

Read Online Tired Of Thinking
About Drinking Take My 100
Day Sober Challenge

Tired Of Thinking About Drinking Take My 100 Day Sober Challenge

INSTANT NEW YORK TIMES and
LOS ANGELES TIMES BESTSELLER
“ Brilliant... riveting, scary, cogent,
and cleverly argued. ” —Beth
Macy, author of Dopesick As heard
on Fresh Air This book is about
pleasure. It ’ s also about pain.
Most important, it ’ s about how to
find the delicate balance between
the two, and why now more than
ever finding balance is essential.
We ’ re living in a time of
unprecedented access to high-
reward, high-dopamine stimuli:

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drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we 've all become vulnerable to compulsive overconsumption. In Dopamine Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors,

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Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, Dopamine Nation shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

**READ ALLEN CARR'S EASY WAY
TO CONTROL ALCOHOL AND
BECOME A HAPPY NON-DRINKER
FOR THE REST OF YOUR LIFE.**

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and

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his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen

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Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times 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

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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

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decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely

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likeable human" - The Lancet
Psychiatry

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."

Kick the Drink...Easily!

This Naked Mind

The New Science of Alcohol and
Health

Mindful Drinking

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Ugly Love

The Easy Way to Stop Smoking

High Sobriety

A world-renowned authority on the science of alcohol exposes its influence on our health, mood, sleep, emotions, and productivity -- and what we can and should do to moderate our intake. From after-work happy hour to a nightly glass of wine, we're used to thinking of alcohol as a normal part of our daily lives. In *Drink?*, neuropharmacology professor David Nutt takes a fascinating, science-based look at drinking to unpack why we should reconsider our favorite pastime. Using cutting-edge scientific research and years of hands-on experience in the field, Nutt delves into the long- and short-term effects of alcohol. He

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addresses topics such as hormones, mental health, fertility, and addiction, explaining how alcohol travels through our bodies and brains, what happens at each stage of inebriation, and how it effects us even after it leaves our systems. With accessible, easy-to-understand language, Nutt ensures that readers recognize why alcohol can have such a negative influence on our bodies and our society. In the vein of *This Naked Mind, Drink?* isn't preachy; it simply gives readers clear, evidence-based facts to help them make the most informed choices about their consumption.

The first book in the three book practical series Catherine Mason Thomas *Alcohol Free*. The series is on becoming and living alcohol free

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by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. A free book from the author "Alcohol Free Drinks - What To Drink if You Don't Drink" is also available for download. Get inspired by your free copy visit

www.threepeaspublishing.com 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. The focus is on early recovery, the first six months, diet to help your body recover.

Recovery often comes after a period of very poor nutrition when alcohol has overridden good nutrition. Becoming alcohol free is the first step on the road to recovery but there is so much more to gain as being alcohol free gives you the opportunity to reassess

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your life priorities and start to value your health. The recipes in the book help you in two ways. First, they help the body repair the damage done by alcohol and poor nutrition. Second, they reduce your reliance on sugar. Sugar is a major contributor to cravings and relapse so managing your blood sugar is key. Sugar can also become an addiction to replace alcohol. The book also recommends long term nutritional goals.* Staying away from the first drink is priority* Sugar's role in early recovery* Getting on track with your nutrition in the early days of recovery* Long term nutritional goals to support your recovery* The damage that alcohol has done to your body* The slide into poor nutrition* Emergency nutrition plan to help

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you in early recovery* Vitamins & Minerals* The foods that help your body recover* The drinks that help your body recover* Recipes to support early recovery* Breakfast, lunch, dinner, snacks* Juicing for fast results

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

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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.

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

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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

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and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Alcoholics Anonymous
my year without booze

Dopamine Nation

Pocket Book of Hospital Care for
Children

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

Asperger Syndrome and Alcohol
Allen Carr's Easy Way to Control
Alcohol

*'I'm the binge-drinking health
reporter. During the week, I
write about Australia's booze-*

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soaked culture. At the weekends, I write myself off.' Booze had dominated Jill Stark's social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world awash with booze? This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the

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footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is 'a year with no mates'. In re-examining her habits, Jill also explores Australia's love affair with alcohol, meeting alcopop-swigging teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from

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the six o'clock swill that encouraged bingeing to the tangled weave of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

From Colleen Hoover, the #1 New York Times bestselling author of It Ends With Us, a heart-wrenching love story that proves attraction at first sight

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can be messy. When Tate Collins meets airline pilot Miles Archer, she doesn't think it's love at first sight. They wouldn't even go so far as to consider themselves friends. The only thing Tate and Miles have in common is an undeniable mutual attraction. Once their desires are out in the open, they realize they have the perfect set-up. He doesn't want love, she doesn't have time for love, so that just leaves the sex. Their arrangement could be surprisingly seamless, as long as Tate can stick to the only two rules Miles has for her. Never ask about the past.

