

The Sober Revolution Calling Time On Wine O'Clock: Addiction Recovery Series

Wholly Sober is a fast track of Teresa Rodden's relationship with alcohol starting with her first hangover at just five years old. She shares how she had all the makings of a bonafide alcoholic, but chose to dismiss conventional theories about how to live sober. Being the latest in a lineage of women that lived understanding two things: Life is painful and alcohol will numb that pain. This is what she believed, too-as she navigated teen pregnancy, abusive relationships, staggering debt and spiritual crisis. This is her powerful story of clearing the debris left behind after years of pain and poor choices and her reconnection with her God-given dreams, talents, and purpose. Rodden describes how she journeyed beyond commonly-held beliefs about sobriety and 12-step recovery into a life she calls "wholly sober"- a life in which she now helps other women live joyfully, purposefully, and free from alcohol abuse. Warning: Strong language is used to maintain authenticity of character and experience.

All sober people are alike but every alcoholic is disturbed in his own way. The alcoholic rarely understands why they are unable to enjoy an alcoholic beverage like everyone else. The only option for most is a trip to an Alcoholics Anonymous meeting. For some, it works. For others, it's the start of a vicious cycle.By calling it a disease or blaming an "addictive personality", society takes the easy way out. I refused to take the easy way out. I looked back on my compulsive drinking with a sober eye and a heavy heart. I analyzed my behaviors and considered my motivations for making a binge and blackout drinking the standard for consumption.It's only in sobriety that you can understand how destructive you have been to yourself and those closest to you. These are the letters that I wish I had in my darkest hour, when I knew that I needed to quit but couldn't.These letters will lift you up from the ocean of despair and guilt that you're drowning in.These letters will make you understand why you drink until you can't remember what you were trying to forget.These letters might save your life or the life of someone you love...

With an easy three-step plan, Mindful Drinking: How To Break Up With Alcohol is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: The Problem, The Incentive, and The Plan. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - Mindful Drinking: How To Break Up With Alcohol shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about Mindful Drinking: How to Break Up With Alcohol: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every weekend.'

"A Council on Foreign Relations Book"--Title page.

And Walking the Path

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

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

The French Revolution in Russian Intellectual Life

A Socialist Politics of Alcohol

The Sober Girl Society Handbook

Soberful

Do you count down the minutes to wine o'clock on a daily basis? Is a bottle of Pinot Grigio your friend at the end of a long hard day? If you want to give up being controlled and defined by alcohol then now is the time to join The Sober Revolution... Fed up of living in a fog of hangovers, lethargy and guilt from too much wine? Have you tried to cut down without success? You are not alone. When it comes to alcohol, millions of people around the world find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and using more alcohol as a way of coping. The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives. Sarah Turner, cognitive behavioural therapist and addictions counsellor, and Lucy Rocca, founder of Soberistas.com, the popular social networking site for women who have successfully kicked the booze or would like to, give an insight into ways to find a route out of the world of wine. The Sober Revolution will open your eyes to the dangers of social drinking and give you the tools you need to have a happy life without the wine. Read it now and call time on wine o'clock forever.

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.

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm 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. Almost every culture on earth has drink, and where there's drink there's drunkenness. But in every age and in every place drunkenness is a little bit different. It can be religious, it can be sexual, it can be the duty of kings or the relief of peasants. It can be an offering to the ancestors, or a way of marking the end of a day's work. It can send you to sleep, or send you into battle. A Short History of Drunkenness traces humankind's love affair with booze from our primate ancestors through to Prohibition, answering every possible question along the way: What did people drink? How much? Who did the drinking? Of the many possible reasons, why? On the way, learn about the Neolithic Shamans, who drank to communicate with the spirit world (no pun intended), marvel at how Greeks got giddy and Romans got rat-arsed, and find out how bars in the Wild West were never quite like in the movies. This is a history of the world at its inebriated best.

Drink and Be Sober

Freedom From Our Addictions

Sober Letters to My Drunken Self

Sober Curious

Hardcore Punk, Straight Edge, and Radical Politics

Recovery

Intoxication and its Aftermath

Your journey to a happy, alcohol-free life begins right here... From the bestselling founder of Soberistas.com comes this personal, unpreachy manual for getting you off the booze to a place where you can enjoy not drinking and become the person you want to be. The A-Z Of Binning The Booze is an honest, realistic approach to learning how to survive the pressures of living without alcohol, written from the personal experience of an ex binge drinker, who stopped boozing and has never looked back. This book covers practical topics such as: How to enjoy alcohol-free weekends and holidays The benefits of a booze-free love life How exercise, nutrition and mindfulness can help you on your journey Discover all the solutions you'll need for making the transformation to a new happier, healthier you!

