

Sober Up

John Sutherland

Will America Sober Up? Allan Luks, 1983

Sober Up! a Collection of Featured Posts from SoberAlley. com A. McCormick, 2018-07-07 From the first sip of vodka I took in my college dorm at age 17, I've struggled with alcohol. As I write this, I'm a 35-year-old wife and mother and I've been sober for five months. That's right. I struggled with alcohol for seventeen years. Throughout those years, some times were better than others. I'd go through tough phases where I couldn't get it right for months at a time. During other extended periods I'd moderate successfully and think I was fixed. I had no issues whatsoever abstaining through my pregnancy and for the first several months after my son was born. But no matter what it would always end the same - with embarrassment, regret and too many things to apologize for. At the time I quit, I had been moderating successfully for quite some time. I quit on an upswing, really. It wasn't some dramatic moment shrouded in turmoil that made me let it all go. It was one glass of wine. My husband had taken our son to visit his mother one evening, and I curled up with a good book and a glass of wine for a little me time. Once that glass was over, my head began to hurt, I became fatigued for no reason and my mind began to flip. If I finish that bottle, will it be enough? Should I grab more? Nobody will know. At that moment I realized I was so tired and ready to do something different. So, I vowed to go dry for the next 100 days and evaluate my position once complete. The rest is history. I made so many sweeping changes during that first 100 days and I loved the results so much that I chose to make a temporary decision a permanent one. And there aren't words to describe how much more incredibly vibrant life has become. In this manuscript, I'll share results of my first 100 days sober, show you how to tell if your drinking is out of control, and conclude with the exact life changes I made to quit drinking without AA, rehab or counseling.

Thanks so much for reading. I hope you enjoy the material within and feel supported and informed along your path to alcohol sobriety or moderation. For more, check out my website and subscribe to my newsletter at SoberAlley.com.

Don't Drink Like My Sister Nicole Cox Murray, Tammie Cox, 2022-01-04 Have you ever thought that you had an itch that only alcohol could scratch? The Sober Sisters have a suggestion. Just be itchy, b*tch. As we say in the hilariously raw, honest, and groundbreaking book (think bite-sized social media-type posts), *Don't Drink Like My Sister*, we'll addict the sh*t out of anything. If you're looking to Woman Up, Level Up, and Sober Up in a completely innovative way, open this book. We're positive you won't regret it. Get to know the real-life OG Sober Sisters through their ups and downs from drinking as tweens in Maryland to navigating "Mommy Wine Culture" as forty-something single moms in both California and North Carolina. Sometimes we don't hide the cracks in our double lives as well as we think. Especially in a blackout. Hang on tight for the ride of your life. And always remember...keep it simple today. Tammie and Nicole

Sober Up Brittany Melinda, 2018-09-21 Is your addiction taking control of your life? Sober Up is a self-help platform to help you finally overcome drug and alcohol addiction, once and for all. This Relapse Prevention Workbook is designed for people in recovery from alcohol or other drug addiction who have a history of relapse, or fear they might relapse. Many people who struggle with compulsive behaviors want to stop using, but they are continually overcome by their cravings. Sober Up is a framework that helps them clarify their vision of recovery and prevent relapse long term so that they can start living the life they've always wanted. If you struggle with addiction, Sober Up is a powerful relapse prevention workbook that leads to eventual successful recovery. Whether you are just starting out or well advanced in your recovery, this addiction recovery workbook will help your

rewire your brain and change your thinking patterns, eventually influencing you to overcome your addictions. This is a very personal evidence-based workbook using cognitive behavioral therapy (CBT), self-motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to recovery from any compulsive behaviors, you need as many tools as possible to help you stay sober and prevent relapse long term. These CBT and mindfulness-based type strategies are strategically positioned to help you create and walk your own unique recovery path. The book can be used on its own or concurrently with rehab, addiction counseling, therapy or recovery coaching. It also makes a strategic sobriety gift and recovery resource for loved ones in recovery and professionals treating addiction. Sober Up is a workbook that helps men and women in recovery to get clear about their vision of recovery and prevent relapse long term so that they can start living the life they've always wanted. If you're ready to make long term to permanent changes toward your recovery, Sober Up can help you beat your addiction and get back to living a full, meaningful life.

