

Mindful Drinking How Cutting Down Can Change Your Life

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. 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. "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

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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. With an easy three-step plan, *Mindful Drinking: How To Break Up With Alcohol* is here to help the 64% of Brits who want to drink less, and cultivate a new, healthy and more mindful relationship with alcohol. You CAN drink less, without giving up! Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing three step guide: *The Problem, The Incentive, and The Plan*. By following this guide you will be able to experience the benefits of drinking less - drinking less will improve your mood, your skin, your sex-drive and your body as well as reduce stress and anxiety. Whether you are sober-curious, or just want to cut down - *Mindful Drinking: How To Break Up With Alcohol* shows not only why you should, but also how you can, in a way that will change your life forever. What readers have been saying about *Mindful Drinking: How to Break Up With Alcohol*: 'Brilliant book; realistic and creating real positive change' 'Would highly recommend for anyone who is concerned about the amount they drink, but doesn't want to completely stop.' 'A brilliantly straightforward and realistic approach to cutting down sensibly.' 'Really broke a cycle for me of just drinking every

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weekend.'

Interested in cutting down on your drinking without giving it up altogether? This encouraging, science-based book can help make that goal a reality. Distinguished clinician-researchers William R. Miller and Ricardo F. Muñoz have spent more than 40 years studying whether moderation works, who it works (and doesn't work) for, and how to achieve it. They give you tools to evaluate your alcohol consumption, decide what changes you want to make, and create a doable plan of action. Learn new ways to enjoy social events, defuse tension and stress, and cope with difficult emotions--with or without a glass in hand. The updated second edition incorporates the latest scientific data and features a new chapter on mindfulness. Helpful forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size.

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 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

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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.

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

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

A serious and stylish look at sophisticated nonalcoholic beverages by a former *Bon Appétit* editor and James Beard Award nominee. "Julia Bainbridge resets our expectations for what a

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'drink' can mean from now on."--Jim Meehan, author of Meehan's Bartender Manual and The PDT Cocktail Book NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY Bon Appétit - Los Angeles Times - Wired - Esquire - Garden & Gun Blackberry-infused cold brew with almond milk and coconut cream. Smoky tea paired with tart cherry juice. A bittersweet, herbal take on the Pimm's Cup. Writer Julia Bainbridge spent a summer driving across the U.S. going to bars, restaurants, and everything in between in pursuit of the question: Can you make an outstanding nonalcoholic drink? The answer came back emphatically: "Yes." With an extensive pantry section, tips for sourcing ingredients, and recipes curated from stellar bartenders around the country--including Verjus Spritz, Chicha Morada Agua Fresca, Salted Rosemary Paloma, and Tarragon Cider--Good Drinks shows that decadent brunch cocktails, afternoon refreshers, and evening digestifs can be enjoyed by anyone and everyone.

Kate Gunn was a social drinker, usually having a few drinks about three nights a week. But she had an inkling that alcohol was holding her back from getting on top of her life, and the hangovers were getting worse. So when Kate's partner had to take a break from alcohol for a month, she decided to dip her toe in the water in solidarity with him and try being a non-drinker too. Not long into her transformational journey, Kate discovered that breaking free from alcohol improved every single aspect of her life: from relationships to health to work to happiness. In *The Accidental Soberista*, Kate chronicles the challenges and obstacles on the path to giving herself the greatest gift she has ever received -

freedom from alcohol. Whether you're sober-curious or want to remove the final obstacle in the way of your own health and life goals, this could be just the journey for you too.

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling *Easy Way to Stop Smoking* has been published in over 40 languages and sold more than 10 million copies. In this classic guide Allen applies his revolutionary method to drinking. With startling insight into why w...

Alcohol use by young people is extremely dangerous - both to themselves and society at large. Underage alcohol use is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, and other problem behaviors that diminish the prospects of future success, as well as health risks " and the earlier teens start drinking, the greater the danger. Despite these serious concerns, the media continues to make drinking look attractive to youth, and it remains possible and even easy for teenagers to get access to alcohol. Why is this dangerous behavior so pervasive? What can be done to prevent it? What will work and who is responsible for making sure it happens? *Reducing Underage Drinking* addresses these questions and proposes a new way to combat underage alcohol use. It explores the ways in which may different individuals and

groups contribute to the problem and how they can be enlisted to prevent it. Reducing Underage Drinking will serve as both a game plan and a call to arms for anyone with an investment in youth health and safety.

