

## The Sober Girl Society Handbook An Empowering Guide To Living Hangover Free

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### How to Work Without Losing Your Mind

“ The definitive guide to giving up booze. ” —People Foreword by Lo Bosworth

For many people, drinking a glass of beer or wine after work is a part of everyday life. But did you know taking a break from drinking (even for just a month!) has extreme benefits and can be incredibly life-changing? From losing weight, to saving money, to sleeping better at night, the overall health and mental gains of going dry for a month are endless. Whether you ' re eager to try Dry January or simply want to lessen your quarantine drinking habits in a positive and approachable way, as daunting as it may seem, you too can do it! Understandably, more and more people have been turning to alcohol as a coping mechanism to get through the pandemic, but maybe this is a good time to ask yourself: Are you waking up feeling out of sorts more often than you ' d like to be? Offering friendly support and encouragement and filled with engaging activities to help you prepare – and complete – a full alcohol-free month, *The Dry Challenge* provides an easy step-by-step guide for completing your first Dry January, Sober October, or any other alcohol-free month. You ' ll find plenty of booze-free activities from prompts to checklists to the best mocktail recipes around. From making a plan to sharing the news with friends and family (and what to do when someone tries to sabotage your boozeless journey) to getting back on track if you slip up and have a drink (or two), we got you covered. Trend journalist, on-air host, and lifestyle expert Hilary Sheinbaum has been participating in Dry January for the past four years. What started out as a bet with a friend to see who could go the longest without taking a sip of alcohol during January became a ritual she looked most forward to every year. As friends, family, and readers turned to her for advice on how to start their own dry month journeys, Hilary realized everyone ' s motivations differed greatly. The decision to give up alcohol is deeply personal and making the choice to stop drinking for any length of time can be discouraging given how normalized alcohol culture is in our society. Have you noticed we use every celebratory event as an excuse to get our drink on? But you don ' t have to do it alone! In *The Dry Challenge*, you ' ll find a best friend support system ready to help you tackle the challenges of forgoing alcohol for a month and encourage you every step of the way to the finish line. In *The Dry Challenge*, you ' ll:

- Discover the health, mental, and financial benefits of living a month without booze
- Learn how to

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combat social pressures from our current drinking culture · Find fun non-boozy activities everyone can participate in (including making delicious “zero-proof” drinks and throwing the best nonalcoholic shindigs) Gorgeously packaged and filled with bold colors and graphics, *The Dry Challenge* is the ultimate interactive guide to staying booze free for one month (yes, this includes champagne!). Written with humor, compassion, and insight, this book will help you achieve your goal of completing an alcohol-free month, one less drink at a time.

### The Power of Privilege: How white people can challenge racism

Utterly transporting and stylish, *Material Girl, Mystical World* takes you on an unforgettable journey through modern spirituality—from meditation and tarot to astrology—guided by wise and witty tastemaker Ruby Warrington, founder of *The Numinous*. Inspired by the consciousness-shifting traditions that have moved seekers for generations, *Material Girl, Mystical World* is a fabulous adventure in the “Now Age”—a sophisticated upgrade on cosmic thinking, from healing crystals to doing your dharma, for women who know that a closetful of designer shoes can happily coexist with a deeply meaningful life. Set against the backdrop of Ruby Warrington's own transformative path from her dream job as an influential fashion journalist to creating *The Numinous*, the high-style, high-vibe online magazine about spirituality for modern women, *Material Girl, Mystical World* invites readers on a colorful journey to discover their own path to personal enlightenment in every area of life, from love, sex, and relationships to fashion, beauty, health, and wellness. Combining the wit and charm of a modern-day Carrie Bradshaw with the stylish soul of Elizabeth Gilbert, Warrington shows us that it is within our power, right now, to create a life that is both intentional and fabulous—while also contributing to a major shift in global consciousness. From how to survive and thrive at Burning Man to creating rituals that celebrate the Divine Feminine to exploring the shaman in you, *Material Girl, Mystical World* is an inspiring call to arms for women looking to find their authenticity and voice in business, relationships, and spirit, from Brooklyn to London to Venice, C.A., and Black Rock City and beyond. A writer to watch, Warrington bestows on readers her wry, winning, and ultimately wise take on modern life.