Burgundy, Bordeaux, Champagne. The names of these and other French regions bring to mind time-honored winemaking practices. Yet the link between wine and place, in French known as *terroir*, was not a given. In *The Sober Revolution*, Joseph Bohling inverts our understanding of French wine history by revealing a modern connection between wine and place, one with profound ties to such diverse and sometimes unlikely issues as alcoholism, drunk driving, regional tourism, Algeria's independence from French rule, and integration into the European Economic Community. In the 1930s, cheap, mass-produced wines from the Languedoc region of southern France and French Algeria dominated French markets. Artisanal wine producers, worried about the impact of these "inferior" products on the reputation of their wines, created a system of regional appellation labeling to reform the industry in their favor by linking quality to the place of origin. At the same time, the loss of Algeria, once the world's largest wine exporter, forced the industry to rethink wine production. Over several decades, appellation producers were joined by technocrats, public health activists, tourism boosters, and other dynamic economic actors who blamed cheap industrial wine for hindering efforts to modernize France. Today, scholars, food activists, and wine enthusiasts see the appellation system as a counterweight to globalization and industrial food. But, as *The Sober Revolution* reveals, French efforts to localize wine and integrate into global markets were not antagonistic but instead mutually dependent. The time-honored winemaking practices that we associate with a pastoral vision of traditional France were in fact a strategy deployed by the wine industry to meet the challenges and opportunities of the post-1945 international economy. France's luxury wine producers were more market savvy than we realize.

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

SHORTLISTED FOR THE 2013 WALKLEY NON-FICTION BOOK AWARD SHORTLISTED FOR THE 2014 DOBBIE LITERARY AWARD ¶¶m the binge-drinking health reporter. During the week, I write about Australia's booze-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 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 alcoholop-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 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. PRAISE FOR JILL STARK ¶What gives this book resonance is Stark's ability to balance a serious agenda, backed by her interviews, statistics and the inside information to which a health reporter has access, with a personal narrative that is equally earnest in its intent but lighter in its execution ¶ High Sobriety is an entertaining and informative read about one woman's year of online dating, family reunions and beer gardens without a drink, and her account of the nation's attitude towards the thing she denies herself.¶ The Age ¶It's hard not to recommend this book: from teenagers experimenting with their first taste to those who've been imbibing for decades, many will find Stark's story illuminating, touching, and memorable.¶ The Australian

Xi Jinping and the New Chinese State

A Then and Now Account of Life Beyond Booze

The Sober Diaries

my year without booze

Alternatives to Nagging, Pleading, and Threatening

The Revolution of Sober Expectations

The Political and Moral Economy of Alcohol in Modern France, 1954-1976

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." Condé Nast Traveller "Fascinating." Bryony Gordon. "Not remotely preachy." The Times "Jaunty, shrewd and convincing." The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." The Guardian "Truthful, modern and real." Stylist "Brave, witty and brilliantly written." Marie Claire "Haunting, admirable and enlightening." The Pool There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

We all have a designed path and while everyone's journey is different, very few can compare to this one. Manny's life has been transformed in a dramatic fashion. Mr. Mendez expressed it in his own words. "I was able to adjust my life and turn it into a purpose. I saw the depths of hell, spent over 15 years in institutions and prisons but was able to overcome addiction with God's guidance. I am a witness that God, recovery, and my art were my solution." But for Manny, it wasn't about painting a pretty picture, he needed to design a new life and that's the miracle. And that is just what he did in ways you will not believe.

Addiction is seemingly inexplicable. From the outside, it can look like wilful, arrogant self-destruction; from the inside, it can feel as inevitable and insistent as a heartbeat. It is possible to describe, but hard to explore. Yet in *The Recovering*, Leslie Jamison draws on her own life and the lives of addicts of extraordinary talent - John Cheever, John Berryman, Jean Rhys and Amy Winehouse among them - to take us inside the experience of addiction, exposing the contours, edges and wholes of an intoxicated life. Part memoir, part group biography, part literary history and part definitive analysis of cultural and social considerations of addiction, *The Recovering* is a significant moment in the history of post-war narrative non-fiction.

