

Am I Sober Free

Ruby Warrington

Free Beer Tomorrow Heidi Heath Garwood, 2016-09-29 THE SECRET TO MY SOBRIETY The secret to my sobriety is that my sobriety is not a secret. Addiction is shrouded in secrecy, lies and darkness. Separation from God. Sobriety is staying in the light of the truth. My prayer is that this book provides hope and inspiration for you if you are seeking to break the bonds of addiction and become the person God meant you to be. If this book can touch one heart, help save one soul, and lead someone back to the path where they will find God then it has served its purpose. You are important. Life is now. Step into the sunlight. Ask God for help this moment. I did and I am forever grateful for His Grace.

The Sober Survival Guide Simon Chapple, 2019-09-28 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 boozy

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.

A New Pair of Glasses Chuck C., 1984

Polluted! My Sober Journey Dirk Foster, 2020-03-19 Have you ever asked yourself if you drink too much or too often? Millions of people around the world question the amount and frequency of their drinking and the effect it has on their happiness and health. **Polluted! My Sober Journey** is a first-hand account of one man's path from the destruction and despair of an alcohol-fueled life to the freedom, joy, and purpose he found in sobriety. For many people, sobriety is a mysterious and scary concept. How do I get sober? What is it like to live sober? Will I ever have fun if I stop drinking? This book will demystify and clarify what it's like for people who are curious about sobriety and want to live free from

the guilt, shame, and regret that often accompany alcohol (and drug) abuse. *Polluted! My Sober Journey* provides many of the answers you might have about living free from alcohol and finding the joy and peace you deserve. With honesty, clarity, and humor, Dirk Foster shares his own journey from an addiction that nearly killed him to a life filled with love, beauty, and success. *Polluted! My Sober Journey* offers a fresh approach to understanding sobriety that will open your eyes to a new way of living.

This Naked Mind Annie Grace,2018-01-02 *This Naked Mind* has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. *This Naked Mind* offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to

the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

The Sober Lush Amanda Eyre Ward, Jardine

Libaire, 2020-06-02 A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping rosé all day is seen as the epitome of relaxation, grabbing a drink the only way to network; and meeting at a bar the quintessential first date, many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and

Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as:

- The allure of the Vanish, in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars
- The art of creating zero-proof cocktails for all seasons
- Having a fantastic first date while completely sober
- A primer on setting up your own backyard beehive, and honey tastings

For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

You've Quit Drinking... How to Stay Sober, Happy and Alcohol-Free! Lily Grace, 2020-09-22 I'D GIVEN UP DRINKING BUT WAS

STILL TORTURED BY THE URGE TO HAVE 'JUST ONE'... THEN I FOUND A WAY FORWARD. Your problems don't disappear the moment you give up drinking. You can't quit alcohol and expect your whole life to fall in to place. If you have a fever, the doctor will give you something to treat it. BUT they also need to discover WHY you have the fever... what caused it? You may have ditched the booze, but you need to figure out what got you into this mess. If you don't, you're in danger of ending up right back where you started... or worse. Following on from Book 1 'YOU CAN QUIT DRINKING...AND ENJOY A HAPPY, ALCOHOL-FREE LIFE!' Book 2 will guide you through those difficult first few months when you're no longer physically addicted, but your urge to drink is still strong. Anyone who tells you it's easy to give up drinking has never been an addict. If you have a drink problem, it'll be the hardest thing you ever do. The initial withdrawal symptoms are bad enough. Once you've battled through those you realise that your entire life - both work and personal - was built around alcohol. How do you fill that void without letting booze creep back in? What happens now you can't drink to forget? How do you socialise or deal with stress? I've been in that dark hole and done the thinking for you. In this book I'll share... how to create healthy ways to deal with cravings,

anxiety and stress tips on how to get through your first sober night out how to spot depression and what to do when it strikes. techniques to mend relationships you've destroyed through drinking You'll also discover... What the heck is 'mindset' and why it's so important How a healthy body can lead to a healthy mind What to do when friends want the 'old you' back That you really can teach an old dog new tricks! Each stage of your recovery has unique challenges. Isn't a life free from alcohol's grip worth fighting for? The great news is that once you come out the other side, YOU get to decide the life you want going forwards. BUY 'YOU'VE QUIT DRINKING... HOW TO STAY SOBER, HAPPY AND ALCOHOL-FREE!' NOW and begin the next part of your recovery!

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

Soberful Veronica Valli,2022-01-25 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.

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.