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 '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

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.

Mindful Drinking How To Break Up With Alcohol Orion

It might be that extra glass of wine once the kids have gone to bed, or the habitual tippie after work that you know is too much. You could be an 'all or nothing' drinker, or regularly drink more than you know is healthy for you but just can't seem to cut back. It may seem impossible but there is light at the end of the tunnel. *Drink Less in 7 Days* will get you off the drinking-too-much treadmill once and for all. In this positive and practical handbook, world-leading therapist and clinical hypnotherapist Georgia Foster offers an easily achievable way to reduce your alcohol intake - in just seven days! *Drink Less in 7 Days* contains all the tools

you need to change your drinking habits, and the complementary hypnotherapy sessions will reinforce this positive, message leading to a happier, healthier you. Fiona Beckett is the author of more than 10 books including Fiona Beckett's Cheese Course and Food, Wine & friends (Cico) and How to Match Food and Wine (Mitchell Beazley). She is the wine writer for the Guardian and her Matching Food and Wine website has followers around the world, with 230k unique users a month, 17k registered subscribers and a social media reach of over 130k across all channels. Fiona outlines the rise of teetotalism and the health benefits of including alcohol-free days as part of a healthy lifestyle. This beautiful and inspiring book includes tips and recipes for flavoring waters, creating rhubarb bellinis and marmalade bucks fizz, as well as delicious cardamom syrups, roiboos tea punch and root beer floats. Whether you wish to create a watermelon cooler or an alcohol-free fruit punch to get a party started or simply wish to make a pair of herb-flavored spritzes for a Friday night in, this book proves that 'no-lo' drinks are every bit as interesting as alcohol. Learn how to create flavorsome, delicious drinks so that anyone can join in a party or celebration. Sections include water, drinks made with nonalcoholic wine, drinking vinegars and shrubs, syrups and cordials, alcohol-free and low-alcohol cocktails, wines, beers and spirits. "Everyone should read this. Mindfulness is such a great way to live life to the

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full." - Amazon Customer "The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it!" - Amazon Customer "Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer "I carry it with me everywhere. Lovely little calming book." - Amazon Customer "Delightful little book." - Amazon Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness Everybody knows they should drink a bit less, but good intentions are hard to keep. MINDFUL DRINKING: HOW CUTTING DOWN WILL CHANGE YOUR LIFE shows not only why you should, but also how you can, in a way that will

change your life forever. Ever woken up worrying that you said the wrong thing at work drinks the night before? Felt frustrated with yourself for polishing off the entire bottle of wine when you only intended to have one glass? The emotional pull of alcohol is strong, but *Mindful Drinking: How Cutting Down Will Change Your Life* is here to help us cultivate a new, healthy and more mindful relationship with alcohol. Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing four step plan: The Problem, The Incentive, The Clean Break and The End Game. Drinking less will improve your mood, your skin and your body as well as reduce stress and anxiety for the long term.

Voted an Independent best self-care book for 2021 *Voted one of Heat's best self-help books to help you reach your full potential* If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. 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. 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 that 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.'

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*

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.

The Power of Positive Drinking isn't a guide on how to get drunk. It is a guide to how to drink well. Drinking has a bad reputation in some quarters. But that's largely because we don't drink properly, as we have not yet been initiated in the art of drinking well. Most of us know plenty about healthy eating, but next to nothing about healthy drinking. This is Cleo Rocos' master class on how to imbibe successfully, on how to reach that delicious level of intoxication where you and your fellow drinkers blossom into the favourite version of yourselves and stay there. From Rocos we learn how to ensure that every drinking occasion snowballs into a glorious and triumphant event. Inside these pages lie the secrets of alcohol. The finest hints and tips on stylish drinking gleaned from seasoned and successful drinkers around the globe; failsafe recipes for some of the world's greatest snifters - martini recipes, margarita recipes, mojitos and cosmopolitans - along with a few of Cleo's own specialities, guaranteed to avoid that awful hangover. Enjoy this book responsibly.

So... you want to cut back your drinking? So did I. I didn't think I was an alcoholic,

but I knew I wanted to drink less. I took some simple, practical steps and changed my life. This book is what I wish I'd known when I started. Maybe you're in a rut. I've been there. But you can learn to break your habit and live a healthier life. Research backs up what your common sense tells you - you are not alone. You can regain control. You have a good chance of successful change. These 5 tips turned my drinking habits around. There's no condemnation, no rock bottom, and no one-size-fits-all approach. Compassion, research and action ideas combine to make a plan you can use right away. These straight-forward tips will help you, or someone you know, take control of drinking.