From Revolution 2 Revelations

The Unexpected Joy of Being Sober Journal

Get Your Loved One Sober

Glass Half Full

Wholly Sober

Uncover a Sustainable, Fulfilling Life Free of Alcohol

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

The Sober Revolution*Women Calling Time on Wine O'Clock*Accent Press**

This book tells the story of the turbulent decades when the book publishing industry collided with the great technological revolution of our time. From the surge of ebooks to the self-publishing explosion and the growing popularity of audiobooks, Book Wars provides a comprehensive and fine-grained account of technological disruption in one of our most important and successful creative industries. Like other sectors, publishing has been thrown into disarray by the digital revolution. The foundation on which this industry had been based for 500 years – the packaging and sale of words and images in the form of printed books – was called into question by a technological revolution that enabled symbolic content to be stored, manipulated and transmitted quickly and cheaply. Publishers and retailers found themselves facing a proliferation of new players who were offering new products and services and challenging some of their most deeply held principles and beliefs. The old industry was suddenly thrust into the limelight as bitter conflicts erupted between publishers and new entrants, including powerful new tech giants who saw the world in very different ways. The book wars had begun. While ebooks were at the heart of many of these conflicts, Thompson argues that the most fundamental consequences lie elsewhere. The print-on-paper book has proven to be a remarkably resilient cultural form, but the digital revolution has transformed the industry in other ways, spawning new players which now wield unprecedented power and giving rise to an array of new publishing forms. Most important of all, it has transformed the broader information and communication environment, creating new challenges and new opportunities for publishers as they seek to redefine their role in the digital age. This unrivalled account of the book publishing industry as it faces its greatest challenge since Gutenberg will be essential reading for anyone interested in books and their future.

Through personal experience, Chris Hill has become an expert in the field of overcoming addiction using the power of the subconscious mind... and through a devastating tragedy, he has made it his mission to teach what he has learned to as many people as possible. This book will take you on an emotional journey through Chris' own life, his joy, his sadness, his ups, his downs, his stumbling blocks and his solutions. You'll come out the other side enlightened, and armed with all the tools and knowledge you need to Get Your Life Back. " This read moved me, gave me joy, some laughter, and too many tears. Above all, it gave me hope." - Alison Seary

Author Jasmin Rogg draws from her own extensive experience as a psychotherapist, addiction and recovery group facilitator, and her own personal struggle with substance abuse and long-term sobriety. She compiled a collection of writings meant to offer inspiration and information for recovery and change. After introducing readers to her own story and her path through addiction and recovery, Rogg goes on to write with honesty and compassion about the issues at the heart of substance abuse and recovery. She shares how embracing Buddhism's teachings of mindfulness practice help foster emotional regulation and healing-two important aspects of maintaining ongoing sobriety. She does not shy away from difficult topics, tackling issues such as abuse, trauma, love, attachment, and suffering, all while shining a light on the things we tell ourselves and about why we do what we do. Waking Up Sober inspires insight and understanding, and includes adverse childhood experiences and relational issues as underlying factors for self-destructive behavior patterns. Rogg intersperses her own poems throughout the book, which ultimately serve to ground the topics in humanity.

Calling Time on Wine O'Clock

The A-Z of Binning the Booze

The Third Revolution

Mindful Drinking

Waking Up Sober

Women Calling Time on Wine O'Clock

Appellation Wine and the Transformation of France

'Exquisite' - Fearné Cotton 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'Stone cold sober.' Sounds horrible, doesn't it? Hard, icy. Brrrrrr. No bloody ta.

However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is wonky. Sober doesn't feel stony, or cold. Retired wreckhead Catherine Gray, author of surprise bestseller *The Unexpected Joy of Being Sober*, is now in her eighth sober year and has learnt a damn sight more. This hotly anticipated sequel enlists the help of experts and case studies, turning a curious, playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and yourself - in sobriety? Whether you're a dedicated boozehound, flirting with teetotaling, or already sober, this witty, gritty read may just change how you think about alcohol forever. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

This dissertation examines how, after World War Two, the French state and powerful interest groups shifted the debate over drink from an issue of personal morality into a battle of political economy. Contrary to the widely held Tocquevillian assumption that France has had weak and fragmented interest groups with little capacity to influence state policy, this dissertation argues that a relatively weak public health movement became influential when it struck alliances with powerful state and economic interests. Working together, the different and sometimes antagonistic interests of doctors, French and European technocrats, luxury winegrowers, and automobile and insurance groups combined to issue alarms about France's allegedly rising alcoholism and mobilize public opinion against the country's alcohol producers and industrial, mono-cropping winegrowers. This movement was abetted by important structural transformations: the fall of the Fourth Republic (1946-1958) and the foundation of the Fifth (1958-), where a strong executive branch circumvented the industrial wine lobby and Parliament; the end of empire, which meant the eventual termination of cheap Algerian wine imports; and the creation of the European Community, which adopted France's luxury Appellation d'origine contrôlée (AOC) labeling system and discouraged industrial wine production and consumption. In short, I maintain that this anti-alcohol campaign helped prepare appellation wine producers and the state for competition in the world economy. This dissertation uses drink as a prism through which to understand France's dramatic economic modernization after World War Two. It contributes to our understanding of France and Europe's so-called "Economic Miracle," particularly the role of the state and the wine industry in shaping European market integration. Against the common view that the wine industry has been a conservative force in French society, this dissertation argues that it played an active role in its own modernization in order to compete internationally in the context of European integration and, by the 1970s, globalization.