### Nothing Good Can Come from This

THE NUMBER 1 SUNDAY TIMES BESTSELLER AND RICHARD & JUDY BOOK CLUB 2017 PICK A new Sunday Times bestseller from Bryony Gordon, Telegraph columnist and author of the bestselling *The Wrong Knickers*. For readers who enjoyed Matt Haig's *Reasons to Stay Alive* and Ruby Wax's *Sane New World*, *Mad Girl* is a shocking, funny, unpredictable, heart-wrenching, raw and jaw-droppingly truthful celebration of life with mental illness. 'I loved it. A brilliant fast and funny and frank look at something that absolutely needs to be talked about in this way' Matt Haig Bryony Gordon has OCD. It's the snake in her brain that has told her ever since she was a teenager that her world is about to come crashing down: that her family might die if she doesn't repeat a phrase 5 times, or that she might have murdered someone and forgotten about it. It's caused alopecia, bulimia, and drug dependency. And Bryony is sick of it. Keeping silent about her illness has given it a cachet it simply does not deserve, so here she shares her story with trademark wit and dazzling honesty. A hugely successful columnist for the Telegraph, a bestselling author, and a happily married mother of an adorable daughter, Bryony has managed

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to laugh and live well while simultaneously grappling with her illness. Now it's time for her to speak out. Writing with her characteristic warmth and dark humour, Bryony explores her relationship with her OCD and depression as only she can. Mad Girl is a shocking, funny, unpredictable, heart-wrenching, raw and jaw-droppingly truthful celebration of life with mental illness.

### The Working Woman's Handbook

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 Unexpected Joy of Being Sober

The Ladies' Book of Etiquette, And Manual of Politeness: A Complete Handbook for the Use of the by Florence Hartley, first published in 1872, is a rare manuscript, the original residing in one of the great libraries of the world. This book is a reproduction of that original, which has been scanned and cleaned by state-of-the-art publishing tools for better readability and enhanced appreciation. Restoration Editors' mission is to bring long out of print manuscripts back to life. Some smudges, annotations or unclear text may still exist, due to permanent damage to the original work. We believe the literary significance of the text justifies offering this reproduction, allowing a new generation to appreciate it.

### The Sober Girl Society Handbook

A practical support plan to help you take control of your alcohol intake, with tools to track progress, deal with triggers, social stresses, and stay on track for the long term. Fed up with hangovers? Worried about your health or your bank balance? Or just want to feel your best every day of the week? Without preaching or waffling, How to Be a Mindful Drinker will help you to understand your drinking behaviour and plan your self-moderation goals. Drawing on highly successful behaviour-change tools and techniques, How to Be a Mindful Drinker is designed to guide you toward moderate drinking habits, so that you can live the life you want and put alcohol in its place. Alongside expert advice and guidance, action plans, diagrams of strategies, and motivational quotes from real Club Soda members, the book also includes support strategies for social situations that you can carry into the future. Take control and

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discover how to change your drinking for good - not just during Dry January or Sober for October.

### The Freedom Circus

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

### We Are the Luckiest

A book about physical and mental fitness and health from Instagram star Krissy Cela.

### Do This for You

The road to sobriety is hard, and I don't intend to sugar coat any part of it for you. In this book I will take it back to the beginning. My life was that of a hardcore weekend binge drinker, one blackout night after another. I welcome you into my rock bottom moments, my losing all control, and my putting my life back together, piece by piece. Sober as F\*\*\* is a personal memoir of my first two years of sobriety, but it is not only about becoming sober from alcohol. I was forced to face and accept many sobering realities about myself along the way when I put down the bottle. Everything in my life had to be broken down to nothing in order to rebuild it from the ground up. I would have to acknowledge my unhealthy relationships with men, come to terms with depression and anxiety, and to realize that I had been drowning all of my issues and emotions away, one swig of vodka at a time. In the beginning of my sobriety, I looked for support in many places. All of the books and stories I found never fit what mine looked like. So this one is for all the people out there with stories like mine, looking for reassurance that there can be a light at the end of the tunnel. I was so desperate to find that kind of reassurance during my journey, so I hope my story can be that for you. To the millennial weekend binger, to the young woman so desperate to feel love, to the one losing all hope that things can get better This one is for you.