How to Eat is part of the Mindfulness Essentials Series by Zen Master Thich Nhat Hanh, illuminating the basics of mindfulness practice. These short meditations cover everything from eating with others and enjoying our food to connecting with the Earth. Nhat Hanh inspires a joyful and sustainable relationship with all aspects of eating, including gardening, food shopping, preparing, serving, and even cleaning up after a meal. How to Eat is a welcome reminder that the benefits of mindful eating are both personal and global. With sumi ink drawings by Jason DeAntonis.

"Preface by Alan Marlatt, introduction by Patt Denning."--Cover.

"Guides readers toward the road less consumptive, offering practical advice and moral support

while making a convincing case that individual actions . . . do matter.” —Elizabeth Royte, author, *Garbage Land* and *Bottlemania* Like many people, Beth Terry didn't think an individual could have much impact on the environment. But while laid up after surgery, she read an article about the staggering amount of plastic polluting the oceans, and decided then and there to kick her plastic habit. In *Plastic-Free*, she shows you how you can too, providing personal anecdotes, stats about the environmental and health problems related to plastic, and individual solutions and tips on how to limit your plastic footprint. Presenting both beginner and advanced steps, Terry includes handy checklists and tables for easy reference, ways to get involved in larger community actions, and profiles of individuals—*Plastic-Free Heroes*—who have gone beyond personal solutions to create change on a larger scale. Fully updated for the paperback edition, *Plastic-Free* also includes sections on letting go of eco-guilt, strategies for coping with overwhelming problems, and ways to relate to other people who aren't as far along on the plastic-free path. Both a practical guide and the story of a personal journey from helplessness to empowerment, *Plastic-Free* is a must-read for those concerned about the ongoing health and happiness of themselves, their children, and the planet.

She never drove or worked drunk, never injured herself or someone else, never woke up next to a strange man, was fired, went bankrupt, or became homeless because of her drinking. But for years Jenna Hollenstein worried that she was using alcohol for the wrong reasons. Though it didn't cause her to spiral out of control, drinking seemed to be detracting from her life in subtler ways: missed opportunities, unaddressed fears, challenges not taken, relationships not cherished, and creativity unexplored. Rather than a series of dramatic events often associated with alcoholism, her decision to stop drinking was based on years of introspection, pros and

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cons lists, and conversations with friends, family, and a wise therapist. Though she never "hit bottom," Hollenstein eventually realized that drinking was not enhancing her life: it was distracting her from it.

Do you consistently find yourself waking up after a night out with a pounding head? Struggling to remember the details? And then swearing to yourself-yet again-that this was absolutely, positively the last time you will ever drink like that? If this scenario resonates with you, then this book might be exactly what you need. Plenty of excellent resources exist about alcohol sobriety and abstinence-but this is not one of them. This guide is for the modern woman who wants to have a good time, have a drink (or maybe not drink at all)...but not cross the line. In *Drink Less, Be More*, author Caitlin Padgett uses humor and grace to relay her own personal struggles in this arena-and offers practical advice and strategies to empower you to live a life of moderation. For fans of Gabrielle Bernstein, Kris Carr, and Elizabeth Gilbert, this extraordinary guide provides the wisdom and insight you need to learn to use alcohol safely, let loose on a great night out, and still present your absolute best self to the world.

A "entertaining and enlightening" deep dive into the alcohol-soaked origins of civilization—and the evolutionary roots of humanity's appetite for intoxication. (Daniel E. Lieberman, author of *Exercised*) While plenty of entertaining books have been written about the history of alcohol and other intoxicants, none have offered a comprehensive, convincing answer to the basic question of why humans want to get high in the first place. *Drunk* elegantly cuts through the tangle of urban legends and anecdotal impressions that surround our notions of intoxication to provide the first rigorous, scientifically-grounded explanation for our love of alcohol. Drawing on evidence from archaeology, history, cognitive neuroscience, psychopharmacology, social

psychology, literature, and genetics, Slingerland shows that our taste for chemical intoxicants is not an evolutionary mistake, as we are so often told. In fact, intoxication helps solve a number of distinctively human challenges: enhancing creativity, alleviating stress, building trust, and pulling off the miracle of getting fiercely tribal primates to cooperate with strangers. Our desire to get drunk, along with the individual and social benefits provided by drunkenness, played a crucial role in sparking the rise of the first large-scale societies. We would not have civilization without intoxication. From marauding Vikings and bacchanalian orgies to sex-starved fruit flies, blind cave fish, and problem-solving crows, *Drunk* is packed with fascinating case studies and engaging science, as well as practical takeaways for individuals and communities. The result is a captivating and long overdue investigation into humanity's oldest indulgence—one that explains not only why we want to get drunk, but also how it might actually be good for us to tie one on now and then.

