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Your Six Week Plan: Join The Sober Revolution And Call Time On Wine O'clock



Synopsis

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.

Book Information

Series: The Sober Revolution

Paperback: 162 pages

Publisher: Accent press (October 6, 2013)

Language: English

ISBN-10: 178375205X

ISBN-13: 978-1783752058

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

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Customer Reviews

After drinking wine with much gusto for twenty years, something clicked in my head in April 2011 which was to lay the foundations for an entirely new and amazing life; I sobered up permanently. Becoming alcohol free has led to me being a much better parent, having tonnes more energy (despite having since had another baby!), creating Soberistas.com and finally, after years of wishing, becoming a published author. Life just keeps on getting brighter, and it's all down to ditching the booze. An ex alcoholic, Mother, Wife and now Counsellor, Advocate and Cognitive Behavioural Therapist who found that using sheer determination and courage that anything was possible. Also part time chicken keeper, dreadful gardener, lover of bees and horses, and born romantic. Avid foodie, and entertainer, passionate about cookery and recipe books. Totally in love with my county North Yorkshire, whilst having a secret affair with the South of France. Husband of 27 years Michael, my stabiliser in all things, and son Charlie, who lights up my life daily. Have discovered that being ageing outrageously is doable without a glass of booze in my hand, as I can

simply be passed off as eccentric so am constantly excused. Liberated, fun and never judgemental, each day is a gift and my job with Harrogate Sanctuary has to be the most rewarding work in the world. Women getting their lives back, children getting Mum back, and partners falling in love again. Avid Campaigner for tailored care for alcohol misuse, particularly among women. Sober is the New Black!

A very helpful book which makes you stop and think about the affect of alcohol in one's life and others. It bought much greater awareness about how the price of heavy drinking on not only oneself, but also ones friends and family.

I highly recommend this book. I have read a lot of these types of books, and feel I got the most out of this one!

A fantastic book. A great eye opener and support for those looking to give up the drink. Well worth a read

Good insight into women and alcohol. Problems with drinking do not mean your an alcoholic, but a problem needs tools. She has some great ones in here. Lots of compassion and reality.

Very inspirational and practical read.

This book WILL help you tremendously in your struggle. It provided me with insight, changing my perceptions, which really is the key to sobriety.

Well presented information, although a little repetitive on the testimonies from women who've kicked the habit.

If you want to stop drinking, this is THE book to read!!! It inspires and makes it all clear!!

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