

The Sober Revolution Women Calling Time On Wine O'clock Volume 1 Addiction Recovery Series

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

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 life 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 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

The bestselling author of *Leonardo da Vinci* and *Steve Jobs* returns with a gripping account of how Nobel Prize winner Jennifer Doudna and her colleagues launched a revolution that will allow us to cure diseases, fend off viruses, and have healthier babies. When Jennifer Doudna was in sixth grade, she came home one day to find that her dad had left a paperback titled *The Double Helix* on her bed. She put it aside, thinking it was one of those detective tales she loved. When she read it on a rainy Saturday, she discovered she was right, in a way. As she sped through the pages, she became enthralled by the intense drama behind the competition to discover the code of life. Even though her high school counselor told her girls didn't become scientists, she decided she would. Driven by a passion to understand how nature works and to turn discoveries into inventions, she would help to make what the book's author, James Watson, told her

was the most important biological advance since his co-discovery of the structure of DNA. She and her collaborators turned a curiosity of nature into an invention that will transform the human race: an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions. The development of CRISPR and the race to create vaccines for coronavirus will hasten our transition to the next great innovation revolution. The past half-century has been a digital age, based on the microchip, computer, and internet. Now we are entering a life-science revolution. Children who study digital coding will be joined by those who study genetic code. Should we use our new evolution-hacking powers to make us less susceptible to viruses? What a wonderful boon that would be! And what about preventing depression? Hmmm...Should we allow parents, if they can afford it, to enhance the height or muscles or IQ of their kids? After helping to discover CRISPR, Doudna became a leader in wrestling with these moral issues and, with her collaborator Emmanuelle Charpentier, won the Nobel Prize in 2020. Her story is a thrilling detective tale that involves the most profound wonders of nature, from the origins of life to the future of our species.

Burgundy, Bordeaux, Champagne. The names of these and other French regions bring to mind time-honored winemaking practices. Yet the link between wine and place, in French known as *terroir*, was not a given. In *The Sober Revolution*, Joseph Bohling inverts our understanding of French wine history by revealing a modern connection between wine and place, one with profound ties to such diverse and sometimes unlikely issues as alcoholism, drunk driving, regional tourism, Algeria's independence from French rule, and integration into the European Economic Community. In the 1930s, cheap, mass-produced wines from the Languedoc region of southern France and French Algeria dominated French markets. Artisanal wine producers, worried about the impact of these "inferior" products on the reputation of their wines, created a system of regional appellation labeling to reform the industry in their favor by linking quality to the place of origin. At the same time, the loss of Algeria, once the world's largest wine exporter, forced the industry to rethink wine production. Over several decades, appellation producers were joined by technocrats, public health activists, tourism boosters, and other dynamic economic actors who blamed cheap industrial wine for hindering efforts to modernize France. Today, scholars, food activists, and wine enthusiasts see the appellation system as a counterweight to globalization and industrial food. But, as *The Sober Revolution* reveals, French efforts to localize wine and integrate into global markets were not antagonistic but instead mutually dependent. The time-honored winemaking practices that we associate with a pastoral vision of traditional France were in fact a strategy deployed by the wine industry to meet the challenges and opportunities of the post-1945 international economy. France's luxury wine producers were more market savvy than we realize.

Twenty-Three Leading Feminist Writers on Protest and Solidarity When 53 percent of white women voted for Donald

Trump and 94 percent of black women voted for Hillary Clinton, how can women unite in Trump's America? *Nasty Women* includes inspiring essays from a diverse group of talented women writers who seek to provide a broad look at how we got here and what we need to do to move forward. Featuring essays by REBECCA SOLNIT on Trump and his "misogyny army," CHERYL STRAYED on grappling with the aftermath of Hillary Clinton's loss, SARAH HEPOLA on resisting the urge to drink after the election, NICOLE CHUNG on family and friends who support Trump, KATHA POLLITT on the state of reproductive rights and what we do next, JILL FILIPOVIC on Trump's policies and the life of a young woman in West Africa, SAMANTHA IRBY on racism and living as a queer black woman in rural America, RANDA JARRAR on traveling across the country as a queer Muslim American, SARAH HOLLENBECK on Trump's cruelty toward the disabled, MEREDITH TALUSAN on feminism and the transgender community, and SARAH JAFFE on the labor movement and active and effective resistance, among others.

