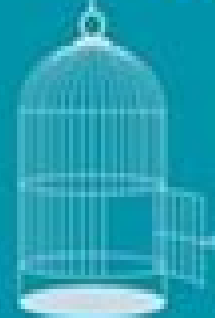


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The Unexpected Joy of Being Sober Catherine Gray, 2017-12-28 Going sober will make you happier healthier wealthier slimmer and sexier Despite all of these upsides it s easier said than done This inspirational aspirational and highly relatable narrative champions the benefits of sobriety combining the author s personal experience factual reportage contributions from experts and self help advice

Sunshine Warm Sober Catherine Gray, 2021-06-10 The long awaited sequel to THE UNEXPECTED JOY OF BEING SOBER Exquisite Fearne Cotton Happy Place A paean to the longer term pleasures of staying booze free The Guardian The kind of book that changes lives and very possibly saves them The Lancet Psychiatry A reflective raw and riveting read A beautiful book on what it takes to root for yourself Emma Gannon Ctrl Alt Delete No other author writes about sober living with as much warmth or emotional range as Catherine Gray Her deep insight into the subtle psychologies of drinking and of life means that everything she writes is both utterly relatable and stretches our minds Hers is a rare wisdom Dr Richard Piper CEO Alcohol Change UK What s it like to give up drinking forever We know now that being teetotal for one three even twelve months brings surprising joys and a recharged body but nothing has been written about going years deep into being alcohol free As Catherine Gray author of runaway success The Unexpected Joy of Being Sober streaks towards a decade sober she explores this uncharted territory in her trademark funny disruptive and warm way This is a must read for anyone sober curious whether they ve put down the bottle yet or not Praise for The Unexpected Joy of Being Sober Fascinating Bryony Gordon Truthful modern and real Stylist Brave witty and brilliantly written Marie Claire Gray s tale of going sober is uplifting and inspiring Evening Standard Not remotely preachy Sunday Times Jaunty shrewd and convincing Sunday Telegraph Admirably honest light bubbly and remarkably rarely annoying Guardian An empathetic warm and hilarious tale from a hugely likeable human The Lancet Psychiatry

The Unexpected Joy of Being Sober Journal Catherine Gray, 2018-12-27 The guided sobriety journal Ever sworn off alcohol for a month and found yourself drinking by the 7th Think there s no point in just one drink Welcome Quitting drinking whether for a month or for life is enormously satisfying but also fiendishly difficult There s the getting started But I have that party next week There s the feeling clenched and socially anxious Throw in a sizeable amount of social pressure and suspicious questions So do you have a drinking problem Finally chuck in the hundreds of pro drinking messages we see every day films where a round of shots always comes with a whoop fridge magnets that say I don t trust people who don t drink pub clapboards announcing Strong people need strong drinks and memes declaring Beer it s a holiday in a glass Whew It s no wonder we find it tricky to stay teetotal But don t worry We re going to tackle all of the above I m going to give you tools that enable you to clear all of these stumbling blocks with the grace of a gazelle So let s get started shall we PRAISE FOR CATHERINE GRAY S WRITING An icon of the Quit Lit movement Cond Nast Traveller Fascinating Bryony Gordon Not remotely preachy The Times Jaunty shrewd and convincing The Telegraph Admirably honest light bubbly and remarkably rarely annoying The Guardian Truthful modern and