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

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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.

Cassandra Gaisford, a health counselor, and holistic psychologist (BCA, Dip Psych) provides a fresh sobriety solution. Anyone who needs to be kept on track or inspired to kick the drink habit and commit to living sober will find genuine help in this refreshingly insightful and solution-focused book.

90 spirit-free cocktail recipes from leading and lauded mixologists across the country More than 100 years after Prohibition was enacted, bartenders are actually excited about people not drinking again. From Dry January and alcohol-free bars opening around the country to people interested in abstaining from drinking for better health, the no-proof movement is one of today's fastest-growing lifestyle choices, as consumers become more mindful and re-examine their relationship to alcohol. The no-proof drinker could be anyone, and even traditional bars have taken note with no-alcohol offerings. What do the world's most talented bartenders concoct when they can't use booze? This book answers that question with 90 lush and sophisticated recipes that take the craft to new heights. Veteran reporter Elva Ramirez interviewed the biggest names in cocktails and collected recipes for vibrant no-proof drinks from the world's top bars in Paris, London, and New York. This is the start of a new era in no-proof drinking. Find recipes from renowned bars all over the world, including Death & Co in Denver and NYC, Employees Only, The Aviary NYC, Broken Shaker in LA, Everleaf Drinks in London, Little Red

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Door in Paris, and many more.

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 live 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 instant New York Times bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as

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personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. “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

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.

Turn food from foe to friend with this bestselling guide to developing healthy eating habits through mindfulness—from a Zen teacher Food. It should be one of life's great pleasures, yet many of us have such a conflicted relationship with it that we miss out on that most basic of satisfactions. But it is possible—and not really all that difficult—to reclaim the joy of eating,

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according to Dr. Jan Bays. Mindfulness is the key. Her approach involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. She shows you how to:

- Tune into your body's own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude toward your struggles with eating

Discover what you're really hungry for Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can transform your relationship with food into one of ease and delight. This new edition, updated throughout, contains a new chapter on how to provide children with a foundation in mindful eating that will serve them well all the rest of their lives. It also includes a link to a 75-minute on-line audio program of mindful eating exercises led by the author.

Everybody knows they should drink a bit less, but good intentions are hard to keep. MINDFUL DRINKING shows not only why you should, but also how you can, in a way that will change your life forever. Ever woken up worrying that you said the wrong thing at work drinks the night before? Felt frustrated with yourself for polishing off the entire bottle of wine when you only intended to have one glass? The emotional pull of alcohol is strong, but Mindful Drinking: How Cutting Down Will Change Your Life is here to help us cultivate a new, healthy and more mindful relationship with alcohol. Journalist Rosamund Dean combines scientific expertise with practical advice in a game-changing four step plan: The Problem, The Incentive, The Clean Break and The End Game. Drinking less will improve your mood, your skin and your body as well as reduce stress and anxiety for the long term.

Have you ever wondered if social drinking has unintended consequences to your health,

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family, relationships, or your profession? Have you ever thought that losing control of your drinking couldn't happen to you or someone you love? All the women you know are too smart. Too rich. Too kind. Too together. Too much fun. Pick one. We live in a boozy culture, and the idea of women and wine has become entrenched. Is your book club really a "wine club"? Do you crave the release a drink can bring to cope with anxiety, parenthood, the pressures of being a mom, a wife/partner, a professional? In *Raising the Bottom*, mothers, daughters, health professionals, and young women share their stories of why they drank, how they stopped, and the joys and rewards of being present in their lives once they kicked alcohol to the curb. Written by leaders of the Moderation Management movement, *Responsible Drinking* helps readers define the level of their alcohol use and decide whether moderation or abstinence is the best approach to recovery. Resources and personal stories are included that help readers determine if they are problem drinkers and what can be done about it. 30 worksheets are included.

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