NEW YORK TIMES BEST SELLER • A TODAY SHOW #ReadWithJenna BOOK CLUB PICK! • Finalist for the WOMEN'S PRIZE Yaa Gyasi's stunning follow-up to her acclaimed national best seller *Homegoing* is a powerful, raw, intimate, deeply layered novel about a Ghanaian family in Alabama. Gifty is a sixth-year PhD candidate in neuroscience at the Stanford University School of Medicine studying reward-seeking behavior in mice and the neural circuits of depression and addiction. Her brother, Nana, was a gifted high school athlete who died of a heroin overdose after an ankle injury left him hooked on OxyContin. Her suicidal mother is living in her bed. Gifty is determined to discover the scientific basis for the suffering she sees all around her. But even as she turns to the hard sciences to unlock the mystery of her family's loss, she finds herself hungering for her childhood faith and grappling with the evangelical church in which she was raised, whose promise of salvation remains as tantalizing as it is elusive. *Transcendent Kingdom* is a deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief—a novel about faith, science, religion, love. Exquisitely written, emotionally searing, this is an exceptionally powerful follow-up to Gyasi's phenomenal debut.

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 weekend.'

AN INSTANT NEW YORK TIMES BESTSELLER A GOOD MORNING AMERICA BOOK CLUB PICK A sweeping, masterful debut about a daughter's fateful choice, a mother motivated by her own past, and a family legacy that begins in Cuba before either of them were born In present-day Miami, Jeanette is battling addiction. Daughter of Carmen, a Cuban immigrant, she is determined to learn more about her family history from her reticent mother and makes the snap decision to take in the daughter of a neighbor detained by ICE. Carmen, still wrestling with the trauma of displacement, must process her difficult relationship with her own mother while trying to raise a wayward Jeanette. Steadfast in her quest for understanding, Jeanette travels to Cuba to see her grandmother and reckon with secrets from the past destined to erupt. From 19th-century cigar factories to present-day detention centers, from Cuba to Mexico, Gabriela Garcia's *Of Women and Salt* is a kaleidoscopic portrait of betrayals—personal and political, self-inflicted and those done by others—that have shaped the lives of these extraordinary women. A haunting meditation on the choices of mothers, the legacy of the memories they carry, and the tenacity of women who choose to tell their stories despite those who wish to silence them, this is more than a diaspora story; it is a story of America's most tangled, honest, human roots.

"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 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.

In *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning journalist Anne Dowsett Johnston combines in-depth research with her own personal story of recovery, and delivers a groundbreaking examination of a

shocking yet little recognized epidemic threatening society today: the precipitous rise in risky drinking among women and girls. With the feminist revolution, women have closed the gender gap in their professional and educational lives. They have also achieved equality with men in more troubling areas as well. In the U.S. alone, the rates of alcohol abuse among women have skyrocketed in the past decade. DUIs, "drunkorexia" (choosing to limit eating to consume greater quantities of alcohol), and health problems connected to drinking are all rising—a problem exacerbated by the alcohol industry itself. Battling for women's dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Equally alarming is a recent CDC report showing a sharp rise in binge drinking, putting women and girls at further risk. As she brilliantly weaves in-depth research, interviews with leading researchers, and the moving story of her own struggle with alcohol abuse, Johnston illuminates this startling epidemic, dissecting the psychological, social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives.

Examining the multigenerational impact of punk rock music, this international survey of the political-punk straight edge movement—which has persisted as a drug-free, hardcore subculture for more than 25 years—traces its history from 1980s Washington, DC, to today. Asserting that drugs are not necessarily rebellious and that not all rebels do them, the record also defies common conceptions of straight edge's political legacy as being associated with self-righteous, macho posturing and conservative Puritanism. On the contrary, the movement has been linked to radical thought and action by the countless individuals, bands, and entire scenes profiled throughout the discussion. Lively and exhaustive, this dynamic overview includes contributions from famed straight edge punk rockers Ian MacKaye of Minor Threat and Fugazi, Dennis Lyxzén of Refused and the International Noise Conspiracy, and Andy Hurley of Fall Out Boy; legendary bands ManLiftingBanner and Point of No Return; radical collectives such as CrimethInc. and Alpine Anarchist Productions; and numerous other artists and activists dedicated as much to sober living as to the fight for a better world.

