

Now That You're Sober Week By Week Guidance From Your Recovery Coach

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FITZPATRICK BRYNN

Soberful Simon and Schuster

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.

Seven Weeks to Sobriety New World Library

"In Earnie Larsen: His Last Steps, Earnie and his courageous wife, Paula, take us into their lives, sharing with us one of the most profound and intimate life experiences. It has been an honor to share a part of their journey. Earnie could not respond to the many people who reached out to him in his final months, but he asked [in these letters] that we go to the essence of that place where our spirits cross and know that he is there for us." --Claudia Black, Ph.D., foreword Beloved recovery speaker, author, and sponsor, Earnie Larsen approached life's most difficult challenges with the goal of comforting and inspiring others. Thus, when Earnie learned that he had inoperable cancer, he began to write letters to those he cared about, including family members and sponsees, sharing insights from his final journey. This moving collection edited by his wife, Paula, compiles these letters and journal entries from Earnie's "God File." Paula then offers personal context to these words of wisdom as she experienced the daily ups and downs of his illness with him. In this moving and courageous testament, you'll find a man who died as he lived by constantly giving of himself to others. Earnie Larsen was a nationally known author and lecturer. A pioneer in the field of recovery from addictive behaviors and the originator of the process known as Stage II recovery, Earnie authored numerous curricula, DVDs, audio CDs, and books with Hazelden and other publishers, including his 2010 Hazelden book *Now That You're Sober: Week-by-Week Guidance from Your Recovery Coach*, written with his sister, Carol Larsen Hegarty. With degrees from Loyola University and the University of Minnesota, Earnie had been a counselor for more than forty years.

How To Survive Your Relationship With A Police Officer Troubador Publishing Ltd

If you have decided to quit drinking, 'Your 6 Week Plan' is for you. A diary specifically created for those at the beginning of their sober journey, 'Your 6 Week Plan' provides the opportunity to write your very own personalised plan for alcohol-free living. Helped along by inspirational quotes, delicious alcohol-free drinks recipes and expert day-to-day guidance for liberation from the booze, fill in 'Your 6 Week Plan' as a diary which, once complete, becomes a lasting record of how YOU achieved your new alcohol-free life. An accompaniment to *The Sober Revolution* written by therapist Sarah Turner and Soberistas.com founder Lucy Rocca, this journal is the perfect start to your exciting journey of self-discovery, and your first step in joining the Sober Revolution, today!

Sober Curious Simon and Schuster

In times of crisis like the coronavirus pandemic has caused, we need all the recovery tools we can get. Smart sobriety means working on all the stuff our substances were covering up. Learn the attitudes and behaviors that are key to attaining and sustaining emotional sobriety and developing a deeper trust in the process of life. Dr. Allen Berger draws on the teachings of Bill W. and psychotherapy pioneers to offer us twelve hallmarks of emotional sobriety. These "right actions" help us develop the confidence to be accountable for our behavior, to practice asking for what we want and need, and to cultivate a deeper trust in the process of life. Dr. Berger's list of smart things includes understanding who you are and what's important to you learning not to take others' reactions personally trusting your inner compass Through practicing these twelve things, we find release from what Bill W. described as an "absolute dependence on people or circumstances. Freed from the emotional immaturity that fueled our addictive personality and hurt ourselves and others, we can develop the tools to find strength from within and continue our successful journey of recovery.

Now That You're Sober Penguin

The guided sobriety journal inspired by the Sunday Times bestseller *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 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 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK

Sober Kitchen Ballantine Books

"A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of *The Recovery Book*, the Bible of addiction recovery. *The Recovery Book* provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a

proven, trusted resource and a supportive voice. The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family's treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. *The Recovery Book* will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

Reports from Commissioners Simon and Schuster

Named a Best Book of the Year by *The New Yorker* and *The Boston Globe* An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself "Carl Erik Fisher's *The Urge* is the best-written and most incisive book I've read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn't self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read." —Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

The Urge Macmillan

*** "7 Steps to Quit Drinking Alcohol Forever" ***Are you ready to live your BEST LIFE yet? If yes, then please read this.Maybe now you aren't comfortable sharing your problems with anyone, or you like to keep things as a secret, or you feel you don't have a problem at all. If you are suffering from addiction and alcoholism, you must know that "your issues will continue its presence and grow even further if you don't face it now and take actions to solve it." Life doesn't always offer you a second chance, and you also don't want to learn your lesson in a hard way. So Now, There is a "Less than One Minute Quiz" for you here, and you should give it a try even if you believe you don't have an alcohol problem. SO right now, raise your hand if you probably: -Don't know your limits or having the control of your alcohol intake that leads you to finish bottles after bottles till you lose a complete sense of consciousness.-You depend on alcohol to take away your anxiety, pain, past traumas, or depression. -You are having sleep problems or can't relax without drinking alcohol at all.-You Can't imagine having dinner parties or hang out with friends without drinking. -Even thinking of avoiding binge drinking on the weekends seems impossible to you.-Your challenges and problems in life can't ease off without depending on alcohol. -You shiver and have cold sweats when you are sober. -You can't feel confident without having a drink or even go on a date without drinking.-You think that you are not entertaining or fun being around without being tipsy or drunk.-The taste of alcohol is fantastic to you, and you can't imagine your life without it. -You firmly believe that your holidays without alcohol is deadly boring and dull!If you can relate with even "One" of the problems, then it's

