

# Getting Sober 10

Jeffrey Munn

The Sober Truth Lance Dodes,Zachary Dodes,2015-03-17 A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America. “A humane, science-based, global view of addiction . . . an essential, bracing critique of the rehab industry and its ideological foundations that we have much to learn from.” —Gabor Maté M.D., author of *In The Realm of Hungry Ghosts* Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program’s overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story of AA’s rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, *The Sober Truth* offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

**Getting Sober** Kelly Madigan Erlandson,2007-08-30 Honest, direct, comprehensive, and practical. --Bestselling author Mary Pipher Kelly Madigan Erlandson’s book will help many who are beginning their trudge on the road to happy destiny. --Christopher Kennedy Lawford, author of *Symptoms of Withdrawal: A Memoir of Snapshots and Redemption* Already hailed as a thoughtful and comprehensive guide to those early, crucial days of sobriety, this groundbreaking new book is different from anything else on the market. As an alcohol and drug counselor for more than 20 years who has helped thousands into recovery, the author does not focus on trying to diagnose the problem; instead, she compassionately guides you through the first 30 days of sobriety--the most crucial part of recovery. She gives you practical, day-by-day advice for becoming and staying sober--from removing alcohol and alcohol-related items from your house to picking the recovery program that fits your needs.

**How to Get Sober and Stay Sober** Hazelden Publishing,Anonymous,Johnson Institute (Minneapolis Minn ),2000-03-23 How to Get Sober and Stay Sober

*Working the Steps* Safe Haven Sobriety Journals,2019-11-04 If you are in recovery you need to learn how to structure your life and develop a routine to overcome your addiction and staying sober.With the help of this journal you can demonstrate to yourself that you have the ability to control your actions.This journal can be used to follow step 10 on a daily basis, it enables you to: Survey your situation honestly.Do a spot-check inventory when you have an emotional disturbance.Admit when you're wrong.Forgive others when they're wrong.Focus on progress, not perfection.Help you with your meditation and prayers.This practical journal designed by people in recovery will get you results on a daily basis. A great gift for any recovering addict, it will help in many ways!Format 6x9130 pages

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.

10 + Sylvia Cary, 1993 There are a lot of perks to becoming sober, and even more for staying sober over the long haul. Wouldn't you like to know what it is like to have 10 years free of alcohol or drugs? 25 years. 50 years! The women in 10+ tell you in their own words what it will be like being sober for decades - and they tell you much more. All kinds of women speak to you through this book: women from 32 to 83, from backgrounds of privilege and poverty, married, widowed, divorced and single, working mothers, businesswomen, and artists. They are proof that, just as no one is immune to alcoholism, no one who stops using drugs and alcohol is immune to the recovery process, either. The 10+ women encourage you by describing the signposts of recovery. You'll be with them when they experience the moment of clarity that jolts them into sobriety. You'll hear about their relapses and their triumphs. You'll learn how their backgrounds contributed to their problem or helped them overcome it. But best of all, you will no longer feel apart, confused, scared, or alone when you hear what will happen along the way to your recovery. There is Gabrielle, who went from state support to successful business career, and Deanne, whose huge success as an actress brought with it an even deeper plunge into alcohol - and ultimately sobriety. Some of the interviewees tell of families full of alcoholics while one says, I was the only alcoholic I ever knew. Each of these 21 women knows that alcohol derails your life, and their advice can help the recovering alcoholic go back and become the woman she started to be. They have the insight of both experience and sobriety. 10+ divides the wise words of these women into chapters that deal with seven important life areas: feelings, work, love, family, finances, troubles, and citizenship. Each chapter concludes with a Sober Tips List, summarizing the most important points and coping hints from the interviews, insights that will help you stay sober and make you feel good doing it. This book is a kind of portable support group, something you can pick up and carry around with you to help you out. Check the Sober Tips List when you run into a snag. 10+ will inspire you and motivate you at every stage of recovery. It is proof that there is life after sobriety - in fact, the best life.

