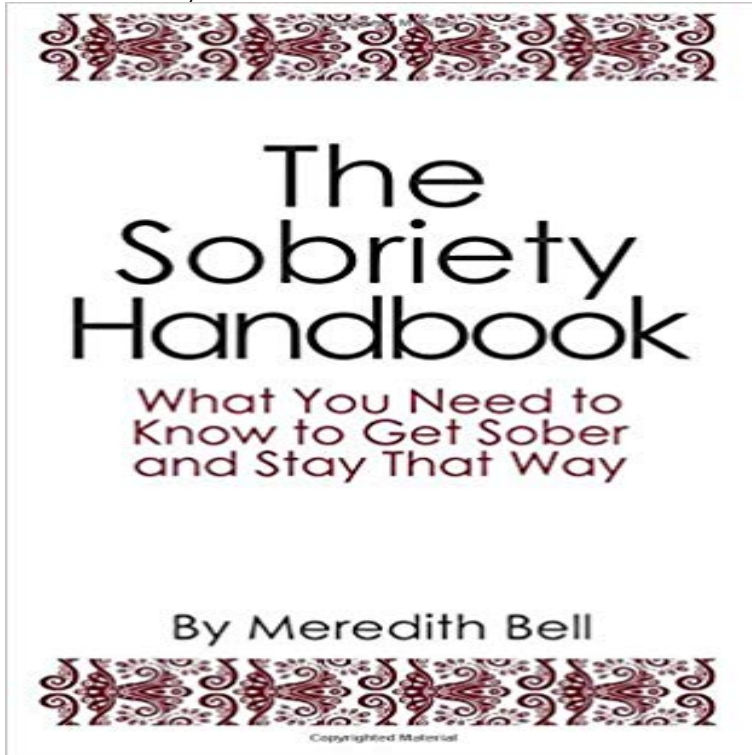


Sobriety Handbook: What You Need to Know to Get Sober and Stay That Way



Getting sober no matter how deep or destructive your addiction is the most difficult journey you will ever take. It is also without question the kindest decision you can ever make for your own health, and for the well being of your family, friends and community. Meredith Bell DO YOU: Feel tired, worn out, stressed and hungover? Have dreams and goals you don't have the energy to pursue? Find yourself wrapped up in never-ending personal dramas? Have trouble managing your work, friendships, finances and household? Have a daily drinking habit that feels necessary, but not necessarily fun? Wonder if a sobriety program could work for you? Have questions about pursuing a sober life, but are afraid to ask? If you answered yes to any of these questions THE SOBRIETY HANDBOOK is just the thing you need. In her third and final exploration of sober living, Meredith Bell provides a detailed, common sense approach for getting sober and staying that way. Filled with information on how to pursue outside help and what to do if you decide to go it alone THE SOBRIETY HANDBOOK is a thoughtful guide for anyone considering sobriety.

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