Sober Up and Thrive Charles Holland, 2023-11-05 Are you a young person who is battling alcoholism? Do you think there's no chance of rehabilitation and that you're all alone? It's not you. Although millions of young people suffer from alcohol addiction, assistance is accessible. My book Sober Up and Thrive offers young people a thorough roadmap to alcohol addiction treatment. Everything from the fundamentals of addiction to particular coping mechanisms for cravings and triggers is covered. I've also included first-hand accounts from other youths who have overcome alcohol addiction. A few issues that young individuals with alcohol addiction deal with include: - Academic issues: Absenteeism, failing grades, and dropping out of school may all result from alcohol addiction. - Health issues: Alcohol abuse may harm the heart, brain, liver, and other organs.

Additionally, it may result in mental health issues including anxiety and despair. - Relationship issues: Alcoholism may cause strained relationships with friends and family. Domestic violence and other types of abuse may also result from it. - Legal issues: Drinking too much alcohol may result in DUIs, public drunkenness, and other legal issues. You may overcome each of these obstacles and make a long-lasting recovery with the aid of my book. You will learn how to: Comprehend the science behind addiction; Recognise and control your triggers; Manage alcohol cravings and impulses; Establish a support system; Foster positive coping mechanisms; Reestablish your life after addiction Sober Up and Thrive is unique in that it was created with youth in mind. I am aware of the particular difficulties that young people have while attempting to sober up. That's why my book is jam-packed with useful tips and engaging anecdotes. Don't put off beginning your journey to recovery for another day. Purchasing a copy of Sober Up and Thrive is the first step towards living a sober life.

Don't Drink Like My Sister Nicole Cox Murray, Tammie Cox, 2022-01-04 Have you ever thought that you had an itch that only alcohol could scratch? The Sober Sisters have a suggestion. Just be itchy, b*tch. As we say in the hilariously raw, honest, and groundbreaking book (think bite-sized social media-type posts), Don't Drink Like My Sister, we'll addict the sh*t out of anything. If you're looking to Woman Up, Level Up, and Sober Up in a completely innovative way, open this book. We're positive you won't regret it. Get to know the real-life OG Sober Sisters through their ups and downs from drinking as tweens in Maryland to navigating Mommy Wine Culture as forty-something single moms in both California and North Carolina. Sometimes we don't hide the cracks in our double lives as well as we think. Especially in a blackout. Hang on tight for the ride of your life. And always remember...keep it simple today. Tammie and Nicole

Sober Mercies Heather Harpham Kopp, 2014-05-06 Where do you turn for hope when you already have the answer--but the answer isn't working? As a long-time Christian, Heather Kopp never expected to become an out-of-control alcoholic who kept private stashes of booze all over the place--tucked behind books in her study, zipped into a special compartment in her oversized purse, at the back of her closet stuffed inside her boots. Even as her career and marriage teetered on the brink, Kopp couldn't get a grip, desperately hiding the true extent of her drinking from the rest of the world--her husband included. During the day she wrote books about God and prayer and family. At night she'd locked herself in her bathroom to guzzle chardonnay. For her, as for many Christians who struggle with addiction, overwhelming shame and confusion only made things worse. Why wasn't her faith enough to save her? Why didn't repentance, Bible reading and prayer work? Where was God? Meanwhile, as she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. She feared for his life, yet she couldn't stop drinking long enough to help him--or find a way out for herself. Until the day everything changed. Engaging, funny and bracingly honest, Kopp shares her remarkable journey into darkness...and back to the light again. Her story reveals the unique challenges and spiritual conundrums Christians face when they become ensnared in an addiction, and the redemption that's possible when we finally reach the end of ourselves. If you love Jesus but shop too much, drink too much, eat too much, crush on men who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, SOBER MERCIES is for you. As you follow Kopp's sincere, stumbling journey toward freedom and a deeply satisfying relationship with God, you'll find renewed hope--and practical steps of recovery--for your own journey.

A Bar on Every Corner Jack Erdmann, Larry Kearney, 2001 A Bar On Every Corner Hardcover

Sober Mercies Heather Harpham Kopp, 2013-05-07 Where do you turn for hope when you