*Alcoholics Anonymous* Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, *Alcoholics Anonymous*. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: *Alcoholics Anonymous*. This edition not only reproduces the original 1939 text of *Alcoholics Anonymous*, but as a special bonus features the complete 1941 Saturday Evening Post article “*Alcoholics Anonymous*” by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA’s program. *Alcoholics Anonymous* has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

Sunshine Warm Sober Catherine Gray, 2021-06-10 The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller '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 bestseller 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

**Sober Curious** Ruby Warrington, 2018-12-31 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.

**The 10-Day Alcohol Detox Plan** Lewis David, 2019 Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings. Your thinking becomes emotional. Most people fail in the early days. But now there's a new, scientific and modern solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short term or long term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical, easy to follow, and will even show you how to love being sober. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: \* If you want to do a Dry January. \* If you want to stop drinking to help weight-loss. \* If you need to give up alcohol for health reasons. \* If you've simply had enough and want to quit drinking for good. The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the best seller Alcohol and You: How to Control and Stop Drinking. Order this book today and find a better way.

**The 10-Day Alcohol Detox Plan** Lewis David,2019-11-13 Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want a short break or to do Dry January If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the Amazon best seller *Alcohol and You: How to Control and Stop Drinking*. Order this book today and find a better way.

*Working the Steps Save Haven Sobriety Journals*,2019-11-16 If you are in recovery you need to learn how to structure your life and develop a routine to overcome your addiction and staying sober.With the help of this notebook you can demonstrate to yourself that you have the ability to control your actions.This notebook can be used to follow step 10 on a daily basis, it enables you to: Survey your situation honestly.Do a spot-check inventory when you have an emotional disturbance.Admit when you're wrong.Forgive others when they're wrong.Focus on progress, not perfection.Help you with your meditation and prayers.This practical notebook designed by people in recovery will get you results on a daily basis. A great gift for any recovering addict, it will help in many ways!Format 6x9130 pages

**Staying Sober Without God** Jeffrey Munn,2019-01-10 Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

**How I Stop Drinking & Stay Sober For Over 13 Years (And Counting)** Walter L. Kramer,2015-03-10 A lot of drunks say "Quitting is easy, I've done it a hundred times." Not very funny perhaps, but very true. The problem is not just quit drinking; it's quitting for good that's problematic. And that's what this book is for. It's a simple guide consisting of five steps that are guaranteed to start working for you today. Just read it all the way through and you'll have the best knowledge on recovering from alcohol addiction, staying sober, and getting your life back. To help you identify and understand this book, you'll have a built-in guide who has been there, drank that, and even wears the T-Shirt. Vienna is a real person who volunteered to share her experiences as a drunk, how and why she got sober, and how she's staying sober for over 13 years (and counting). Of course, as long as alcohol exists, there will be alcohol addicts. If that's you, then reading this book is your chance to stop the process right now before it grabs your soul. And if that's not you then this is likewise a chance for you to call a halt to whatever dark place alcohol is leading you.

*Get Your Loved One Sober* Robert J Meyers,Brenda L. Wolfe,2009-07-30 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 bth improve the quality of their lives and 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.

**Get Sober Stay Sober** Cynthia Perkins, 2009 One alcoholic's journey to lasting sobriety and how you can break free with this cutting-edge and holistic recovery approach that gets to the root of alcoholism. Discover how to achieve permanent, craving-free sobriety without the 12 steps, AA, religion or succumbing to powerlessness.

*Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

*Make Mine a Virgin 3* Tenley Summer, 2018-05-03 Want to stop drinking and stay stopped, but not sure where to start? Tenley Summer can help get you there. She stopped drinking in 2010...on New Year's Eve of all days to stop drinking. But that's another story. The only one that matters right now is yours. And rewriting it. *Make Mine a Virgin 3* will help guide you, with fast and effective tips, tricks and techniques, including: - Defeating your Booze Gollum. - The Fuck Its, your Forgetter & the other big traps to watch out for. - How to help your body help you stay stopped with exercise, better sleep, plus nutrition (a handy cheatsheet is included to make your shopping easier). - Your biggest habit triggers and how to disarm them. - Crafting your customized elevator pitch that is like having your own sober coach on call at all times TENLEY SUMMER has been sober since 2010...New Year's Eve, in fact...of all the days to stop drinking & stay stopped! She shares her experience and best advice in her critically-acclaimed MAKE MINE A VIRGIN series - an offbeat but effective set of guides to staying stopped that are nerdy, fun-loving, sciencey, goofy, and laugh out loud. Just like Tenley. She's an eccentric, partially purple-haired pirate currently based in Portland, Oregon. She loves to laugh, travel, collect offbeat jewelry, caffeinate, devour good books - and, of course, stay sober.