real Stylist Brave witty and brilliantly written Marie Claire Haunting admirable and enlightening The Pool No other author writes about sober living with as much warmth or emotional range as Catherine Gray Her deep insight into the subtle psychologies of drinking and of life means that everything she writes is both utterly relatable and stretches our minds Hers is a rare wisdom Dr Richard Piper CEO Alcohol Change UK *Unexpected Joy of Being Sober Journal* Catherine Gray,2019-12-03 A guided sobriety journal for motivation with prompts and reminders for Dry January Sober Spring and beyond Whether you are going cold turkey or trying your sober curious hand at Dry January this year Catherine Gray provides an ideal practical solution with The Unexpected Joy of Being Sober Journal Packed with motivational prompts and reminders this guided sobriety journal encourages you to be present slow down your thoughts identify your patterns and most importantly be honest with yourself There is a growing body of research that supports the positive benefits of journaling be it helping you to stick to your goals or drastically improving your mood and emotional wellbeing In fact the healing power of journaling has been proven to be so beneficial that the co founders of Alcoholics Anonymous have incorporated it into the famous 12 Step Program Gray s refreshing and easy to follow strategies will inspire you to kick the drink and live a sunshine warm sober life SUMMARY - The Unexpected Joy of Being Sober : Discovering a Happy, Healthy, Wealthy, Alcohol-Free Life by Catherine Gray MY MBA,2022-01-05 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes How to get sober It s hard to believe that living a sober life isn t about giving up pleasure but simply giving up alcohol Yet discover how sobriety can make you happier and more fulfilled In this book you will learn What should you expect from sobriety What are the negative effects of alcohol Does even moderate drinking have harmful effects Why doesn t society recognize the dangers of alcohol How to develop self confidence without alcohol How can you build your social life around sobriety How can I stop making alcohol the only solution to my problems How can I find love while sober Our answers to these questions are easy to understand simple to implement and quick to execute Ready to get sober Let s go Buy now the summary of this book for the modest price of a cup of coffee The Joy of Being Sober Jack Mumey,1986-04 **The Unexpected Joy of Being Single** Catherine Gray,2018-12-27 This refreshing unusual book needs to exist A culture shift which repositions a single person as someone who is relationship free complete and not lacking is long overdue The i Absolutely f cking brilliant Florence Given Having a secret single freak out Feeling the red heart shaped urgency intensify as the years roll on by Oh hi You re in the right place Over half of Brits aged 25 44 are now single It s become the norm to remain solo until much later in life given the average marriage ages of 35 women and 38 men Many of us are choosing never to marry at all But society films song lyrics and our parents are adamant that a happy ending has to be couple shaped That we re incomplete without an other half like a bisected panto pony Cue single sorrow Dating like it s a job Spending half our lives waiting for somebody we fancy to text us back Feeling haunted by the terms spinster or confirmed bachelor Catherine Gray took a whole year off dating to find single satisfaction She lifted the lid on the reasons behind the

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Manning,2025-02-12 Break Free Stay Strong Live Fully Addiction can feel like a never ending cycle but recovery is possible and lasting sobriety is within your reach Being Sober For Life is more than just a guide to quitting it s a roadmap to reclaiming your life rebuilding your confidence and creating a future you re proud of Written in a straightforward no nonsense style this book gives you practical actionable strategies to break free from addiction manage triggers and build a life filled with purpose resilience and joy Whether you re newly sober struggling with relapse or years into recovery this book will help you stay committed to your journey one day at a time Inside This Book You ll Discover Why addiction happens and how it rewires your brain and what you can do to take back control How to mentally and emotionally prepare for sobriety so that quitting doesn t feel impossible The first 30 days of sobriety what to expect how to handle cravings and how to set yourself up for success How to manage stress emotions and relationships without turning to substances The power of routines habits and purpose how to create a life that supports your sobriety How to prevent relapse and what to do if it happens so that one mistake doesn t take you back to square one No matter where you are in your journey Being Sober For Life will give you the tools mindset and motivation to not only stay sober but to thrive in sobriety This is your chance to break free move forward and build the life you deserve Your past does not define you Your future starts today Chasing Peace Tonya McBean M.S.,2024-05-06 The second in a series of three books by author Tonya McBean Chasing Peace offers a self help psychology guide to give you the tools to deal with difficult relationship s and situations in your life Achieving peace in your life requires you to actively seek and pursue a state of inner calm harmony and tranquility It involves making conscious efforts to cultivate peace within yourself and in other areas such as relationships work and daily interactions McBean shares that this is a personal journey that calls for continuous effort self awareness and a commitment to personal growth It s about consciously creating an environment and mindset that supports peace in relationships and harmony amidst the challenges of life *The Joy of Being Sober* Jack Mumey,1984 A guide to help the recovering alcoholic reenter society and enjoy all that life has to offer without alcohol **Happy Healthy Sober** Janey Lee Grace,2021-01-01 Happy Healthy Sober will inspire you to look at your relationship with alcohol and encourage you to ditch the booze to live your best life Have you woken up at 3 a m berating yourself for drinking too much Have you tried ditching the booze without success In this book Janey provides a personal unique and most importantly fun guide to having a fabulous alcohol free life She gives you the keys to making sobriety and a healthy lifestyle cool memorable and tremendously appealing Happy Healthy Sober is a fantastic resource for an alcohol free life Janey s holistic approach allows you to connect to what s important to your mind heart body and soul The first 30 days of sobriety are the most difficult This book will help you stay on track Being Sober Harry Haroutunian,2013-08-27 The disease of addiction affects 1 out of 10 people in the United States and is a devastating often fatal illness Now from the physician director of the renowned Betty Ford Center comes a step by step plan with a realistic one day at a time approach to a disease that so often seems insurmountable With a focus on reclaiming the power that comes

from a life free of dependency Being Sober walks readers through the many phases of addiction and recovery without judgment or the overly cultish language of traditional 12 step plans It also addresses the latest face of this disease the highly functioning addict or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem Dr Haroutunian tackles this provocative issue head on offering new insight into why you don t have to bottom out to get help Dr Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field Using clear straightforward language Being Sober offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude dignity and self respect Including a Foreword written by Steven Tyler