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*

#1 NEW YORK TIMES BESTSELLER • Over two million copies sold! “Packed with incredible insight about what it means to be a woman today.”—Reese Witherspoon (Reese’s Book Club Pick) In her most revealing and powerful memoir yet, the activist, speaker, bestselling author, and “patron saint of female empowerment” (People) explores the joy and peace we discover when we stop striving to meet others’ expectations and start trusting the voice deep within us. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY O: The Oprah Magazine • The Washington Post • Cosmopolitan • Marie Claire • Bloomberg • Parade • “Untamed will liberate women—emotionally, spiritually, and physically. It is phenomenal.”—Elizabeth Gilbert, author of City of Girls and Eat Pray Love This is how you find yourself. There is a voice of longing inside each woman. We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We hope all this striving will make us feel alive. Instead, it leaves us feeling weary, stuck, overwhelmed, and underwhelmed. We look at our lives and wonder: Wasn’t it all supposed to be more beautiful than this? We quickly silence that question, telling ourselves to be grateful, hiding our discontent—even from ourselves. For many years, Glennon Doyle denied her own discontent. Then, while speaking at a conference, she looked at a woman across the room and fell instantly in love. Three words flooded her mind: There She Is. At first, Glennon assumed these words came to her from on high. But she soon realized they had come to her from within. This was her own voice—the one she had buried beneath decades of numbing addictions, cultural conditioning, and institutional allegiances. This was the voice of the girl she had been before the world told her who to be. Glennon decided to quit abandoning herself and to instead abandon the world’s expectations of her. She quit being good so she could be free. She quit pleasing and started living. Soulful and uproarious, forceful and tender, Untamed is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of navigating divorce, forming a new blended family, and discovering that the brokenness or wholeness of a family depends not on its structure but on each member’s ability to bring her full self to the table. And it is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. Untamed shows us how to be brave. As Glennon insists: The braver we are, the luckier we get.

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.

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.

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!

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Knapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her years at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for *Drinking* "Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold."—Los Angeles Times Book Review "Filled with hard-won wisdom . . . [a] perceptive and revealing book."—San Francisco Chronicle "Eloquent . . . a remarkable exercise in self-discovery."—The New York Times "Drinking not only describes triumph; it is one."—Newsweek

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

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.

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.

The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment

program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

NEW YORK TIMES BESTSELLER • Raw, intimate, and timely—a no-holds-barred celebration of our bodies that flies in the face of antiquated ideas about sex and gender. “A triumph.”—Glennon Doyle • “One of the most important, life-changing books I’ve ever read.”—Rachel Held Evans, author of *Searching for Sunday* and *Inspired* Negative messages about sex come from all corners of society: from the church, from the media, from our own families. As a result, countless people have suffered pain, guilt, and judgment. In this instant bestseller, Nadia Bolz-Weber unleashes her critical eye and her vulnerable yet hopeful soul on the harmful conversations about sex that have fed our shame. Bolz-Weber offers no simple amendments or polite compromises. Instead, this modern-day reverend calls for an inclusivity that empowers us to be loyal to people and, perhaps most important, ourselves. “Christianity is not a program for avoiding mistakes,” she writes. “It is a faith of the guilty.” With an alternative understanding of Scripture passages that have been weaponized against Christians for decades, Bolz-Weber reminds us that sexual flourishing can and should be for all genders, all bodies, and all humans. She shares stories, poetry, and Scripture that wage war on perpetual anxiety around sex by celebrating sexuality in all its forms and recognizing it for the gift that it is. If you’ve been mistreated, confused, angered, and/or wounded by shaming sexual messages, this one is for you.

'Stop EVERYTHING and read this! Funny, tender and beautifully observed. Loved, loved, LOVED it!' Cathy Bramley FROM THE SUNDAY TIMES BESTSELLING AUTHOR OF THE UNMUMSY MUM Beth has never stuck at anything.

