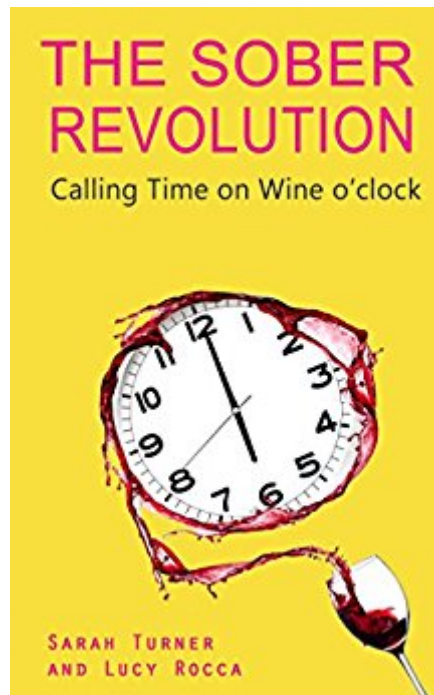


The book was found

# The Sober Revolution: Calling Time On Wine O'Clock (The Sober Revolution)



## Synopsis

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.

## Book Information

File Size: 541 KB

Print Length: 224 pages

Page Numbers Source ISBN: 1783752084

Publisher: Accent Press (August 29, 2013)

Publication Date: August 29, 2013

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B0199KUJ52

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #131,305 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #102

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

#229 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #252

## Customer Reviews

This is a great book for anyone who is considering eliminating drinking alcohol from her life. The book is comprised of two parts: the first presents clear and compelling reasons why being alcohol free (AF) is not only possible but desirable. For anyone who wonders if she has a drinking problem, the idea of stopping drinking is terrifying. This book addresses the positives of being AF. The second part of the book is a series of case studies providing the reader with many examples of women whose stories will resonate and inspire. "The Sober Revolution" inspired me to become AF and I am incredibly thankful to have found this book!

Amazing book. I wasn't intending stopping drinking but by about half way through I realised I didn't want to drink again. 6 weeks later and I'm still going strong.

I discovered this author from her website [...] I literally felt like she was reading my mind when I read her book. I also was a big wine drinker who has embarked on an alcohol-free life. Her thoughts and suggestions on the topic are going to be life saving. So glad I bought the book as I know I will be referring to it for guidance thruout my journey.

This book makes getting through the first 6 weeks easier. The daily journal prompts and thoughtful essays by the authors, who have clearly followed this path and succeeded, are a help at that difficult wine o'clock time each evening. I was sorry when the last page was complete and bought a journal to continue writing daily. Best early recovery tool out there!

Really great read, realistic and practical and specifically addresses all types of female drinkers so I found several of the profiles very relevant to me. Fingers crossed I manage to dump Mr Unsuitable (alcohol) for good now! Highly recommended wherever you are on your alcohol journey....

Get this book if you're thinking about giving alcohol the heave ho. Well written with good advice so that you can do this thing properly. I liked the stories at all the women and their honesty. It's a quick read so well worth it.

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

read

I read this because I first read "Staying Sober" by Binki Laidler and she is also affiliated with the Soberistas.com site and thought this book would be as consuming. It was pretty good but not nearly as interesting as Ms. Laidler's book. The book opens with one of the founder's story and then morphs into some repetition of why being sober is so awesome (which it is). There is just a fair amount of repeated statements throughout the book. Then there are case studies of various women and their personal stories. Finally, the book winds down with the other founder's story. Overall, the book is okay but not necessarily required reading on the "addiction memoir" scene. If you read the other book mentioned above you will glean the same info in a more compelling fashion and for about \$8 less.

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