time to reconsider your beliefs, open new doors with an open mind and heart, and lock up some old lonely doors forever. Imagine you have a map that takes you step by step and week by week to process the understanding of alcohol and how to quit it in the "Seven" total steps. In this book, you'll find the assembles of my 12 years of research and inventions about "Alcohol," where it shows a deep dive into every element of alcohol's effects on your body, soul, and mind. It revealed obscure facet of quitting alcohol in only seven simple steps that you can master without anyone's help. This method has not been shared in the past, and if you follow the steps carefully, you will quit drinking even if you have tried all the inpatient centers, rehabs, programs, counseling, and all the possible ways in existence. In each stage, you'll also have access to a PDF folder that provides "7 weeks plans for each step in the book to avoid any obstacles or challenges coming your way. The PDF includes: - Weekly To-Do list for seven weeks for each step in the book.-24-checklist plan for 30 days.-Food and Drinks Detox plan. This book is a discovery of the most up to the dated innovation that brings you freedom, joy, and peace, and the good news is you don't have to wait many years as I did. It takes you through my own life stories, discoveries, experiments, and immeasurable unique way of quitting alcohol forever. The benefits you'll earn are undeniable, so if you are ready, scroll up and click the Add to Card's bottom, and within a short time, we'll get you to start the new beginning in life.

[Sunshine Warm Sober](#) HarperCollins

The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller 'Exquisite' - Fearnie Cotton, Happy Place 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway bestseller The Unexpected Joy of Being Sober, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

[Quit Like a Woman](#) Dorrance Publishing

'Mandy and Kate have done it again. I love how this book is based around seasons which fits so well with womanhood. But it's also filled with really practical tools and tips that will help sober women as they take this journey. ...Dive in you won't be disappointed.' - Veronica Valli sober coach and author of Soberful This book is for any woman that is sober or sober curious. It is here to support you on your journey to alcohol-free living. The seasons are there for us all to use; the patterns and cycles offer a reference point that can help us as we navigate our sobriety. By tuning into nature's ebb and flow, we can use its power to explore and support our sober lives in a long-term and sustainable way. Sober coaches Kate Baily and Mandy Manners offer positive and empowering ways to harness this power, exploring how old wisdoms, new science and the female experience can help guide you. Packed with tasks to shift your mindset, questions for reflection, nervous system regulation techniques, as well as gratitude and intention setting exercises, this book is designed to be a constant companion nurturing you in your choice to be alcohol-free. We recommend having some paper to hand to take notes as this ebook file cannot be edited or highlighted on most devices.

[We Are the Luckiest](#) Workman Publishing

"One Week in LA Two Years Later" continues the captivating journey Kaleb began in "Hollywood Heartbreak New York Dreams." This is a story of what happens AFTER you take a chance on yourself and sobriety becomes your way of life. It is a story of redemption, both for Kaleb and the City of Angels. How do you face the demons that chased you away from the place you once called paradise? Will friends who abandoned you in your darkest hours now welcome you with open arms? Will the entertainment industry bring you back into the fold after you squandered so many opportunities under the influence of drugs and alcohol? And most importantly, will you face the famous rock star who betrayed you and drove you to flee to New York City? These are the haunting questions Kaleb answers in "One Week in LA Two Years Later." One week is a short period of time, but for Kaleb, it's enough to live a year's worth of experiences, including being at the center of a celebrity gossip scandal involving pop superstar Justin Bieber. "One Week in LA Two Years Later" proves you CAN go home again, especially when you're both sober and reflective. Armed with life-changing lessons he learned in New York City, Kaleb takes us back to La La Land with a clarity and peace he never knew before. Magic is in the air, but will LA become the place where dreams really do come true and heartbreak can be healed? Only time will tell and he only has one week in LA.