### Blackout

Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way. Mining the expertise of 35 leading researchers, clinicians and

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psychiatrists, she explores the early predictors of addictive behaviour, such as trauma, temperament and impulsivity. Drawing on neuroscience, she explains why other self-destructive behaviours – such as eating disorders, compulsive buying and high-risk sex – are interchangeable with problematic substance use. From her childhood in suburban Slough to her chaotic formative years in the London music scene, we follow her journey to Australia, where she experiences firsthand treatment facilities and AA groups, and reflects whether or not they are meeting the needs of women. *Woman of Substances* is an insightful, rigorous and brutally honest read. In Australia it was nominated for a prestigious Walkley Book Award. 'Employing expert interviews and research, each rich personal episode is contextualised within the under-examined issue of women's substance abuse. Detailed, insightful and told with a feature writer's narrative flair' Bookseller and Publisher. 'Engages readers with storytelling while presenting scientific findings and theories in a way that is accessible to a broad audience' Broadsheet. 'Part monograph, part memoir, part Ginsbergian howl of outrage at a culture in which gender bias is a tenet. It is a work of compellingly articulate anger' The Australian. 'In straightforward, lively prose she relates even her darkest moments without self-pity or aggrandisement, and often with a streak of gallows humour, leading to more laugh-out-loud lines than you might expect' The Saturday Paper. 'We need books like this, and writers like Valentish, to give voice to our frustrations and concerns, to help legitimise and mobilise' Kill Your Darlings. 'Valentish's passion lies in exploring the underlying causes and their effects and, in the most female of ways, offering companionship and reassurance for her readers' The Monthly. 'Doesn't mince her words' Sydney Morning Herald.

### Drink and be Sober

\*Voted an Independent best self-care book for 2021\* Have you ever woken up feeling anxious after a night of drinking? Do you cringe with embarrassment when reminded of your wild antics at girls' night? Are blackouts increasingly becoming a problem? Whichever way you look at it, it's hard to avoid how alcohol really makes some of us feel: terrible. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can, in a way that will change your life forever. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so you can lead your most fulfilling life. It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'

### Stop Drinking Now

Now complete with daily prompts to reflect on each day of a month-long, alcohol-free plan, the author of *This Naked Mind* helps readers challenge their thinking, find clarity, and form new habits. Changing your habits can be hard without the right tools. This is especially true for alcohol because habits are, by definition, subconscious thought processes. Through her methodical research of the latest neuroscience and her own journey, Annie Grace has cracked the code on habit change by addressing

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the specific ways habits form. This unique and unprecedented method has now helped thousands redefine their relationship to drinking painlessly and without misery. In *The Alcohol Experiment*, Annie offers a judgment-free action plan for anyone who's ever wondered what life without alcohol is like. The rules are simple: Abstain from drinking for 30 days and just see how you feel. Annie arms her readers with the science-backed information to address the cultural and emotional conditioning we experience around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings. With a chapter and journal prompt devoted to each day of the experiment, Annie presents wisdom, tested strategies, and thought-provoking information to supplement the plan and support your step-by-step success as you learn what feels good for you. It's your body, your mind, and your choice.

