live lives free from addiction. This revolutionary method for relapse prevention provides people in recovery with a significantly effective strategy to overcome compulsive behaviors. No matter how much you crave or feel compelled to drink alcohol, or use other drugs and addictive behaviors, the Staying Sober Workbook will help you to be aware of your environment and be able to prevent relapse way ahead of time. The Staying Sober Workbook does this by setting you up to reprogram your mind through reflective personal questions. This is an effective sobriety solution that will help you to stop your addiction. Relapse prevention need not be rocket science. This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse. Whether you use the following models of treatment found this workbook highly beneficial: -Dialectical Behavior Therapy (DBT) -Cognitive Behavioral Therapy (CBT) -Acceptance and Commitment Therapy-Acceptance and Commitment Therapy (ACT) -Motivational Enhancement and Interviewing-Medication-Assisted Therapies-Interpersonal Therapy-Interpersonal therapy, or IPT-Solution Focused Brief Therapy/Solution Focused Therapy-Mindfulness-Based Cognitive Therapy (MBCT) -AA 12 Step meetings-Complementary Therapies Whether you are in your early days of your recovery, well advanced with years of sobriety, you have been sober and you relapsed, or you are sober and confident, the Staying Sober Guide will forever transform the way you relate to yourself and other people, and most importantly your thought process. This is a guide to freedom from substance abuse and a guide to sobriety.

"Hundreds of practical and effective suggestions for sobriety and recovery"--Cover. The Recovery Book

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

Love Yourself Sober

The Staying Sober Handbook

A Guide to Recovery from Alcohol And Drug Addiction

Get Up

Staying Alcohol-Free During the Festive Season

Beginner's Book

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.'

The goal is ninety. Just ninety clean and sober days to loosen the hold of the addiction that caused Bill Clegg to lose everything. With six weeks of his most recent rehab behind him he returns to New York and attends two or three meetings each day. It is in these refuges that he befriends essential allies including Polly, who struggles daily with her own cycle of recovery and relapse, and the seemingly unshakably sober Asa. At first, the support is not enough: Clegg relapses with only three days left. Written with uncompromised immediacy, NINETY DAYS begins where Portrait of an Addict as a Young Man ends—and tells the wrenching story of Clegg's battle to reclaim his life. As any recovering addict knows, hitting rock bottom is just the beginning.

Featured on The Dr. Oz Show in Special Addiction Episode with Steven Tyler 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. With a foreword written by Steven Tyler, Being Sober uses clear, straightforward language and offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect.

A handbook for newcomers to Alcoholics Anonymous providing program principles and historical references.

An empowering guide to living hangover free

Learning to Live Again

Week-by-Week Guidance from Your Recovery Coach

A Serious Solution for the Problem of Relapse

Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

A Guide to 30 Days of Strategic Relapse Prevention

Now That You're Sober

Getting Started in AA

Most people who struggle with compulsive behaviors want to stop using, but they are continually overcome by their cravings. Kelly has created a framework that helps them clarify their vision of recovery and prevent relapse long term, so that they can move forward with their life with clarity, confidence and peace of mind. This is a guide to 30 days of strategic relapse prevention. *Staying Sober: A Guide for Gambling Sobriety and Relapse Prevention* is a relapse prevention and sobriety focused workbook which uses universal elements of effective addiction recovery to help people in recovery from gambling, overeating, shopping and other compulsive lifestyles to significantly improve how they prevent relapse so they can walk tall and live free from compulsive disorders. A. J Kelly's *Staying Sober Workbook* and relapse prevention guide is the solution to the struggle men and women in recovery face when trying to live lives free from addiction. This revolutionary method for relapse prevention provides people in recovery from gambling addiction with a significantly effective strategy to overcome compulsive gambling and other compulsive behaviors. No matter how much you crave or feel compelled to drink alcohol, or use other drugs and addictive behaviors, the *Staying Sober Guide* will help you to be aware of your environment and be able to prevent relapse way ahead of time. The *Staying Sober Workbook* does this by setting you up to reprogram your mind through reflective personal questions. This is an effective sobriety solution that will help you to stop your addiction. Relapse prevention need not to be rocket science. This relapse prevention workbook is a simple and easy to understand guide to a happy life that is free from addiction and stronger than the constant threat of relapse. People who use the following models of treatment found this workbook highly beneficial: -Dialectical Behavior Therapy (DBT) -Cognitive Behavioral Therapy (CBT) -Acceptance and Commitment Therapy-Acceptance and Commitment Therapy (ACT) -Motivational Enhancement and Interviewing-Medication-Assisted Therapies-Interpersonal Therapy-Interpersonal therapy, or IPT-Solution Focused Brief Therapy/Solution Focused Therapy-Mindfulness-Based Cognitive Therapy (MBCT) -AA 12 Step meetings-Complementary Therapies Whether you are in your early days of your recovery, well advanced with years of sobriety, you have been sober and you relapsed, or you are sober and confident, the *Staying Sober Solution* will forever transform the way you relate to yourself and other people, and most importantly your thought process. This is a guide to freedom from substance abuse disorders, a guide to sobriety.