[The Unexpected Joy of Being Sober Journal](#) AA World Services

Enhanced Life Through Sobriety by Scott M. Splendido Enhanced Life Through Sobriety is a compilation of recovery and spirituality-based concepts, expressions, and meditations creating a daily reflection book. Each original notion, along with an accompanying prayer, has been individualized by a numbered day. Appropriately, each daily conception is to be attuned with and incorporated into a calendar date upon the advent of its necessity at a later time. The primary goal behind this effort is to provide the reader with thought-provoking, enlightening, genuine, and personalized success-promoting perspectives on the ideologies encompassing a program of addiction recovery. This literary piece will offer its audience the opportunity to embrace the crucial theory of a higher power without necessitating it to be "God" definitively. As well, the depictions of each premise in this undertaking will be authored by an accomplished member of a recovery program, thus granting the consumers thought processes which can only be attained through personal experience.

[Recovery](#) Simon and Schuster

Inspiring stories from those who encountered life-changing blessings from seemingly unimportant events. "Why try?" we sometimes ask ourselves when faced with the uncertainties and hard work of recovery. But the answers are all around us, in the rich and spirited lives of those who have made the journey before us, each one a member of the joyful possibilities that await. These possibilities come alive in Gifts of Sobriety, a book that gives immediate meaning to the Big Book's promise: "We are going to know a new freedom and a new happiness." In this book, Gifts of Sobriety, those who have freed themselves of alcohol or drug addiction share the gifts that sobriety has given them. Their stories are, in turn, a gift--for those who have made the journey and for those who, just embarking, seek gladdening news of the good life to come

[Enhanced Life Through Sobriety](#) Henry Holt and Company

Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more

abundantly in recovery. With Destination Joy, best-loved author Earnie Larsen provides friendly and expert roadside assistance to weary travelers on recovery's path. Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more abundantly in recovery. In sharing many different stories of recovering people and the various paths they have taken, Larsen explores ways you can bring greater love, acceptance, and belonging into your life.

[Oxycontin](#) Aster

66 Days - That's ALL it Takes to Keep on the Sober Path LADIES: Our 66-Day Journal from A New Sober You instills in you a new habit. Why 66 days? That's the average length of time it takes to create a new habit and stick to it! Everyday, our journal will gently (or not-so-gently!) remind you of why you're on the sober path, and provides inspiration to stay the course. The 66 days are broken into 6 stages Fright and Panic: Facing the double-edge sword of fear Denial: Time to get out of it! Realization: Say it ain't so ... Acceptance: Yup - You know it when you know it Confidence: I can (and will!) do this! Success: A New Sober You habit is born So you wanna know how to get sober? So did I, just over twenty years ago. I tried to quit, once. It lasted all of nine months. I know, I know-you might be thinking, "Heck, I'd be over the moon with nine months!" But, and there's always a but, it didn't last. I went right back to my same old slovenly ways of downing drinks. Like it was a competition. But who was I trying to beat, or impress? Certainly not my friends (they knew I had a drinking problem) and thankfully they only had to tolerate me once a week, on a Friday night after work. But what they didn't know is that I also drank during the week. It didn't matter what day of the week; I didn't need a reason to drink, like New Year's Eve, or my birthday on January 20, or Valentine's Day (though I would've liked a valentine, back then). Nor did I have to wait for July 4th, Labor Day, or Thanksgiving. And Christmas? Well, drinking to celebrate that special season occurred all year round. I told ya! I didn't need an excuse to pop the beer top anymore. I just did it. Why? Because drinking became a habit. A. Really. Bad. Habit. It wasn't until one really bad 'morning after the night before' incident that broke the camel's back. It was the last straw. I know, I know, too many adages-but I knew I just couldn't continue like this! In order to be successful, in just about anything really, you have to really want 'that thing' so bad. I mean really want it. Like a drowning man needs air to survive. And I did want it that bad-I wanted to quit drinking for good! And here I am. 20+ years later, and nary a drop (of alcohol) to drink. I learned how to defeat those nasty "I wanna drink!" urges. And I created new habits to replace the old drinking habits with Somatic Markers. I show you how in this journal! When you feel a 'drinking urge' coming on, you can simply say, "Not today-not on my watch" and back it up with a somatic-marker incident. Before you know it, you're 66 days into being sober and you've enjoyed every dang sober minute of it. So what are you waiting for? The best time to get sober is RIGHT NOW. The benefits of being sober far outweigh the "fun" you think you had while drunk. No more dutch courage drinks No more spinning rooms No more making a total jackass of yourself No more sleeping around No more puking up No more hangovers No more 'hair of the dog' ... No More. Enough already. It's time to "call it a day" and kick that drinking habit to the curb. You can do it. I'll show you how ... because I've been in drunken hazes ... and I beat the habit.