### Mad Girl

'An invaluable guide to surviving professional life. Cate Sevilla is insightful, inventive and so supportive' Viv Groskop 'Entertaining and practical; moving and funny and, most importantly, a helping hand from someone who's been through it' Emma Gannon, Sunday Times bestselling author 'A timely and provocative book that is at once empathetic about the challenges work presents and empowering on how to overcome them' Bruce Daisley, author of *The Joy of Work* Bosses are maddening. Colleagues are profoundly irritating. And balancing family and work is daunting. So how do we balance success with sanity? How do we progress without burning out? Whether you're drowning in a toxic working environment, battling burnout, recovering from redundancy, or just struggling to figure out what you actually want from your career, Cate Sevilla is here to help coach you through the shittiness of your work day, and help you shift your relationship with your career. Having worked at giant corporations like Google (where her days consisted of aggressive bosses, complimentary pastries and lots of tears) and scrappy start-ups like *The Pool* (where she was Editor-in-Chief when it all went pear-shaped), Cate Sevilla has been through a lot of stressful and downright ridiculous work situations so that you don't have to. Drawing from lessons learned in her career and interviews with other women, *How to Work Without Losing Your Mind* is a relatable and reassuring guide to the messy, stressful and sometimes bizarre side of work that everyone experiences but no one talks about. It'll be your tonic after a long, hard working week, where you've ugly cried with your colleagues and are exhausted from endless video calls - and are wondering what the hell to do next.

### Woman of Substances

The highly anticipated memoir of Australian ballerina Mary Li – and the long-awaited sequel to her husband Li Cunxin's bestselling memoir, *Mao's Last Dancer*. Mary's *Last Dance* is a powerful and uplifting memoir about chasing an impossible dream, and sacrificing one's own ambition for the love of a child. It is a moving and unforgettable story of passion, dedication and devotion – and the highly anticipated sequel to one of the world's most beloved books. Mary Li is an international ballet star and a mother like no other. She became a household name when her husband Li Cunxin published his bestselling memoir, *Mao's Last Dancer* – but that book told only half the story. Growing up in a rambunctious family in Rockhampton, Mary discovered an extraordinary early passion for ballet. It saw her move to London at age sixteen,

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to study at the Royal Ballet School and dance at the London Festival Ballet with the likes of Nureyev, and later to Houston Ballet, where as Principal Dancer she fell in love with the acclaimed dancer Li Cunxin. The couple became the darlings of the dance world, and were happier than they could have imagined at the arrival of their firstborn daughter, Sophie. Then right at the height of her international career, Mary seemingly disappeared from view. What could have happened to cause a woman so committed, so talented, to give it all away in a heartbeat? Now, almost twenty years on, we learn what happened next to this inspiring family, and why it is Mary ' s turn to tell a truly remarkable tale. 'Full of love and hope, Mary ' s Last Dance is an honest and profound look into the enchanting life of Mary Li. Facing everything with ambition and drive, Mary writes about her life in beautiful detail, from hardships to hope. The essential companion to Mao ' s Last Dancer, and an outstanding read! ' BETTER READING

### Sober As F\*\*\*

**\*A NEW YORK TIMES BESTSELLER\*** For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, **BLACKOUT** is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. **\*Includes Reading Group Guide\***

### Alcohol Explained 2

An expos é of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA 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,

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despite the discouraging data. 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. The Sober Truth includes true stories from Dr. Dodes ' s thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation ' s most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book 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 Ladies' Book of Etiquette, and Manual of Politeness

A world-renowned authority on the science of alcohol exposes its influence on our health, mood, sleep, emotions, and productivity -- and what we can and should do to moderate our intake. From after-work happy hour to a nightly glass of wine, we're used to thinking of alcohol as a normal part of our daily lives. In *Drink?*, neuropharmacology professor David Nutt takes a fascinating, science-based look at drinking to unpack why we should reconsider our favorite pastime. Using cutting-edge scientific research and years of hands-on experience in the field, Nutt delves into the long- and short-term effects of alcohol. He addresses topics such as hormones, mental health, fertility, and addiction, explaining how alcohol travels through our bodies and brains, what happens at each stage of inebriation, and how it effects us even after it leaves our systems. With accessible, easy-to-understand language, Nutt ensures that readers recognize why alcohol can have such a negative influence on our bodies and our society. In the vein of *This Naked Mind*, *Drink?* isn't preachy; it simply gives readers clear, evidence-based facts to help them make the most informed choices about their consumption.