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Don't expect a future. They think they can handle it, but realize almost immediately they can't handle it at all. Hearts get infiltrated. Promises get broken. Rules get shattered. Love gets ugly. The Pocket Book is for use by doctors nurses and other health workers who are responsible for the care of young children at the first level referral hospitals. This second edition is based on evidence from several WHO updated and published clinical guidelines. It is for use in both inpatient and outpatient care in small hospitals with basic laboratory facilities and essential

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medicines. In some settings these guidelines can be used in any facilities where sick children are admitted for inpatient care. The Pocket Book is one of a series of documents and tools that support the Integrated Managem.

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

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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

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who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral

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part of our culture.

*Guidelines for the Management
of Common Childhood Illnesses
Stop Drinking and Find
Freedom*

Almost Alcoholic

*The unexpected joy of being
sober - forever*

*The Seven Principles for
Making Marriage Work
Tired of Thinking About
Drinking*

*Your Simple Guide to Easily
Reduce Or Quit Alcohol*

NEW YORK TIMES BESTSELLER

- "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman

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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,

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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

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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

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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

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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

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crutch of intoxication.

You will never look at drinking the same way again.

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit.

For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they

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are destined to do).

Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-

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power' required. Treats
the source of the problem,
not the symptoms.

'AN INSPIRATIONAL

MANIFESTO' - Annie Grace

'SIMON IS FABULOUS - YOU

HAVE NOTHING TO LOSE AND

EVERYTHING TO GAIN!' -

Clare Pooley Do you feel

trapped by alcohol? Do you

find yourself thinking

about drinking too often?

Do you put alcohol ahead

of the most important

things in your life? If so

- here's some good news.

You can quit drinking, and

it's not as difficult as

you think. Simon Chapple

is a Certified Alcohol

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Coach who has helped thousands of people change the way that alcohol features in their lives.

In How to Quit Drinking in 50 Days he'll give you a structured way to find complete freedom from alcohol - for now, or forever. This 50-day journey to freedom is split into two parts. Days 1-25 will ask you to take an honest look at the impact alcohol has had on your life, to examine the reasons for your drinking, and will arm you with the best strategy for quitting alcohol successfully. Days

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26-50 will ask you to make the commitment to taking a break from alcohol - taking each step with one chapter a day, and answering the questions that come up. There are strategies for dealing with challenges and setbacks, and a wealth of resources for finding support and inspiration. Above all, there is a genuine passion for the sober adventure, and the huge rewards of an alcohol-free life - a life of freedom that's waiting for you. *Includes free downloadable workbook and

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journal* Download the workbook from the John Murray Learning Library website, or the free John Murray Learning app.

PREORDERED? VISIT SIMON'S 'BE SOBER' WEBSITE TO CLAIM YOUR PLACE ON AN EXCLUSIVE WORKSHOP

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

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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

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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.

Finding Balance in the Age

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of Indulgence

Nothing Good Can Come from
This

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

A Love Story

Take My 100-Day Sober
Challenge

A Novel

Remembering the Things I
Drank to Forget

***YOU'RE NOT AN ALCOHOLIC BUT
SOMETIMES DRINK TOO MUCH...***

*Are you often unmotivated,
stressed, lacking energy and
tired? Are you sick of
hangovers? Do you want to*

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stop missing out on life, regain your health, improve your relationships and enjoy greater control, clarity, focus and freedom? When you quit alcohol for just 30 days, you can transform your life. You will look and feel better, save and make money and be happier. James Swanwick is a former social drinker. He is an Australian-American entrepreneur, award-winning journalist and former ESPN SportsCenter anchor. In this groundbreaking book, Swanwick reveals strategies for you to prepare for, and take, a break from alcohol. Learn how to easily reduce or stop drinking, identify

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what type of drinker you are, successfully socialize without drinking, relieve stress without alcohol and finally break your habit. Join thousands of people around the world taking the 30 Day No Alcohol Challenge and kick-start the healthier and happier you.

Fans of classic frontier survival stories, as well as readers of dystopian literature, will enjoy this futuristic story where water is worth more than gold. New York Times bestselling author Michael Grant says *Not a Drop to Drink* is a debut "not to be missed." With evocative, spare language and incredible

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drama, danger, and romance, Mindy McGinnis depicts one girl's journey in a frontierlike world not so different from our own. Teenage Lynn has been taught to defend her pond against every threat: drought, a snowless winter, coyotes, and most important, people looking for a drink. She makes sure anyone who comes near the pond leaves thirsty—or doesn't leave at all. Confident in her own abilities, Lynn has no use for the world beyond the nearby fields and forest. But when strangers appear, the mysterious footprints by the pond, nighttime threats, and gunshots make it all too

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clear Lynn has exactly what they want, and they won't stop until they get it. . . . For more in this gritty world, join Lynn on an epic journey to find home in the companion novel, *In a Handful of Dust*.

A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

The basic text for *Alcoholics Anonymous*.