The Easy Way for Women to Stop Drinking Allen

Carr, 2016-02-12 READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is a global phenomenon. It has helped millions of smokers from all over the world. In *The Easy Way for Women to Stop Drinking*, Allen Carr's Easyway method has been applied to problem drinking for women, acknowledging that women who want to stop drinking face particular difficulties—and tailored to their needs. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, Allen Carr shows you how to escape from the alcohol trap. This book comes with several assurances: You won't feel like you're being talked down to; there are no scare tactics or gimmicks; you won't feel deprived; and you won't miss drinking. What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

Young, Sober & Free Shelly Marshall, 1978 Shelly Marshall and her young collaborators relate the personal experiences of those who have lived through addiction. By sharing experiences, strengths, and hopes, those youths who will suffer from the addiction to alcohol and related drugs may begin to find a way to sobriety and freedom.--Provided by publisher

30 New Days Alcohol-Free Fay Kortleven, 2020-08-25 Many busy women wonder if they are drinking too much. This 30-day guided alcohol detox helps you examine your drinking habits and shows you how to ensure your drinking isn't getting out of control. *30 New Days Alcohol-Free - For Sober Curious Drinkers* is your guide to finding out where alcohol fits into your life. It is for those sober curious drinkers who wonder if they are drinking too much. If your drinking is worrying you, order your copy today and start your guided detox with confidence. Who is this book for? *30 New Days Alcohol-Free* is for the mother who longs for wine o'clock but worries about her health. It is for the newly divorced woman who wonders if sinking into a bottle of wine at night is keeping her stuck. It is for the woman who wonders if she is being held back by her need for a drink when things get tough. It is for the woman who wants to know where alcohol fits into her life. And it is for

those who secretly worry they are drinking too much, but fear they cannot cope without a drink or three. I know how it goes when we decide to make a change; we start, we stop, we change our minds, and so the cycle goes. *30 New Days Alcohol-Free for Sober Curious Drinkers* is here to help you reach the goal of being alcohol-free for a month. This book will not make you feel bad, and it will not pile on the guilt if you have a slip-up over the next 30 days. It is about supporting your journey and exploration of not drinking. If you want to stop halfway, take a break from the detox and then restart, you can. A few twists in the road are normal when you are changing your life. *30 New Days Alcohol-Free* will remind you each day that you are stronger than you think, wiser than you believe and more amazing than you can fathom. □ So how does it work? Each day offers new ways of examining your relationship with alcohol. You will be guided and supported through any doubts or cravings towards achieving your goal. Included are daily writing prompts where you explore what makes you want to drink. Learn more about yourself and your relationship with alcohol so you can gain back control. Each day also includes spaces to write, reflect, and record your journey. There is a helpful detox timeline to help you understand what your body is going through during the 30

days, and the resource section contains useful guides for coping with sleeplessness, cravings and slip-ups during the detox. 30 New Days Alcohol-Free for Sober Curious Drinkers promises to give you the motivation to reach 30-days alcohol-free easily. It provides your daily gentle shove in the right direction towards that goal. Don't delay on something so important. Order your copy today and begin your guided alcohol detox with confidence.

The Sober Girl Society Handbook Millie Gooch, 2021-01-14

UPDATED WITH A BRAND NEW CHAPTER ON SOBER

CURIOSITY *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. Offering tips and advice on staying sober and curious in a world obsessed with booze, this handbook will change your life for ever, by showing you not only why you should drink less, but how. Millie shares essential information to empower you

to transform your relationship with alcohol so that you can lead your most fulfilling life. Whether you're sober curious or determined to make a more permanent change, it's time to join the Sober Girl Society! 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.'

How to Quit Alcohol in 50 Days Simon Chapple, 2020-12-24

'AN INSPIRATIONAL MANIFESTO' - Annie Grace 'SIMON IS FABULOUS - YOU HAVE NOTHING TO LOSE AND

EVERYTHING TO GAIN!' - Clare Pooley Do you feel trapped by alcohol? Do you find yourself thinking about drinking too often? Do you put alcohol ahead of the most important things in your life? If so - here's some good news. You can quit drinking, and it's not as difficult as you think. Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In *How to Quit Drinking in 50 Days* he'll give

you a structured way to find complete freedom from alcohol - for now, or forever. This 50-day journey to freedom is split into two parts. Days 1-25 will ask you to take an honest look at the impact alcohol has had on your life, to examine the reasons for your drinking, and will arm you with the best strategy for quitting alcohol successfully. Days 26-50 will ask you to make the commitment to taking a break from alcohol - taking each step with one chapter a day, and answering the questions that come up. There are strategies for dealing with challenges and setbacks, and a wealth of resources for finding support and inspiration. Above all, there is a genuine passion for the sober adventure, and the huge rewards of an alcohol-free life - a life of freedom that's waiting for you.