already have the answer--but the answer isn't working? As a long-time Christian, Heather Kopp never expected to become an out-of-control alcoholic who kept private stashes of booze all over the place--tucked behind books in her study, zipped into a special compartment in her oversized purse, at the back of her closet stuffed inside her boots. Even as her career and marriage teetered on the brink, Kopp couldn't get a grip, desperately hiding the true extent of her drinking from the rest of the world--her husband included. During the day she wrote books about God and prayer and family. At night she'd locked herself in her bathroom to guzzle chardonnay. For her, as for many Christians who struggle with addiction, overwhelming shame and confusion only made things worse. Why wasn't her faith enough to save her? Why didn't repentance, Bible reading and prayer work? Where was God? Meanwhile, as she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. She feared for his life, yet she couldn't stop drinking long enough to help him--or find a way out for herself. Until the day everything changed. Engaging, funny and bracingly honest, Kopp shares her remarkable journey into darkness...and back to the light again. Her story reveals the unique challenges and spiritual conundrums Christians face when they become ensnared in an addiction, and the redemption that's possible when we finally reach the end of ourselves. If you love Jesus but shop too much, drink too much, eat too much, crush on men who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, SOBER MERCIES is for you. As you follow Kopp's sincere, stumbling journey toward freedom and a deeply satisfying relationship with God, you'll find renewed hope--and practical steps of recovery--for your own journey.

Up All Day Rebecca Weller, 2019-09-06 From the author of the bestselling sobriety memoir, *A Happier Hour*, comes a memoir about the beauty and power of creativity... What does it take to live without alcohol long-term? Ask anyone who's long-term sober and they'll likely tell you that having

some sort of goal, dream, purpose, or passion in life has been pivotal to their success. Rebecca Weller was no different. She once talked about a lot of things she ‘intended to do’, when she was drinking. Big, bold plans written on the backs of napkins, shared with friends over their tenth round, and drunkenly scrawled into her journal late at night. Plans that magically evaporated like stardust in the morning light. On the verge of celebrating two years of sobriety, and as determined as ever to ‘reach her full potential’, she thinks she’s got it all figured out. But when she’s offered a place in a book course and a chance at becoming a Real Writer, will she dare to confront her secret lifelong dream? She’s about to discover that her hard-won sober status will only take her so far. What comes next is up to her. Up All Day is an uplifting true story about overcoming our limiting beliefs and embracing our dreams – especially when they appear in a form we didn’t expect. It’s about being brave, and doing hard things (even if you might fail), because of how they change you.

Glass Half Full Lucy Rocca, 2014-01-23 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.

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.

Last Drink to LA John Sutherland, 2015-01-01 Thirty-one years ago John Sutherland nearly lost everything to drink. It was time to sober up. Or die. Last Drink To LA is part reportage, part confession - not a temperance tale (told to terrify, inform and instruct), not what AA calls a drunkalog, but a moving and thought-provoking meditation - some thinking about drinking.

Get Up Bucky Sinister, 2008-10-01 A (former) skeptic works the 12-step program. “An incredibly funny and interesting guide on how to successfully unpack one’s mind when it’s overpacked.”—Amber Tamblyn, Emmy- and Golden Globe-nominated actress This smart and snide book is a testament to the effectiveness of the 12-Step Program, a path to recovery that Bucky Sinister never expected to go down (and work). As a poet, author, and comedian, Sinister doesn’t hold back from speaking the truth in this book. He speaks bluntly about addiction and his own

struggles with it. Sinister appeals to those who are turned off by the usual recovery self-helps. He talks straight to readers who struggle to buy into the effectiveness of the 12-Step Program—particularly those like Sinister, an atheist, who have problems with the “higher power” concept intertwined with the program. Get Up presents itself as self-help, but don’t expect it to have the same tone as others you’ve read. The book is full of Sinister’s comedic touch, colorful language, and stories from “scumbags” that contain life-saving wisdom. An unabashed testimony to Sinister’s personal journey to sobriety and those of others, this recovery book is sure to educate, entertain, and inspire. Readers of books such as *The Unexpected Joy of Being Sober*; *Recovery: Freedom from Our Addictions*; and *Staying Sober Without God* will find further guidance and inspiration in *Get Up*, which should be the next book for you. “Step 13: Read *Get Up*, do what Bucky says, and find your inner A-Team character. And if you’re a ‘normie,’ buy this book for your friend who thinks they are too cool to get sober.”—Jen Kirkman, stand-up comedian, actor, and writer

Spirited Adrienne Stillman, 2020 *Spirited* is a global celebration of cocktails: iconic classics, cutting-edge concoctions, and lesser-known regional favorites. It spotlights recipes for drinks from 60 countries over 500 years, each with details of the era, locale, bar, or person who inspired or created it. With its contemporary design, photographs, infographics, and essays about cocktail culture, this is the most important book of cocktails researched and collected for the home drink maker. From flips and sours to tiki drinks and punches, *Spirited* is authoritative and accessible, and perfectly distills the cocktail's distinctive essence.

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 both 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.