**Top 10 Reasons Why People FAIL to Recover from Addiction** - M. Fenton Deutsch, 2017-11-20 It is now estimated that an alarming 50 million people worldwide die each year from drug overdose or health related issues. Suicide claims another one million victims, or one death every 40 seconds - mainly from those who couldn't find their way out from the grips of their unhappiness and disease. But, this blight pales in comparison to an even bigger problem: Another two billion people struggle around the globe with depression and anxiety disorder. Of this, 220 million are children --- something that they learned from their parents or caretakers. The

cost to society, to our families and loved ones is beyond staggering. Clearly, the untreated misery business is crying out for help! The recovery industry in the U.S. alone has exploded to \$35 billion in size. There aren't enough beds and addiction counselors in rehabs and detoxs to meet the escalating need. Another \$1 - \$2 Trillion more is sadly wasted each year on health care remedies that don't work. God only knows what the figures and statistics are worldwide. As the world gets more complex, challenging and stressful, more people young and old alike -- are falling victim to substance and behavior abuse, and untreated misery. Addiction and suicide are now among the top 10 leading causes of death in the U.S. -- and that doesn't include the many others who never even make it into recovery. Addiction to opioids, and the resurgence of heroin use worldwide has reached epidemic proportions among young people. Each week, I see several people disappear and die from the many 12-step meetings that I attend. Others report about the loss of loved ones that never even made it into recovery. And, that doesn't include the many people around us who love us that we take hostage in the process of our pain and misery. People can't handle the underlying pain and futility in their lives, and prefer to numb or anesthetize themselves to avoid dealing with reality. The fear of change keeps the addicted deep in the throes of the bondage of self. Sadly, the huge percentage of people relapsing after being in and out of detoxs and rehabs is all too familiar with so many people. And, now with the introduction of Fentanyl and other other toxic cuts to heroine and other opioids, death is the dismal reality for so many, as death from drug overdoses has now doubled to tripled in nearly all Western countries, according to recent and very alarming reports. Adding insult to injury is the promised, new war on drugs by the Trump administration and senior officials already in bed with drug companies and distributors, government all over again, and relapse from addiction has become all too commonplace. . When is this vicious cycle of death and unstated misery ever going to end? Clearly, there is no cure and the struggle to stem our own addiction is elusive for most. The real question is: Are you next While the process of recovery and life-transformation can be miraculous for some those first time winners, the majority of people experience relapse after relapse and die unwittingly, never knowing why. I know, as I nearly died twice myself until I finally surrendered to the truth of my life and accepted the fact that the many forms of addiction can maim and kill anybody if we don't get recovery right. It is undoubtedly an ugly and fatal disease if not arrested completely. There are many reasons why people fail to get and stay recovered, here are the Top 10 Reasons that most anyone who struggles with addiction will be happy to share with you. What really matters is how do you avoid relapsing back into your addictive misery and what are the necessary skills to deliver you to a happy, joyous and free life - the life you were always intended to live. M. Fenton Deutsch leads you on the journey that will change your life!

*My 10th Step Inventory* T. H. E. Fourth DIMENSION BOOKS,Fourth Books,2021-01-25 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool and wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track.

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, **Getting Sober 10** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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## Getting Sober 10 Introduction

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web jul 29 2023 1 welcome the audience using serious language for a formal occasion pick an appropriate greeting such as good evening ladies and gentlemen then welcome the audience to the event using a phrase such as it is my pleasure to welcome everyone to our beautiful venue tonight 1 keep the tone more serious if it's an important occasion

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for any occasion is to focus on engaging the audience point out the occasion for the gathering include any information relevant to the occasion and be sincere and open throughout a well received welcome speech is typically warm somewhat humorous and short a good welcome speech

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