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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,

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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.

The moment the second line on the pee stick turns pink, women discover they've entered a world of parenting experts. Friends, family, colleagues, the

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UPS delivery guy -- suddenly everybody is a trove of advice, much of it contradictory and confusing. With dire warnings of what will happen if baby is fed on demand and even direr warnings of what will happen if he isn't, not to mention hordes of militant "lactivists," cosleeping advocates, and books on what to worry about next, modern parenthood can seem like a minefield. In busy Mom-friendly short essays, *Sippy Cups Are Not for Chardonnay* delivers the empathetic straight dirt on parenting, tackling everything from Mommy & Me classes ("Your baby doesn't need to be making friends at three months old -- you do! But not with people you'll meet at Mommy & Me") to attachment parenting ("If you're holding your baby 24/7, that's not a baby, that's a tumor"). Stefanie Wilder-Taylor combines practical tips with sidesplitting humor and refreshing honesty, assuring women that they can be good mothers and responsibly make their own choices. A witty and welcome antidote to trendy parenting texts and scarifying case studies, *Sippy Cups Are Not for Chardonnay* provides genuine support, encouragement, and indispensable common-sense advice.

George Orwell's celebrated novella, *Animal Farm*, is a biting, allegorical, political satire on totalitarianism in general and Stalinism in particular. One of the most famous works in modern English literature, it is a telling comment on Soviet Russia under Stalin's

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brutal dictatorship based on a cult of personality which was enforced through a reign of terror. The book tells a seemingly simple story of farm animals who rebel against their master in the hope of stopping their exploitation at the hand of humans and creating a society where animals would be equal, free and happy. Ultimately, however, the rebellion is betrayed and the farm ends up in a state as bad as it was before. The novel thus demonstrates how easily good intentions can be subverted into tyranny. Orwell has himself said that it was the first book in which he had tried, with full consciousness of what he was doing, 'to fuse political purpose and artistic purpose into one whole.' The book was first published in England in 1945, and has since then remained a favourite with readers all over the world, and has consistently been included in all prestigious bestseller lists for the past many years.

Simon Chapple is a Certified Alcohol Coach who has helped thousands of people change the way that alcohol features in their lives. In *How to Quit Drinking in 50 Days* he'll give you a structured way to find complete freedom from alcohol - for now, or forever"--

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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.

An illuminating look at the most tumultuous decade in the life of a rock icon—the only McCartney biography in decades based on firsthand interviews with the ex-Beatle himself. As the 1970s began, the Beatles ended, leaving Paul McCartney to face the

new decade with only his wife Linda by his side. Holed up at his farmhouse in Scotland, he sank into a deep depression. To outsiders, McCartney seemed like a man adrift—intimidated by his own fame, paralyzed by the choices that lay before him, cut loose from his musical moorings. But what appeared to be the sad finale of a glorious career was just the start of a remarkable second act. The product of a long series of one-on-one interviews between McCartney and Scottish rock journalist Tom Doyle, *Man on the Run* chronicles Paul McCartney's decadelong effort to escape the shadow of his past, outrace his critics, and defy the expectations of his fans. From the bitter and painful breakup of the Beatles to the sobering wake-up call of John Lennon's murder, this is a deeply revealing look at a sometimes frightening, often exhilarating period in the life of the world's most famous rock star. Sensing that he had nowhere to go but up, Paul McCartney started over from scratch. With emotional—and musical—backing from Linda, he released eccentric solo albums and embarked on a nomadic hippie lifestyle. He formed a new band, Wings, which first took flight on a ramshackle tour of British university towns and eventually returned Paul to the summit of arena rock superstardom. In *Man on the Run*, Doyle follows McCartney inside the recording sessions for Wings' classic album *Band on the Run*—and provides context for some of the

baffling misfires in his discography. Doyle tracks the dizzying highs and exasperating lows of a life lived in the public spotlight: the richly excessive world tours, the Japanese drug bust that nearly ended McCartney's career, his bitter public feuds with his erstwhile Beatle bandmates, and the aftermath of an infamous drug-and-alcohol-fueled jam session where McCartney helped reconcile the estranged John Lennon and Yoko Ono. For Paul McCartney, the 1970s were a wild ride with some dark turns. Set against the backdrop of a turbulent decade, *Man on the Run* casts the "sunny Beatle" in an entirely new light. Praise for *Man on the Run* "Tom Doyle's detailed chronicle, which includes rare interviews with McCartney and former Wings members, portrays a band that was far more contentious than eager-to-please hits like 1976's 'Let 'Em In' had us believe, fronted by a legend who wanted to be both boss and buddy. The book is larded with tales of Seventies rock-star excess, Paul and Linda's love of weed, docked paychecks, and grousing musicians."—*Rolling Stone* "Well-researched but still breezy and engaging, the book offers a comprehensive tour of the shaggy, bleary-eyed decade when the hardest-working ex-Beatle reached the zenith of his creative and commercial success. . . . *Man on the Run* makes an excellent contribution to the burgeoning literature devoted to McCartney's post-Beatles career."—*The Boston Globe* "In the