Sincerely, Susan for A New Sober You

[Primary Education](#) Harvard Common Press

NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of Untamed "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, Quit Like a Woman is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

[A New Sober You in 66 Days](#) Simon and Schuster

In this portable recovery aftercare program, Earnie Larsen coaches readers through one full year of sobriety with personal, practical, actionable steps to help them refocus on the core concepts that are essential to sober living. Make no mistake about the intention of the guidance offered in this book. This is not just another "nice recovery book"—one that you read and then put aside, hopefully taking away a few good thoughts. My intention is that the material offered here should be chewed, pulled apart, scrutinized, and internalized. This book is designed to be worked. It is intended to provide support, insights, and exercises that will do something about the high relapse rate of people starting recovery.>-Earnie Larsen, From the introduction In this invaluable guide, renowned author and lecturer Earnie Larsen brings you a portable recovery aftercare program that you can easily integrate into your personal life ?and take with you anywhere you go. Now That You're Sober is an all-purpose, year-long compendium of recovery wisdom and inspiration to help those who are newly sober focus on practical applications of Twelve Step principles. Like a traditional aftercare program, it is designed to keep the basics of recovery front and center in your consciousness, as it is the loss of this awareness that causes relapse. In his characteristic down-to-earth, tell-it-like-it-is style, Larsen serves as your recovery coach, providing guidance and inspiration when you feel vulnerable in your sobriety, and helping you to move past common stumbling blocks and flourish in your daily life. Each of his fifty-two entries includes a motivational essay, or pep talk, centered on a key element of recovery, followed by personal, practical, actionable steps to help you refocus on the concepts and behaviors that are essential in a recovering person's life. Earnie Larsen is a nationally known pioneer in the field of recovery from addictive and unwanted behaviors. He has authored and produced more than fifty-five motivational self-help books and resources on a variety of topics ranging from managing interpersonal relationships to spirituality.

[Sober AF](#) Aster

The Sober Kitchen is the first major book to focus on the important and often overlooked link between food and recovery. Professional chef and recovering alcoholic Liz Scott serves up this groundbreaking cookbook chock full of vital information on basic nutrition and current addiction research, as well as more than 300 delicious, simple recipes. She also offers plenty of realistic, down-to-earth advice and encouragement, making The Sober Kitchen a complete culinary lifestyle companion.

Ernie Larsen Welbeck Publishing Group

"A sophisticated, insightful, well-documented view of the philosophy and practice that are at the heart of the LifeRing approach. This book offers a perspective on recovery that can motivate change in clinicians and researchers as well as among individuals struggling to find their sober selves."

—Carlo DiClemente, Ph.D., professor and chair, Department of Psychology, University of Maryland, Baltimore, and author, *Addiction and Change* "With impressive analytical clarity and therapeutic generosity, Nicolaus presents a well-argued brief for understanding the complexities of addiction treatment and accepting the full range of diverse paths to recovery. . . . [Anyone] wanting insight and balance on a vitally important public health issue will appreciate the author's lively and respectful presentation." —Judith Herman, M.D., author, *Trauma and Recovery* "In the words of our president, 'it's time for a change,' and nowhere is this more evident than in the field of addiction treatment. Nicolaus has written a wonderful book that presents LifeRing, a new model for self-help groups. A model based on empathy, scientific evidence, and giving people the power to make their own choices about treatment options. Indeed, change has come." —Joseph R. Volpicelli, M.D., Ph.D., executive director, Institute of Addiction Medicine, Philadelphia, Pennsylvania, and coauthor,

Recovery Options: The Complete Guide "Powerful, engaging, and scientific. Marty Nicolaus shows that the sober self emerges by focusing on a person's strength, intelligence, supportive relationships, and the ability to ask, 'what works?'" —Charlotte Sophia Kasl, author, *Many Roads, One Journey: Moving Beyond the 12 Steps* "Finally, a respectful approach to persons caught in addiction. Nicolaus has given us another option in the heroic battle people fight to regain the wholeness that addiction compromises." —The Rev. Linda Mercadante, Ph.D., Straker Professor of Historical Theology, The Methodist Theological School in Ohio, and author, *Victims and Sinners One Week in LA | Two Years Later* Simon and Schuster

The first in a series of three recovery guides, *First-Year Sobriety* uses personal stories to show that despite their differing experiences, all are united in the process of living without alcohol or drugs. *First-Year Sobriety* uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences, all are united in the process of giving life without alcohol or other drugs a chance. These are people who are alternately amazed, appalled, delighted, depressed, illuminated, disturbed, or simply thrown by their first days, weeks, and months of sobriety. Author Guy Kettelhack explores the challenges all seem to face: learning to break through loneliness, isolation, and fear; finding ways to deal with anger, depression, and resentment; and learning how to deal with a new and sometimes overwhelming happiness. Kettelhack has written seven books on recovery. He is completing a Master's degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City.