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

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 boozey 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.

How one woman stopped drinking and started living. Perfect reading for Sober October

The Sober Survival Guide

The Road to Freedom from Addiction

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

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

Kick the Drink...Easily!

The Digital Revolution in Publishing

As the ever-increasing "quit-lit" audience explores new ways to get sober, many are asking, "What's next?" A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

Examining the multigenerational impact of punk rock music, this international survey of the political-punk straight edge movement - which has persisted as a drug-free, hardcore subculture for more than 25 years - traces its history from 1980s Washington, DC, to today. Asserting that drugs are not necessarily rebellious and that not all rebels do them, the record also defies common conceptions of straight edge's political legacy as being associated with self-righteous, macho posturing and conservative Puritanism. On the contrary, the movement has been linked to radical thought and action by the countless individuals, bands, and entire scenes profiled throughout the discussion. Lively and exhaustive, this dynamic overview includes contributions from famed straight edge punk rockers Ian MacKaye of Minor Threat and Fugazi, Dennis Lyxzn of Refused and the International Noise Conspiracy, and Andy Hurley of Fall Out Boy; legendary bands Man Lifting Banner and Point of No Return; radical collectives such as Crimeth Inc. and Alpine Anarchist Productions; and numerous other artists and activists dedicated as much to sober living as to the fight for a better world.

In April 2011, Lucy Rocca woke up in a hospital bed with no memory of how she had ended up there. After accepting that her drinking had spiralled out of control, she made the decision there and then to never touch alcohol again. However, the early days were a challenge, and Lucy began recording her journey in a blog as a way of helping herself move forward to a happy and sober future. For someone who defined herself by her love of drinking for over twenty years, letting go of the booze crutch was initially a challenge, but over time, Lucy began to realise how much happier she was living alcohol-free. *Glass Half Full* is the story of her journey from hopelessly devoted wine fiend to sober and truly happy for the first time in her adult life. As the founder of Soberistas.com, Lucy's blog also provides motivational and inspirational support for those seeking an alcohol-free life.

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.'

An empowering guide to living hangover free

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

How I Stopped Thinking About Drinking and Started Loving My Life

How To Break Up With Alcohol

Your Six Week Plan

Quit Like a Woman

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

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. I am Rachel. This is my story.

Under the influence -- The imperative of intervention -- Quantity or quality? -- Drinking and driving -- Europeanizing the revolution -- Conclusion : terroir vs. McWorld

Russian intellectual discourse on the French Revolution as a representation of the West rather than a symbol of revolution.

A Short History of Drunkenness

Get Your Life Back

The Sober Revolution

Sober Living for the Revolution

Sunshine Warm Sober

High Sobriety

Delivered at Independence Square, Philadelphia, in the House of Representatives Chamber, Congress Hall, on October 24, 1973

Do you count down the minutes to wine o'clock? You are not alone. When it comes to alcohol, plenty of people find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and addiction. If you want to take back control and stop being defined by alcohol now is the time to join The Sober Revolution. In this empowering book, addictions counsellor Sarah Turner and life coach Lucy Rocca examine women's relationship with alcohol and offer insight and advice into overcoming this addiction. The Sober Revolution explores the myths behind this socially acceptable yet often destructive habit and, through personal accounts of alcohol abuse and its impacts on relationships, careers and finances, you are invited to examine your own relationship with alcohol and its impact on your life. Read it now. Regain control and lead a happier, healthier life. Call time on wine o'clock forever. Lucy Rocca is the founder of Soberistas.com, the social networking site for women who have successfully kicked the booze or would like.

The Number One Sunday Times Bestseller This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame. The program in Recovery has given Russell Brand freedom from all addictions and it will do the same for you. This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

There is no moderate drinker who is not going on to the next stage of his journey, or who not turning back....He is coming back toward the norm of sobriety, or he is going on toward drunkenness.-from "The Moderate Drinker"Be not misled! Drink and Be Sober isn't a command, or a guidebook to moderation, but a fascinating document of the post-World War I temperance movement and an impassioned call for the abolishment of alcohol. Published in 1916, its outbursts encompass: What Alcohol Does to the Man Why Some Drinkers Are Drunkards Crime, Drink-Storms, and Degeneration Drink and National CrisesWith today's hindsight into the disaster of Prohibition, this is a startling and inadvertently entertaining screed against the nightmare of drink.VANCE THOMPSON is also the author of Eat and Grow Thin and The Ego Book.

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

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

1865 - 1905

Drinking Up the Revolution

The Recovering

Book Wars

Sober Is the New Black