A (former) skeptic works the 12-step program. "An incredibly funny and interesting guide on how to successfully unpack one's mind when it's overpacked."—Amber Tamblyn, Emmy- and Golden Globe-nominated actress This smart and snide book is a testament to the effectiveness of the 12-Step Program, a path to recovery that Bucky Sinister never expected to go down (and work). As a poet, author, and comedian, Sinister doesn't hold back from speaking the truth in this book. He speaks bluntly about addiction and his own

struggles with it. Sinister appeals to those who are turned off by the usual recovery self-helps. He talks straight to readers who struggle to buy into the effectiveness of the 12-Step Program—particularly those like Sinister, an atheist, who have problems with the “higher power” concept intertwined with the program. Get Up presents itself as self-help, but don’t expect it to have the same tone as others you’ve read. The book is full of Sinister’s comedic touch, colorful language, and stories from “scumbags” that contain life-saving wisdom. An unabashed testimony to Sinister’s personal journey to sobriety and those of others, this recovery book is sure to educate, entertain, and inspire. Readers of books such as *The Unexpected Joy of Being Sober*; *Recovery: Freedom from Our Addictions*; and *Staying Sober Without God* will find further guidance and inspiration in *Get Up*, which should be the next book for you. “Step 13: Read *Get Up*, do what Bucky says, and find your inner A-Team character. And if you’re a ‘normie,’ buy this book for your friend who thinks they are too cool to get sober.”—Jen Kirkman, stand-up comedian, actor, and writer

Upbeat, honest and self-effacing, *Love Yourself Sober* explores how a problematic relationship with alcohol can easily develop, how to recognize it, and what to do about it. Yes, *You Can Stay Sober!* If you're thinking about getting sober, this book will show you that you can do it and how to get there. If you're sober and want to strengthen your resources for staying that way, this will provide the support you need. If you're a family member or loved one of someone suffering from addiction, your life is affected, too-big time-and this book can restore stability and sanity. And if you are a clinician or therapist, you will find solid ideas for amplifying the effectiveness of your practice with addicts.

Are you ready?

An Action Plan for Preventing Relapse

Taking Care of Yourself to Take Care of Your Kids

The Essential Guide to Staying Sober

The Staying Sober Workbook

Living Sober Trade Edition

Straight Talk about Addiction

Alcoholics Anonymous

A 12-Step Guide to Recovery for Misfits, Freaks, & Weirdos

The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple.

Foreword by Annie Grace - Author of *This Naked Mind* - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can’t have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can’t relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it’s cool and sophisticated; I’m not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I’m drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn’t live without alcohol, and that once I’d had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you’re already on the path to changing your relationship

with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as:

- The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars
- The art of creating zero-proof cocktails for all seasons
- Having a fantastic first date while completely sober
- A primer on setting up your own backyard beehive, and honey tastings

For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

This is an important book that will benefit large numbers of alcoholics. Its positive message so effectively presented will fill a great need.--Norman Vincent Peale.

NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle,

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

Staying Sober Workbook

Passages Through Recovery

You Can Help!

The Practical 12 Steps to Long-Term Recovery from Alcoholism and Addictions

A Guide to Discovering What You Really Think About Your Drinking

How to Stop Drinking and Stay Sober

Sober for Good

Quit Like a Woman

*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.*

A guide for people in all stages of recovery to navigate the common triggers and difficult situations that arise at family gatherings, work functions, and at home during the holidays. Also includes tips

and insights for family and friends who wish to know more about supporting recovery.

The basic text for Alcoholics Anonymous.

Full of useful suggestions, insights and solutions for newcomers, this book features stories by AA members about what helped them get sober and successfully navigate early sobriety.

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Life Beyond Alcoholism Guide

Sober Body

UnPickled Holiday Survival Guide

A Sober Mom's Guide to Recovery

The First 30 Days to Serenity

Getting Them Sober

New Solutions for Drinking Problems--advice from Those who Have Succeeded

Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. Recovering from an addiction is tough enough, but when you throw in the tremendous responsibilities of motherhood, resisting cravings and remaining abstinent—much less enjoying the rewards of sobriety—can seem like an impossible challenge. Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom's Guide to Recovery* combines down-to-earth advice with the inspiring stories of recovering moms, including the author's, to offer guidance on over fifty vital topics, including stress, relapse, relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting. The result is an inspirational and practical handbook, not just for getting through the day, but for building a sense of well-being that radiates outward, allowing you to be present with your kids and loved ones, and find hope for the future.