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1970s, a depressed, heavy-drinking Paul McCartney walked away from The Beatles and reinvented himself as the leader of another hitmaking rock 'n' roll band. A new book by longtime Q magazine contributing editor Tom Doyle about that turbulent period in the legendary rock star's life, *Man on the Run*, catches him in mid-flight.”—Billboard

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

A health and wellness toolkit *Health and wellness: Happy Healthy You* is a multidisciplinary approach to reclaiming ultimate wellness. We are all so busy now and tackling all those to-do's can leave us drained, worn down and lacking energy. When you take a deeper look inside, you will also discover patterns, old habits and past events blocking self-growth. Life coach extraordinaire, KJ Landis helps identify how, why, and where we got stuck in the first place, and how we can utilize past trauma and drama as a springboard to becoming our most authentic, vibrant selves. As one of KJ's

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students enthuses, "She has taught me several tangible strategies to cope with stress...I am using KJ's simple techniques to achieve my lifelong health goals." Stress relievers: Learn to lose the baggage and blame once and for all and step into your better self. KJ Landis herself is an exemplar of the practices she espouses. In her early career as a model, she masked years of abuse behind her beauty. Her journey to health and happiness is remarkable and truly inspiring. So, many of us bury pieces of ourselves, never daring to become whole. Landis' work offers a path to wholeness for all. The variety of healing therapies and practices makes this book unique in its contribution to the self-help and wellness world. Each day, we are faced with an immense amount of daily stress. Over time, those stressors may build up to a really big deal in our lives, causing us to go into survival mode. When you are only surviving, you are not thriving. In addition to the day-to-day sources of stress, many of us are exposed to major issues such as neglect, loneliness, abandonment issues, sexual abuse, grieving after loss, breakups, workplace challenges, environmental disasters, hormonal imbalances, and nutritional deficiencies. KJ Landis tackles all the blocks to wellness with excellent practical tools for overcoming and recovering. Inside this book you will learn:

- the origin of how we remain "stuck" in our lives
- how to use The Negative Thought Pot to rid ourselves from self deprecating beliefs
- how hormones and epigenetics affect mental and physical wellness
- the role of nutrition in every aspect of our health
- therapeutic movement as a modality in healing
- the power of self-care through restorative practices
- and much, much more!

Everything you need to know to control or stop drinking alcohol - all in one book. This is practical, scientific advice that you can put to work in your own life right away. It doesn't matter whether you want to reduce your drinking, stop

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drinking temporarily, or stop permanently, as this book will clarify which option is best for you. The writer is a leading addiction therapist in government-funded services, who has carried out thousands of hours face-to-face research with problem drinkers. This book explains the methods he has found that really work - not just in theory, but in the real world, with real people like you. An Amazon #1 Best Seller, "Alcohol and You" provides essential reading, including: * How to reduce and control your drinking. * How to stop drinking temporarily or permanently. * How to test and self-diagnose alcoholism instantly. * How to build and sustain motivation. * How to choose your method: reduction or detox. * How to do safe alcohol detoxification without rehab. * How to maintain alcohol recovery over time. * Discover prescription drugs that stop alcohol cravings. * Find out if going to Alcoholics Anonymous works. * Find out which therapy is best: CBT, 12 Step, or Motivation Therapy. * Find out if Mindfulness or Hypnotherapy work for alcohol reduction. * Learn the signs, symptoms and definition of alcoholism, and how to reverse it. * Discover the most reliable solution the author has used with thousands of drinkers. Order your copy of "Alcohol and You" and stop problem drinking NOW! READ WHILE YOUR BOOK SHIPS - Order your paperback today and download the Kindle version FREE! (Available using Kindle MatchBook function.)

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,

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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*

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

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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

"This invaluable work will contribute much to the battle against our number one disease."—from the Foreword by George McGovern, former senator and author of *Terry: My Daughter's Life-and-Death Struggle with Alcoholism*

Alcoholism is a disease. It's time we started treating it like one. Science has offered undisputed proof that alcoholism is a disease rather than a weakness of character, yet millions of alcoholics continue to suffer due to inappropriate treatment. Now the co-author of the modern classic *Under the Influence*

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has teamed up with prominent alcoholism experts to provide new answers to this national epidemic. Based on the latest scientific research, *Beyond the Influence* clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. It also spells out what needs to be done to treat alcoholism, including: Steps to take for an intervention How to find the right treatment program Which psychological approaches work best Why spirituality is essential to recovery New insights into relapse prevention What you should know about diet, exercise, and nontraditional treatments such as acupuncture Provocative and eye-opening, compelling and compassionate, *Beyond the Influence* is not only a message of hope for alcoholics--it is a blueprint for saving lives. *Beyond the Influence* explains that alcoholism is a disease of the body, not a weakness of character. Drawing on the latest scientific studies, the authors present new research on the central role of genetics and neurotransmitters in addiction. Continuing where the prior book left off, it also includes: Steps for diagnosis and intervention, plus ways to prevent relapses Various treatment models, including inpatient and out-patient programs and a review of new drug treatments The most effective types of psychological counseling The critical role of nutrition Non-traditional healing methods for recovery The importance of a spiritual component to recovery The authors also critique our nation's alcoholism policies, including education and prevention programs, efforts to curtail college bingeing and underage drinking, and the advertising and marketing strategies of the alcohol industry.