### Sober Curious

Nina does not have a drinking problem. She likes a drink, sure. But what 17-year-old doesn ' t? Nina ' s mum isn ' t so sure. But she ' s busy with her new husband and five year old Katie. And Nina ' s almost an adult after all. And if Nina sometimes wakes up with little memory of what happened the night before, then her friends are all too happy to fill in the blanks. Nina ' s drunken exploits are the stuff of college legend. But then one dark Sunday morning, even her friends can ' t help piece together Saturday night. All Nina feels is a deep sense of shame, that something very bad has happened to her A dark, funny - sometimes shocking - coming of age novel from one of the UK ' s leading comedians. *NINA IS NOT O.K.* will appeal to fans of Caitlin Moran and Lena Dunham.

### The Alcohol Experiment: Expanded Edition

This is not a typical self help book. This is a book of action. This is a book that is going to light a fire under your ass. In this refreshingly entertaining do it yourself-self help book, life coach, podcaster and inspirational speaker, Jessica Jeboult, will

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show you how to save your own damn life. By upholding the 4 commitments outlined in this book, you will track where your life needs improvement and learn the tools and strategies to successfully implement a solution immediately. Through hilariously inspiring stories, sage advice and simple, user friendly exercises, you will learn how to: -improve your health-override self doubt-live a life you're proud of-cultivate fulfilling relationships-build an endless source of confidence-love your job and career -take action You will get the cheat codes to living a happy, healthy, productive life filled with love. "Anything I can do, you can do too. If you want to take control of your life, let's get to work!"

### The Sober Revolution

This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of *The Choice* shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. Edith Eger's powerful first book *The Choice* told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Oprah Winfrey says, "I will be forever changed by Dr. Eger's story." Thousands of people around the world have written to Eger to tell her how *The Choice* moved them and inspired them to confront their own past and try to heal their pain; and to ask her to write another, more "how-to" book. Now, in *The Gift*, Eger expands on her message of healing and provides a hands-on guide that gently encourages us to change the thoughts and behaviors that may be keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind. She describes the twelve most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. Accompanied by stories from Eger's own life and the lives of her patients each chapter includes thought-provoking questions and takeaways, such as: -Would you like to be married to you? -Are you evolving or revolving? -You can't heal what you can't feel. Filled with empathy, insight, and humor, *The Gift* captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

### The Gift

Want to have an exciting, custom-built career? *The Working Woman's Handbook* can help you create it. It's the ultimate guide to job satisfaction, filled with practical advice on developing and driving a working life you love. Bursting with actionable tips, this book outlines an agenda for making and managing money, setting goals, and establishing success-oriented routines, with worksheets, exercises, and fool-proof "how-to" sections to help chart your course. From the lowdown on launching your own venture to a bullet-point checklist for an essential self-care regime, it will teach you to manage any dilemmas that crop up, and take the stress out of setting a budget. This no-nonsense manual comes packed with author Phoebe Lovatt's personal insights from her own career as a successful freelance journalist, moderator, and founder of *The WW Club*, the leading digital resource and global community for working women worldwide. It also includes words of wisdom from various creatives and industry leaders, such as *Teen Vogue* editor Elaine Welteroth, *WAH Nails* founder Sharmadean Reid, *The Gentlewoman's* Editor-in-Chief Penny Martin, and

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rising fashion designer Sandy Liang. Whether a first-time freelancer, budding businesswoman, or dedicated professional looking to enhance your prospects, The Working Woman's Handbook is a go-to career and lifestyle guide for ambitious young women everywhere.

### Mrs D is Going Without

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

### Drink?

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keeffe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In The Unexpected Joy of Being Sober, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - The Pool 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of This Naked Mind 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.' - Eric Zimmer, host of podcast The One You Feed

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'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - The Bookseller 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - Sasha Tozzi, Huffington Post