She's quit more jobs and relationships than she can remember and she still sleeps in her childhood bedroom. It's not that she hasn't tried to grow up, it's just that so far, the only commitment she's held down is Friday drinks at the village pub. Then, in the space of a morning, her world changes. An unspeakable tragedy turns Beth's life upside down, and she finds herself guardian to her teenage niece and toddler nephew, catapulted into an unfamiliar world of bedtime stories, parents' evenings and cuddly elephants. Having never been responsible for anyone - or anything - it's not long before she feels seriously out of her depth. What if she's simply not up to the job? With a little help from her best friend Jory (purely platonic, of course ...) and her lovely, lonely next-door neighbour, Albert, Beth is determined that this time she's not giving up. It's time to step up. This is a story about digging deep for strength you never knew you had and finding magic in things that were there all along. 'Humour and heart are everywhere in this book, and I went from laughter to tears in the turn of a page. Wise, joyful and very, very funny - this is a book to devour, a book to share and a book to savour. I loved it' Katie Marsh, author of UNBREAK YOUR HEART

The road to sobriety is hard, and I don't intend to sugar coat any part of it for you. In this book I will take it back to the beginning. My life was that of a hardcore weekend binge drinker, one blackout night after another. I welcome you into my rock bottom moments, my losing all control, and my putting my life back together, piece by piece. Sober as F*** is a personal memoir of my first two years of sobriety, but it is not only about becoming sober from alcohol. I was forced to face and accept many sobering realities about myself along the way when I put down the bottle. Everything in my life had to be broken down to nothing in order to rebuild it from the ground up. I would have to acknowledge my unhealthy relationships with men, come to terms with depression and anxiety, and to realize that I had been drowning all of my issues and emotions away, one swig of vodka at a time. In the beginning of my sobriety, I looked for support in many places. All of the books and stories I found never fit what mine looked like. So this one is for all the people out there with stories like mine, looking for reassurance that there can be a light at the end of the tunnel. I was so desperate to find that kind of reassurance during my journey, so I hope my story can be that for you. To the millennial weekend binger, to the young woman so desperate to feel love, to the one losing all hope that things can get better ... This one is for you.

Wholly Sober is a fast track of Teresa Rodden's relationship with alcohol starting with her first hangover at just five years old. She shares how she had all the makings of a bonafide alcoholic, but chose to dismiss conventional theories about how to live sober. Being the latest in a lineage of women that lived understanding two things: Life is painful and alcohol will numb that pain. This is what she believed, too-as she navigated teen pregnancy, abusive relationships, staggering debt and spiritual crisis. This is her powerful story of clearing the debris left behind after years of pain and poor choices and her reconnection with her God-given dreams, talents, and purpose. Rodden describes how she journeyed beyond

commonly-held beliefs about sobriety and 12-step recovery into a life she calls "wholly sober"- a life in which she now helps other women live joyfully, purposefully, and free from alcohol abuse. Warning: Strong language is used to maintain authenticity of character and experience.

The Sober Revolution Calling Time on Wine O'Clock Headline

NEW YORK TIMES BESTSELLER "I come from a family forged by tragedies and bound by a remarkable, unbreakable love," Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In Beautiful Things, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

The Well of Loneliness, first published in 1928, is a timeless portrayal of lesbian love. The thinly disguised story of Hall's own life, it was banned outright upon publication and almost ruined her literary career as the subject was that of an obscenity trial and forbidden at the time in England. The novel tells the story of Stephen, an ideal child of aristocratic parents—a fencer, a horse rider and a keen scholar. Stephen grows to be a war hero, a bestselling writer and a loyal, protective lover. But Stephen is a woman, and is attracted to women. As her ambitions drive her, and society incarcerates her, Stephen is forced into desperate actions. Although Gordon's attitude toward her own sexuality is anguished, the novel presents lesbianism as natural and makes a plea for greater tolerance. It became an international bestseller, and for decades was the single most famous lesbian novel.

A story of thirty years of drug and alcohol abuse while simultaneously managing a successful career and raising a family. Richard strives to balance the road to success with his insatiable need to medicate himself with the use of alcohol and prescription drugs. Ultimately the devils catch up with him and he is forced to deal with the reality he is a hopeless drunk, proving there is hope for all.