Living Sober Trade Edition
Control Alcohol, Find Freedom, Discover Happiness & Change Your Life
Sleep Better, Lose Weight, Boost Energy, Beat Anxiety
How to Be a Mindful Drinker

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The Sober Survival Guide
Alcohol Explained
How to Quit Alcohol in 50
Days

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.

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The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for

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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

Many people have silently asked themselves why can't I drink like everyone else? They wonder why sometimes it feels like alcohol has a pull over them, that they don't understand, and don't like to talk about. They are frustrated that other people can control how much they drink without any problem, when their efforts are often hit or miss. Rachel

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Hart has spent years trying to answer these questions for herself and untangle this mystery. Deep down, she was afraid that her drinking was always going to be a problem, and grew more and more frustrated of the repercussions. As the years mounted, she worried that not being able to rein herself in meant something was really wrong with her. There is a solution—and it doesn't require anyone to wear a label for the rest of their life or admit to being powerless. In fact, the tools outlined inside will reveal just how much power there is within each and every person struggling with this issue.

A practical support plan to help you take control of your alcohol intake, with tools to track progress, deal with triggers, social stresses, and stay on track for the long term. Fed up with

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hangovers? Worried about your health or your bank balance? Or just want to feel your best every day of the week? Without preaching or waffling, How to Be a Mindful Drinker will help you to understand your drinking behaviour and plan your self-moderation goals. Drawing on highly successful behaviour-change tools and techniques, How to Be a Mindful Drinker is designed to guide you toward moderate drinking habits, so that you can live the life you want and put alcohol in its place. Alongside expert advice and guidance, action plans, diagrams of strategies, and motivational quotes from real Club Soda members, the book also includes support strategies for social situations that you can carry into the future. Take control and discover how to change your drinking for good - not just during

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Dry January or Sober for October. 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

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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.'

Drinking

A Step-by-Step Guide to

Understanding Why You Drink and

Knowing How to Take a Break

The 28 Day Alcohol-Free Challenge

We Are the Luckiest

Blackout

Drink?

Find Freedom from Alcohol Forever -

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Quit Drinking & Start Living!

“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,

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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. Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit. Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide

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packed with inspiration and practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website One Year No Beer to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive

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experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

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

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*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 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*

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*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**

The 30-Day No Alcohol Challenge

The Surprising Magic of a Sober Life

A Guide to Discovering What You Really Think About Your Drinking

Seven Days Sober

Make a Difference: Talk to Your Child about Alcohol

Drinking to Cope?

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

Asperger Syndrome and Alcohol exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with

everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding

of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him. This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

"Why develop a booklet about helping kids avoid alcohol?"

Alcohol is a drug, as surely as cocaine and marijuana are. It's also illegal to drink under the age

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of 21. And it's dangerous. Kids who drink are more likely to: * Be victims of violent crime. * Have serious problems in school. * Be involved in drinking-related traffic crashes. This guide is geared to parents and guardians of young people ages 10 to 14. These suggestions are just that--suggestions. Trust your instincts. Choose ideas you are comfortable with, and use your own style in carrying out the approaches ou find useful. Your child looks to you for guidance and support in making life decisions--including the decision not to use alcohol .Audience: Parents, child counselors,

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**educators, child psychologists,
physicians, school guidance
counselors, and teenagers may be
interested in this resource.**

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Determine if your drinking is a

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problem, develop strategies for curbing your intake, and measure your progress with this practical, engaging guide to taking care of yourself. Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski

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call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools to identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions

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about your next steps.

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of

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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

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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

**I'm Never Drinking Again
Sober Curious**

How one woman stopped drinking

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**and started living. By New York
Times Bestseller**

**Food Choices to Stop Drinking
and Double Your Chances of
Staying Sober**

**Alcohol Lied to Me: The
Intelligent Escape from Alcohol
Addiction**

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

**Why Can't I Drink Like Everyone
Else**

Non fiction self-help book. A non traditional approach to problem drinking, aimed at helping the reader explore their relationship with alcohol. Offers suggestions for moving forward and making a

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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

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and without misery. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you 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

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learn what feels good for you. It's your body, your mind, and your choice.

Tired of Thinking About Drinking Take My 100-Day Sober Challenge The Sober Survival Guide Find Freedom from Alcohol Forever - Quit Drinking & Start Living! Elevator Digital Ltd Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour. Alcohol Addiction The Sober Diaries

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Alice in wonderland

Quit Like a Woman

How To Break Up With Alcohol
Is My (or My Loved One's) Drinking
a Problem?

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

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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

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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

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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

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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

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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.

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

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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!

Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. Nothing Good Can Come from This is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When Kristi stopped drinking, she started

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noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, *Nothing Good Can Come from This* introduces a fierce new voice to fans of Sloane Crosley, David Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an

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escape hatch.

Sunshine Warm Sober

Cut down, stop for a bit, or quit

: Maybe It's Time to Think About

Your Drinking?

Fahrenheit 451

Essays

The Alcohol Experiment: Expanded

Edition

Not a Drop to Drink