### Waking Up Sober

In this upbeat "reset" guide from the author of *Sober Curious*, a leading voice in the new sobriety movement walks through 100 days of discovering the joys of an alcohol-free lifestyle. Ruby Warrington's 2019 book *Sober Curious* was an illuminating conversation starter that asked you to consider, "Would life be better without alcohol?" thus sparking a global wellness trend of "curiosity" on how to gain one's genuine confidence and happiness without the crutch of alcohol. In *The Sober Curious Reset*, Ruby goes a step further by inviting you into a 100-day process of radically rethinking your drinking. Each "day" features observations, exercises, and insights, offering a more profound process of self-discovery than common month-long programs like Dry January or Sober September. Ruby's friendly, honest, and totally non-judgmental tone helps you unmask the deeper "whys" behind your drinking, understand why 100 days is so transformational, and how to create a truly sustainable shift in habits -- and on to living a life with more presence, focus, and overall well-being. *The Sober Curious Reset* is not about preaching total abstinence -- rather, it's about empowering you to make the right drinking choices, whatever this may look like for you. Ruby's 100 days is all about changing your relationship to alcohol to lead a life with more clarity, confidence, and connection.

### The Sober Diaries

A bravely honest and brilliantly comic account of how one mother gave up drinking and started living. This is *Bridget Jones Dries Out*. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it *Mummy Was a Secret Drinker*. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. *Sober Diaries* is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

### Material Girl, Mystical World

Finally, there is a cure for alcoholism. This is the first step. Featuring new and

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updated information and studies, including an introduction by actress Claudia Christian, the second edition of *The Cure for Alcoholism* delivers exactly what millions of alcoholics and families of alcoholics have been hoping for: a painless, dignified, and medically proven cure for their addiction. Backed by 82 clinical trials and research that extends back to 1964, *The Sinclair Method* deploys an opiate-blocking medication in a very specific way--in combination with ongoing drinking--to extinguish the addictive "software" in the brain. The de-addiction process rolls back the addictive mechanism in the brain to its original pre-addicted state--before the first drink was consumed, making this program an actual cure for alcoholism. Drs. Roy Eskapa and David Sinclair of *The Sinclair Method* have put together a sound scientific book that proves that with this particular method, alcoholism can be cured in more than 78 percent of patients. What's more, the treatment avoids the dangerous withdrawal symptoms, allowing patients to detox gradually and safely while they are still drinking. This removes the need for expensive and unpleasant inpatient rehabilitation programs. Actual drinking levels and cravings automatically decrease until control over alcohol is restored. The bottom line is that patients can control their drinking or stop altogether with the simple yet powerful process outlined in *The Cure for Alcoholism*. Including a new introduction by actress Claudia Christian about *The Sinclair Method*'s impact on her life, updated trial information, and a letter explaining the treatment that can be given to doctors by patients, *The Cure for Alcoholism* is a revolutionary book for anyone who wants to gain control over drinking.

### Alcoholics Anonymous

'I'm the binge-drinking health reporter. During the week, I write about Australia's booze-soaked culture. At the weekends, I write myself off.' Booze had dominated Jill Stark's social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world awash with booze? This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is 'a year with no mates'. In re-examining her habits, Jill also explores Australia's love affair with alcohol, meeting alcopop-swilling teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from the six o'clock swill that encouraged bingeing to the tangled weave of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

### Nina is Not OK

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.

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

### Mary's Last Dance

"Nothing Good Can Come from This is a book about generative discomfort, surprising sources of beauty, and the odd, often hilarious, business of being human." —Leslie Jamison, author of *The Empathy Exams* and *The Recovering* Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. *Nothing Good Can Come from This* is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When Kristi stopped drinking, she started noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, *Nothing Good Can Come from This* introduces a fierce new voice to fans of Sloane Crosley, David Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an escape hatch.

### High Sobriety

The death of George Floyd and subsequent Black Lives Matter protests have made clear to everyone the vicious reality of racism that persists today.