Being Sober Grandma Kickass, 2014-11-26 GET IMMEDIATE ACCESS TO 50 THINGS TO DO INSTEAD OF GETTING F'D UP! Let's face it! One of the worst feelings is being bored. One of the main reasons people use drugs or alcohol is BECAUSE THEY'RE BORED! Boredom can lead to feelings of sadness, depression, loneliness and then you find another pill or bottle of alcohol in your hand! Naturally you want to experience something exciting and new. This book will open your eyes to a wide range of THINGS TO DO INSTEAD OF GETTING F***ED UP! DISCOVER:- Ways To Feel Useful And Productive- How To Get Unstuck From HAVING To Get Drunk, Stoned, Or F***ED Up- A S**t-load Of Fun, Creative Things To Do To Entertain Your Mind & Fill Your Time- And Much, Much More! You will NEVER be bored again! Hold on! Your emotions are about to go on a roller-coaster

ride because Grandma Kickass Is Revvin' Up The Engine To Blast Off Into Full Gear!!Have fun and enjoy the ride!

Being Sober Grandma Kickass,2020-05-25 Do you want to discover 50 fun things you can do instead of drinking or doing drugs? Inside this awesome book, Shelley (who goes by Grandma Kickass) talks about 50 awesome things she's done to keep her sober. And she's been sober for 22 years now. Inside this book, you'll discover: Ways To Feel Useful And Productive How To Get Unstuck From HAVING To Get Drunk, Stoned, Or F***ED Up A S**t-load Of Fun, Creative Things To Do To Entertain Your Mind & Fill Your Time And Much, Much More! If you want to get your life back on track, then this guide is for you. The author, Grandma Kickass has dedicated her life to helping people get sober, and stay sober. She is a recovering alcoholic, and sober for 22 years. She spends her free time volunteering at homeless shelters and AA, to help people reach sobriety. What Readers are Saying: I love the ideas enumerated in this book! Truly, there are many productive things you can do instead of spending time getting wasted. Most of the suggestions here may seem funny, but they work, and better than just simply hanging out. Rather than regretting things you have done while bored, it would be better to get ideas from this book that will enable you to maximize your time. I will give this book to my teenage nephews and nieces.

Alcohol Free Straight-Up With a Twist J. W. Collier,2021-05-04 When J.W. Collier decided to go alcohol-free, he had no idea the journey on which he was about to embark. What began as a way to keep himself accountable, became more of a mantra for his life and the lives of those following him on his journey. Through his blog writing, J.W. not only maintained his sobriety, but he also found his truest self. Early on, it became increasingly evident to J.W. many people were not experiencing the same recovery he had. What he found to be rather easy, others found to be excruciatingly

difficult. The universal disparity in sober experiences has motivated J.W. to dig deeper into the world of sobriety in an effort to first, understand and then try to articulate how sobriety can be easier for everyone. J.W. takes you along on a day-to-day journey of the first 101 days of his sober journey. Each entry delves into the inner workings of the addict's mind in recovery. You will witness the days, J.W. experienced a heightened level of awareness about his growth. On other days, however, you will join him as he discovers the difficulties associated with re-learning himself. Finally, you will also observe how his growth brings about unanswered questions which he attempts to answer through experience, research, and connections in the sober community. All along J.W.'s journey, he communicates with the reader as though they are right there with him, supporting him along the way. In a period where alcoholism is on the rise, J.W. offers a perspective easily accessible to anyone even remotely interested in making a shift toward living alcohol-free. Whether a person is fed up with the negative effects of alcohol or simply sober curious, *Alcohol-Free, Straight up with a Twist* is a realistic portrayal of how sobriety can be for everyone. J.W. asks us to accept the possibility that recovery does not have to be as difficult as we are often told. It can, in fact, be quite easy if we are open to the possibility.

Freedom: Sally Gets Sober and Starts to Grow Up Alexander T. Polgar, 2019-12-18 This second book, of four, in a trilogy about substance abuse tells the story, in the voice of addicted addict Sally, of the challenging journey to getting and staying abstinent from all intoxicants. The message is, that the journey is not easy and that there are several land mines along the way. The first purpose of this tale, therefore, is to warn people like Sally, and those who care about them, of the dangers, and then prepare them to manage successfully this difficult, but extremely rewarding process. The second purpose is to convey that the potential with which Sally, indeed each of us, is born, can only be

activated when specific environmental conditions are present, including but certainly not limited to, getting, and staying, sober.

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Sober Up** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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Sober Up Introduction

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