Includes free downloadable workbook and journal Download the workbook from the John Murray Learning Library website, or the free John Murray Learning app. PREORDERED? VISIT SIMON'S 'BE SOBER' WEBSITE TO CLAIM YOUR PLACE ON AN EXCLUSIVE WORKSHOP

Get Sober – Get Free Veronica Valli, 2015-10-19 Veronica Valli's new book, *Get Sober, Get Free - Your Practical Guide* is the follow up to her hugely successful *Why You Drink and How to Stop*. *Get Sober, Get Free* is for anyone who would like to

understand their drinking and develop strategies to stay alcohol free. It's a practical handbook for achieving sustainable sobriety. Veronica understands there is much more to sobriety than just putting down the drink - first we need to understand why we abused alcohol in the first place. Sobriety is about the freedom to be who you were meant to be. Divided into three sections - Honesty, Reality, Freedom - the book takes you through a series of specifically designed questions that will enable you to understand why you abuse alcohol and help you to create your own plan to stay sober. This practical guide will give you the tools and information you need to finally get sober and get free! Get Sober, Get Free - Your Practical Guide is an essential tool in your sobriety toolbox.

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.

A Sober Year Meredith Bell, 2014-04-21 *A Sober Year: Daily Musings on an Alcohol-Free Life* is designed to provide daily support to those who have embarked on a sober journey. Filled with personal anecdotes, tips, revelations and encouragement, *A Sober Year* is a comforting companion for anyone in recovery.

Radically Sober Rachael May, 2021-12-24 I knew what life looked like with alcohol in the picture. What about life lived sober? What might that look like? These were the questions I found myself asking back in early 2019. I'd just quit my (toxic) career in

teaching, and at thirty years old and chronically single I felt like I was starting from scratch...again. This book is about how I went from a (self-proclaimed) Hot Mess and Love Addict to a fabulous and thriving (most of the time) Radically Sober Babe. It's about how I discovered my integrity, self-respect and self-worth and reclaimed my Power. It's about how I returned to the woman I was always destined to be, the one I'd always been underneath it all. It's about how I chose radical sobriety over hangovers and created a brave, bold alcohol-free life for myself. This is not just about me, though. This is a much bigger story. It's also about how we've all been duped by Big Alcohol (and all the media we've ever consumed) into thinking that we need to drink alcohol to have a successful, happy, fun, connected life. What's more, it's a self-care guide for anyone who is thinking about sobriety or already sober and wanting to live their Best Life, free from alcohol. I want you to reclaim your Power and live your Best Life whilst sober. This book is for the grey-area drinker. Also it's for the person who maybe isn't that bothered about alcohol, who drinks to go along with the crowd but secretly wonders if there isn't more to life. This book is for you if you are: -a hot mess -a booze hound -a love addict who always goes for the wrong person and chases toxic one-sided

relationships -a grey area drinker (you haven't had a rock bottom as such but you do have a problematic relationship with alcohol) -a party animal who is wondering if there's more to life than this -a blackout artist -used to self-sabotaging - you have the best of intentions but always seem to end up flat on your face back at square one and if: -you've tried sobriety in the past but you felt deprived, bored and isolated -you want to be sober - but you're unsure, can you really live a fun abundant life whilst alcohol-free? - you suspect quitting the booze would improve your mental health - you think life might just be better without alcohol

Living Sober, Living Free Michelle Smith, 2022-12-27 Living Sober, Living Free is a sobriety journal from the founder of Recovery is the New Black, Michelle Smith. Stop drinking and start living You could be one decision away from more clarity, less anxiety, better health, and stronger relationships! If alcohol isn't adding value to your life, here's your opportunity to try on sobriety and see if it's for you. Living Sober, Living Free makes it simple to stick with your intention and see all the benefits adding up in just a few minutes each day. - More than 150 daily journaling pages help you focus on positive living without drinking - Weekly reflections give you space to examine your relationship with alcohol - Tons of

real-life inspiration will help get you through challenges and move you toward the rewards of alcohol-free living Fill yourself with lasting confidence, resolve, self-love, and strength—not a temporary boost (and often, crash) from alcohol. Living Sober, Living Free will help you make it happen and create a happier, healthier life!

Reviewing **Am I Sober Free**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Am I Sober Free**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Am I Sober Free Introduction

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