### Get Your Loved One Sober

Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! Quitting drinking, whether for a month or for life, is enormously satisfying, but also fiendishly difficult. -There's the getting started ('But I have that party next week!') -There's the feeling clenched and socially anxious. -Throw in a sizeable amount of social pressure and suspicious questions ('So, do you have a drinking problem?') -Finally, chuck in the hundreds of pro-drinking

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messages we see every day; films where a round of shots always comes with a whoop; fridge magnets that say 'I don't trust people who don't drink'; pub clapboards announcing 'Strong people need strong drinks'; and memes declaring 'Beer: it's a holiday in a glass.' Whew. It's no wonder we find it tricky to stay teetotal. But don't worry. We're going to tackle all of the above. I'm going to give you tools that enable you to clear all of these stumbling blocks with the grace of a gazelle. So, let's get started, shall we? PRAISE FOR CATHERINE GRAY'S WRITING: "An icon of the Quit Lit movement." Condé Nast Traveller "Fascinating." Bryony Gordon. "Not remotely preachy." The Times "Jaunty, shrewd and convincing." The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." The Guardian "Truthful, modern and real." Stylist "Brave, witty and brilliantly written." Marie Claire "Haunting, admirable and enlightening." The Pool

### The Unexpected Joy of Being Sober Journal

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 life 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 Truth

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE 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

## This Naked Mind

"We Are the Luckiest is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of Love Warrior: A Memoir What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people 's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

## The Sober Curious Reset

'Upbeat, wise and empathetic a best sober buddy in your pocket' - Clare Pooley, author of The Sober Diaries. 'An amazingly helpful, refreshing and positive book' - Lucy Rocca, Soberistas 'A guidebook to making the absolute best of one of life 's toughest transitions I wish I 'd read it ten years ago' - William Porter, author of Alcohol Explained With questions around the "Mummy Wine O ' clock" culture growing, Love Yourself Sober explores how a problematic relationship with alcohol can easily develop, particularly with time-poor mothers, how to recognise it, and what to do about it. Kate and Mandy provide a supportive "sober curious" environment, encouraging active participation using positive psychology, coaching methods and workbook features to help women make changes for themselves. Love Yourself Sober is an empowering book for women and mothers to put their own self-care at the centre of a healthy and positive life-change.

## The Cure for Alcoholism

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozier to self-respecting sober lady.

## Save Your Own Damn Life

In Alcohol Explained 2 William Porter develops his insight into the alcohol phenomenon, and provides the tools you need to retake control of your life for good.

## How to Be a Mindful Drinker

## Love Yourself Sober

Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth

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cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in A.A. during the early years of the 21st century. Sixteen stories are retained from the third edition, including the "Pioneers of A.A." section, which helps the reader remain linked to A.A.'s historic roots, and shows how early members applied this simple but profound program that helps alcoholics get sober today. Approximately 21 million copies of the first three editions of "Alcoholics Anonymous" have been distributed. It is expected that the new fourth edition will play its part in passing on A.A.'s basic message of recovery. This fourth edition has been approved by the General Service Conference of Alcoholics Anonymous, in the hope that many more may be led toward recovery by reading its explanation of the A.A. program and its varied examples of personal experiences which demonstrate that the A.A. program works.

### The Dry Challenge

'A story of extraordinary bravery, resilience and love that needed to be told.' Heather Morris, author of *The Tattooist of Auschwitz* Written by award-winning author and journalist Sue Smethurst, whose husband is Mindla and Michael 's grandson, *The Freedom Circus* is an epic story of courage, hope, humanity, survival and, ultimately, love. When Sue Smethurst first sat down with her grandmother-in-law and asked how she survived the Holocaust, she was shooed away. By that time Mindla was in a Melbourne Jewish nursing home with other survivors, her body ageing but mind still razor sharp. ' Why do you want to know? ' she ' d ask. ' My story is nothing special. ' As death began approaching Sue became a little more pushy. She knew Mindla ' s life had to be recorded and they were running out of time. Each week she ' d bring cake from her favourite shop in St Kilda, a bottle of the brightest nail polish she could find, a handful of old pictures and her tape recorder. They ' d chat and paint Mindla ' s nails, and with each ' chat ' her story unfolded. It was beyond anything Sue could have imagined. The tale of how Mindla and her husband Michael Horowitz, a circus performer for the famous Staniewski Brothers, escaped from Poland with their young son and embarked on a terrifying journey through the USSR and Middle East to Africa and ultimately to safety in Australia, is nothing short of extraordinary.

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