

Sober Info 10

Lance Lang

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.

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 6x9 130 pages

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.

Alcohol/safety Public Information Materials Catalog #8 Ann C. Grimm, 1984

Living Sober Trade Edition Anonymous,1975 Tips on living sober.

Alcohol safety public information materials catalog ,1985

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.

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.

10 Years Sober Lance Lang,2021-06-17 Ten years ago, Lance Lang was a hopeless addict, a shell of a man only in search of his next fix, willing to use anyone or anything ... just so he could use. But God intervened and Lance began a miraculous journey to rehab, recovery, and restoration. In **10 Years Sober**, Lance tells his story of radical life change, the founding of Hope is Alive, and its phenomenal growth. He also imparts spiritual lessons he's learned along the way. By turns incredible and inspirational, **10 Years Sober** details Lance's transformation and demonstrates the steps each of us can take to reclaim our hope.

Sobriety Journal Amy Newton,2020-07-20

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

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.

Managing Your Recovery from Addiction David F O'Connell,Bruce Carruth,Deborah

Bevvino,2012-12-06 Learn how to get sober—and stay that way Getting and staying sober provides a special set of challenges for professional people—physicians, lawyers, corporate CEOs, accountants, and others—who drive themselves to achieve and succeed in high-pressure surroundings. Managing Your Recovery from Addiction applies business approaches and ideas to the process of planning, implementing, and carrying out programs that really work for professionals in their first year of recovery. This unique self-help book provides guidance to impaired executives and professionals seeking recovery through inpatient and outpatient care, setting strategies for managing conflict, dealing with changing emotions and moods, and developing a solid spiritual program. Managing Your Recovery from Addiction helps professionals develop both short- and long-term programs for dealing with the challenges of maintaining sobriety. The book is based on the authors' extensive experience treating impaired business personnel in a variety of settings, including the Caron Treatment Centers and Lifeworks of London, England, an internationally recognized addictions treatment center. Their rational, scientific approach complements ongoing counseling and other treatment approaches to help

keep the professional's career on track, saving the recovering individual—and his or her employer—significant time and money due to lower productivity, arrested organizational development, absenteeism, and other problems associated with professional level addiction. Topics examined in *Managing Your Recovery from Addiction* include: a unique view of the 12 Steps for business personnel the dynamics of managerial addiction essential information to prevent relapse to active addiction coping with relapse basic tasks and fundamental recovery steps setting and tracking recovery goals recovery stages 10 tasks to recovery conflict management strategies spiritual development addictions treatment and much more! *Managing Your Recovery from Addiction* concludes with the O'Connell Dysfunctional Attitude Survey (ODAS). This book is vital for recovering executives and professionals and is an important resource for addictions and mental health treatment agencies that serve a professional population. It's equally helpful for employee assistance program (EAP) personnel who regularly refer professionals for addictions treatment.

Drink Up! Kathleen S.,2010-11-24 *A Recovery Road Less Traveled* Kathleen S. had tried just

about everything to quit drinking. Nothing worked. A binge drinker who felt she was already living on borrowed time (two of her brothers died of addiction-related causes in their 40s), her life and health were rapidly breaking down. Then one day she heard a radio advertisement for a treatment program that promised to take away her cravings. Much of the addiction treatment in the U.S. is based on AA attendance and working a twelve-step program. Physicians, the court system, insurance companies, and members themselves often look at AA as the only legitimate mode of recovery from substance abuse. This book describes another program. This book says it all. Staying sober has been a piece of cake for me since Schick Shadel. Chet Ten years ago I, too, walked the hallways of Schick Shadel Hospital. I share Kathys thankfulness for a life without alcohol and cravings, and for the loving care we received from the staff when we were patients. I validated my complete trust in the success of Schick Shadels treatment when I became the majority owner of the Hospital almost ten years ago. Kathy validated hers with the writing of this insightful and motivational book. Jim Graham I am glad that one of our patients, Kathleen S, wrote a book about the treatment from the patients perspective. This book

is written factually, with warmth and humor. I hope it will encourage others to give up their addiction and regain their lives again. James W. Smith, M.D., Chief of Staff, Schick Shadel Hospital

Ten Twenty Ten Stephen Polando, 2020-10-26 In this raw and compelling autobiography, Stephen Polando details the seven-year climb of the iconic Arizona clothing brand State Forty Eight from 100 T-shirts sold out of a home to a multi-million-dollar enterprise. But before that could occur, his two future partners, younger brother Nicholas and childhood friend Mike Spangenberg, had to help lift Polando from the dark abyss of alcoholism. *Ten Twenty Ten: Sobriety and State Forty Eight* is Polando's accounting of the sorrow of personal losses and his slow dive into depression in his early 20s, leading to addiction, a DUI, desperation and jail. He spares no detail in describing the lengths he would go to feed his dependency and to hide his alcoholism from his family and himself. The title refers to the date he found sobriety - the book was published on his 10th sober anniversary - which ultimately led to the three young men combining their talents to create eye-catching T-shirts symbolizing Arizona pride. This story details the company's meteoric rise that brought together State Forty Eight's tens of

thousands of friends and followers and some of Arizona's most prominent companies, sports teams and charities to truly make a difference in the community. It concludes with Polando's decision to move on from the business to use his platform to educate people struggling with addiction, to spread humor and positivity, and to make the most of the time each of us has on the planet.

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.

Being Sober Harry Haroutunian, 2013-08-27 Featured on The Dr. Oz Show in Special Addiction Episode with Steven Tyler The disease of addiction affects 1 out of 10 people in the United States, and is a devastating—often, fatal—illness. Now, from the physician director of the renowned Betty Ford Center, comes a step-by-step plan with a realistic one-day-at-a-time approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free of dependency, *Being Sober* walks readers through the many phases of addiction and recovery without judgment or the overly cultish language of traditional 12-step plans. It also addresses the latest face of this disease: the highly functioning addict, or someone who is still able to achieve personal and professional success even as they battle a drug or alcohol problem. Dr. Haroutunian tackles this

provocative issue head-on, offering new insight into why you don't have to bottom out to get help. Dr. Haroutunian is himself a recovering alcoholic and knows firsthand the challenges of sobriety. His background and expertise in the field of alcohol and drug treatment give him a powerful edge and perspective that is unparalleled in his field. With a foreword written by Steven Tyler, Being Sober uses clear, straightforward language and offers a proven path toward an emotional sobriety and a rewarding new life based on gratitude, dignity, and self-respect.

10 Years Sober Sofia Soson,2019-07-28 10 Years Sober - Stylish Black and White Marble Cover
Fun gift to celebrate going 10 years without alcohol. To find more 10th year sober designs, feel free to search for Sofia Soson 10 (other numbers also available). Thank you! Features Size - 6 x 9 (15cm x 23cm) 100 Pages / 50 Sheets College Ruled / Lined Paper Matte Laminated Cover Designer Cover

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.

Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953 Twelve Steps to recovery.

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Sober Info 10**

In a world inundated with screens and the cacophony of instantaneous conversation, the profound power and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, located within the lyrical pages of **Sober Info 10**, a captivating function of literary brilliance that impulses with fresh emotions, lies an memorable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that interesting opus guides visitors on a psychological odyssey, lightly revealing the latent possible and profound influence stuck within the complex web of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect its interesting publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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