Living Sober: Life Beyond Alcoholism Guide The road to recovery can be tough and arduous. But Charles Fuchs reveals his practical solution and guide to stay sober for the rest of your life! If your recovering from alcoholism and do not want to relapse back into your old ways, than this concise, informative and impact book is for you! What You Will Learn Lifestyle Changes Positive Mindset Self-Care Holistic Solutions Fresh Perspective Life is a journey and the path to freedom can be overwhelming, but in the book *Living Sober: Life Beyond Alcoholism Guide* you will learn how to remain sober and alcohol free for the rest of your life! What are you waiting for? Grab your copy now and take on an empowering read that will change your life forever! Your one step closer to complete remission and freedom is just a step away, Remember there is always a silver lining even among the darkest of clouds

In this portable recovery aftercare program, Earnie Larsen coaches readers through one full year of sobriety with personal, practical, actionable steps to help them refocus on the core concepts that are essential to sober living. Make no mistake about the intention of the guidance offered in this book. This is not just another "nice recovery book"--one that you read and then put aside, hopefully taking away a few good thoughts. My intention is that the material offered here should be chewed, pulled apart, scrutinized, and internalized. This book is designed to be worked. It is intended to provide support, insights, and exercises that will do something about the high relapse rate of people starting recovery.>-Earnie Larsen, From the introduction In this invaluable guide, renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life ?and take with you anywhere you go. Now *That You're Sober* is an all-purpose, year-long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles. Like a traditional aftercare program, it is designed to keep the basics of recovery front and center in your consciousness, as it is the loss of this awareness that causes relapse. In his characteristic down-to-earth, tell-it-like-it-is style, Larsen serves as your recovery coach, providing guidance and inspiration when you feel vulnerable in your sobriety, and helping you to move past common stumbling blocks and flourish in your daily life. Each of his fifty-two entries includes a

motivational essay, or pep talk, centered on a key element of recovery, followed by personal, practical, actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life. Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors. He has authored and produced more than fifty-five motivational self-help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality. *Staying Sober Without God* is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

The Sober Girl Society Handbook

Sober Curious

Getting and Staying Sober in AA

Living Sober

Being Sober

Seven Days Sober

A Guide to Health and Fitness in Sobriety

This inspiring, dynamic and thought-provoking book about Super Star's journey through addiction and into recovery comes highly recommended by professionals in the field. Addiction is a "thinking disease" and this book exposes how stinkin' thinkin' is at the core of every addiction. The story chronicles rock bottom experiences, daily journals from Super Star's first 30 days in recovery followed by a stinkin' thinkin' and sober thinkin' reflection one year later. Original.

A healthy body is an important part of sobriety. Your body takes a beating as a result of addiction to alcohol and drug abuse. But there are simple ways to repair and rebuild your body, mind, and spirit so you can lead a healthy, successful life in recovery. Do you struggle with anxiety or depression? Do you feel flabby and weak? Are you sleeping well every night? Do you feel out of shape? Do you ever wish you were in better physical shape now that you're sober? Being sober and being healthy are often completely separate things. Addiction can cause serious damage to your body. It's important for you to find a way to recover your health in sobriety. Based on the author's own experience with addiction, *Sober Body* offers a simple and easy plan for getting fit and healthy, one day at a time. Sobriety is difficult for anyone. If you've been sober ten days or ten years, there are unique challenges to face every day. What you eat, how you exercise, and how you treat yourself spiritually and mentally are crucial if you want to live a happy and productive life. Written with many examples from the author's own life, and offering an easy guide to follow, *Sober Body* is for anyone seeking to develop a healthy body, mind, and spirit. Topics Include: *Healthy and Delicious Food Suggestions *Simple Nutrition Guides and Tips *Easy Exercise Routines and Ideas *Spiritual Development Tools Who Can Benefit from This Book: *Women in sobriety *Men in sobriety *Teens in sobriety *Young people in sobriety *People struggling with Depression and Addiction *People interested in self-help treatment and solutions *Anyone who has stopped drinking alcohol *Anyone who is recovering from drug addiction and substance abuse *Anyone who has taken the steps to recovery from addiction *Couples that want to work on their health together *Anyone who wants to make lifestyle changes after addiction *Anyone trying to improve their health in

sobriety *Anyone in sobriety or trying to get sober A wonderful book for recovering alcoholics and drug addicts seeking to rejuvenate their health. Easy to follow guide for anyone living a sober life who wants to develop a healthy body, mind, and spirit.