The Intersection of Setting and Story A. J. Sieling, You re writing a book But as it turns out writing a book is difficult In your head the narrative is grand and beautiful some might even say epic majestic a story for the ages But as you re rereading what you ve got so far you find yourself disappointed It s not at all how you imagined it with choppy language weak characters and thin description of the setting It lacks depth and form but you don t exactly know how to fix it Writing and revising fiction is challenging and the strategies for doing it well are varied and highly subjective And the truth is there s no single right way to craft a narrative So how do you do it How do you take what seems like a brilliant idea for a story and craft it into something wonderful that truly represents what you know you re capable of How do you add the depth and elegance that will have people reading your book for decades to come In the book The Intersection of Setting and Story delve into the craft of creating compelling fiction with A J Sieling This book will examine the many uses for setting and how a writer can blend it with the other elements of story to build a narrative web which captures the reader s imagination

My Year of Not Getting Sh*tfaced Pamela Power,2023-03-08 After an exceptionally wild Mother s Day where she danced like there was no tomorrow picked a fight with a stranger and collided with the floor Johannesburg scriptwriter and author Pamela Power is forced to take a hard look at her drinking habits She realises that although she does not need to find an AA group immediately she might be a serial binge drinker and needs to take back control In this honest yet humorous account of her year of not getting sh tfaced Pamela examines her long relationship with alcohol She is shocked to realise just how much of a crutch alcohol has been for her There is always a bottle of wine or prosecco around to help her manage the many demands of life as a freelancer and a parent Pamela starts her journey to sobriety at the height of the Covid 19 pandemic as her family faces financial troubles and life in the suburban parks of Johannesburg isn t so blissful anymore Through her we experience all the frustration irritation and surprising benefits of going dry In dealing with her dependence on alcohol Pamela also confronts her troubled relationship with her parents While many other sober curious books portray sobriety as the only answer in the end Pam finds a sweet spot between total sobriety and binge drinking moderation

Love Me Marianne Power,2025-01-14 Can you be happy without long term romantic love at the centre of your life Society still sets the gold

standard for successful living as being married with children As Marianne Power turns forty she wonders why this is still so elusive for her and whether in fact this is even what she wants or just what she feels she should want At first she tries to lean into the alternatives self love self marriage sisterhood but is she simply avoiding confronting her fears about commitment relationships and sex Determined to find out for sure the indomitable Marianne sets off on a journey to answer the question can you have a life full of love without marriage and kids From tantra to Skype sex polyamory to sologamy Marianne s quest takes her to hilarious scary and moving places and she discovers that maybe in these chaotic times loving thy neighbour is more important than achieving a romantic ideal Honest intimate and inspiring Love Me is about the freedom to envision the life you want and the courage to choose it **The Life-Changing Magic of Quitting Alcohol** Sharon Hartley,2025-02-11 The Life Changing Magic of Quitting Alcohol is the best friend for anyone looking to cut down and give up alcohol Funny full of warmth and inspiration it s the go to guide to saying no to gin o clock [What's Wrong With Addiction](#) Helen Keane,2013-04-01 This is an impressive work carefully structured researched and written a refreshingly lucid account that is both intellectually stimulating and professionally helpful Janet McCalman Addicts are generally regarded with either pity or grave disapproval But is being addicted to something necessarily bad These attitudes are explicit both in contemporary medical literature and in popular self help texts We categorise addiction as unnatural diseased and self destructive We demonise pleasure and desire and view the addict as physically and morally damaged Helen Keane s thought provoking text examines these assumptions in a new light In asserting that the wrongness of addiction is not fixed or indeed obvious she presents a refreshing challenge to more conventional accounts of addiction She also investigates the notion that people can be addicted to eating love and sex just as they are to drugs and alcohol What s Wrong with Addiction shows that most of our ideas about addiction take certain ideals of health and normality for granted It exposes strains in our society s oppositions between health and disease between the natural and the artificial between order and disorder and between self and other

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