The first book in the three book practical series Catherine Mason Thomas Alcohol Free. The series is on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. A free book from the author "Alcohol Free Drinks - What To Drink if You Don't Drink" is also available for download. Get inspired by your free copy visit www.threepeaspublishing.com This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. The focus is on early recovery, the first six months, diet to help your body recover. Recovery often comes after a period of very poor nutrition when alcohol has overridden good nutrition.

Becoming alcohol free is the first step on the road to recovery but there is so much more to gain as being alcohol free gives you the opportunity to reassess your life priorities and start to value your health. The recipes in the book help you in two ways. First, they help the body repair the damage done by alcohol and poor nutrition. Second, they reduce your reliance on sugar. Sugar is a major contributor to cravings and relapse so managing your blood sugar is key. Sugar can also become an addiction to replace alcohol. The book also recommends long term nutritional goals.* Staying away from the first drink is priority* Sugar's role in early recovery* Getting on track with your nutrition in the early days of recovery* Long term nutritional goals to support your recovery* The damage that alcohol has done to your body* The slide into poor nutrition* Emergency nutrition plan to help you in early recovery* Vitamins & Minerals* The foods that help your body recover* The drinks that help your body recover* Recipes to support early recovery* Breakfast, lunch, dinner, snacks* Juicing for fast results

The first book in the three book practical series on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. This book introduces some mindfulness exercises and techniques into your daily routine to help with cravings and increase happiness levels. There is also a discussion of supplements specific to alcohol addiction and recovery. The nutrition sections in the book look at eating to avoid the triggers for wanting to drink or cravings HALT and rebuilding your health and looks. The recipes are for healthy eating with specific nutrients to target liver health. There is also a section on juices for everyday and rejuvenation.* Building the sober person from the inside out* How you got sober does not matter* Looking and feeling great* It's all about blood sugar* How is alcohol metabolised* Effect of stopping drinking on your body* Supporting your body to get back to optimum health* The food element of HALT* Supplements* Liver supporting foods and recipes* Juices for sobriety

An ethologist shows man to be a gene machine whose world is one of savage competition and deceit

THE INSTANT SUNDAY TIMES BESTSELLER 'Incisive, compassionate and nuanced...In the first decade of this century, it was unthinkable that a gender-critical book could even be published by a prominent publishing house, let alone become a bestseller.' Louise Perry, New Statesman 'This rigorous and brave book nails the absurd idea that sex is just a "social construct"' David Aaronovitch, The Times 'A tour de force.' Evening Standard Knowing more has never meant more.

Gender identity ideology is about more than twitter storms and using the right pronouns. In just ten years, laws, company policies, school and university curricula, sport, medical protocols, and the media have been reshaped to privilege self-declared gender identity over biological sex. People are being shamed and silenced for attempting to understand the consequences of redefining 'man' and 'woman'. While compassion for transgender lives is well-intentioned, it is stifling

much-needed inquiry into the significance of our bodies. If we recommit to our liberal values of freedom of belief, freedom of speech and robust debate, we can de-escalate this most vicious of culture wars.

Author Jasmin Rogg draws from her own extensive experience as a psychotherapist, addiction and recovery group facilitator, and her own personal struggle with substance abuse and long-term sobriety. She compiled a collection of writings meant to offer inspiration and information for recovery and change. After introducing readers to her own story and her path through addiction and recovery, Rogg goes on to write with honesty and compassion about the issues at the heart of substance abuse and recovery. She shares how embracing Buddhism's teachings of mindfulness practice help foster emotional regulation and healing—two important aspects of maintaining ongoing sobriety. She does not shy away from difficult topics, tackling issues such as abuse, trauma, love, attachment, and suffering, all while shining a light on the things we tell ourselves and about why we do what we do. *Waking Up Sober* inspires insight and understanding, and includes adverse childhood experiences and relational issues as underlying factors for self-destructive behavior patterns. Rogg intersperses her own poems throughout the book, which ultimately serve to ground the topics in humanity.

INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." --Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . .

Uncompromising . . . Jamison is a writer of exacting grace." --Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience—the craving for love that both devours us and shapes who we

are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

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.

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.

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