Follows the Kansas City Central High School's debate squad through its 2002 season, which ended with a top-ten finish at the national championships, in this riveting and poignant story of four debaters and their coach at an inner-city school.

Reprint. 20,000 first printing.

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“Provocative and entertaining. ... A powerful and damning diatribe on Simpson’s acquittal.”—People Here is the account of the O. J. Simpson case that no one dared to write, that no one else could write. In this #1 New York Times bestseller, Vincent Bugliosi, the famed prosecutor of Charles Manson and best-selling author of *Helter Skelter*, goes to the heart of the trial that divided the country and made a mockery of justice. He lays out the mountains of evidence; rebuts the defense; offers a thrilling summation; condemns the monumental blunders of the judge, the “Dream Team,” and the media; and exposes, for the first time anywhere, the shocking incompetence of the prosecution.

Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! Quitting drinking, whether for a month or for life, is enormously satisfying, but also fiendishly difficult. -There's the getting started ('But I have that party next week!') -There's the feeling clenched and socially anxious. -Throw in a sizeable amount of social pressure and suspicious questions ('So, do you have a drinking problem?') -Finally, chuck in the hundreds of pro-drinking messages we see every day; films where a round of shots always comes with a whoop; fridge magnets that say 'I don't trust people who don't drink'; pub clapboards announcing 'Strong people need strong drinks'; and memes declaring 'Beer: it's a holiday in a glass.' Whew. It's no wonder we find it tricky to stay teetotal. But don't worry. We're going to tackle all of the above. I'm going to give you tools that enable you to clear all of these stumbling blocks with the grace of a gazelle. So, let's get started, shall we? PRAISE FOR CATHERINE GRAY'S WRITING: "An icon of the Quit Lit movement." Condé Nast Traveller "Fascinating." Bryony Gordon. "Not remotely preachy." The Times "Jaunty, shrewd and convincing." The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." The Guardian

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"Truthful, modern and real." Stylist "Brave, witty and brilliantly written." Marie Claire "Haunting, admirable and enlightening." The Pool

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.

A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as:

- The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars
- The art of creating zero-proof cocktails for all seasons
- Having a fantastic first date while completely sober
- A primer on setting up your own backyard beehive, and honey tastings

For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants

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inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence" The Sunday Times

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, Open Book is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her

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with the compassion to help others, but also burdened her with an almost crippling need to please. Open Book is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture cliché's — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans," "sexual napalm..." and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

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 around alcohol. The result is a mindful approach that puts you back in control and permanently stops cravings.

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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.

"Why do some people succeed at change while others fail? It's the way they think! Liminal thinking is a way to create change by understanding, shaping, and reframing beliefs. What beliefs are stopping you right now? You have a choice. You can create the world you want to live in, or live in a world created by others. If you are ready to start making changes, read this book."

Have you ever thought about the impact that alcohol has on our lives? Have you ever wished to stop drinking but didn't know how to and felt too ashamed to ask for help? This summary of Annie Grace's book "This Naked Mind", completed by a chapter by chapter overview and added information about the author and her work doesn't give its readers a set of rules to follow but instead, it gently guides them towards changing their mindset about alcohol and reprogramming their subconscious minds. This summary is a companion to the original book and can help make a real and lasting change in your life, which will enable you to be free from alcohol forever. This Synopsis contains many tantalizing sections such as:- Book Summary Overview- Chapter by Chapter Summary- Trivia Questions about the author Annie Grace- Discussion Questions- And Much Much More!!NOTE: This is an unofficial companion book to "The Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life". It is meant to enhance your reading experience and is NOT the ORIGINAL BOOK.

New York Times Bestseller! "New, scientifically-based approaches that recognize the biological

basis of addiction have brought major advances in the treatment of addiction. Dr. Urschel is at the forefront of this treatment paradigm." Dr. Larry Hanselka, Psychologist The Proven Scientific Approach to Conquering Addiction and Defeating the Disease Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease—based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years. It combines the best behavioral addiction treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications. Using this scientific approach, you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction. The proven fact is addiction is not a moral failing or an issue of not having enough willpower. It is a disease of the brain that can and must be treated like other chronic medical illnesses—such as diabetes, hypertension, or asthma—in order to defeat the disease. This revolutionary program can triple the success rate of patients, from 20-30% to 90% There Is Hope. By understanding addiction and using 21st-century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated.

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A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion. 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.'

A dependable companion for people in all stages of recovery, *Keep It Simple's* meditations bring you

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back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

"*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

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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.

Summary of This Naked Mind The author starts her book by telling her readers that everybody, no matter for how long they have been drinking or in what quantities, can reset their brains to a time before starting alcohol consumption, a time when the desire for drinking or for fitting into society's norms, was nonexistent. Only by understanding the psychological and neurological reasons behind drinking can we stop craving it. As most of us tend to blame and punish ourselves for our weaknesses,

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Grace unravels that most often it is the strongest, smartest, and most successful people that drink too much. The author's approach towards quitting drinking is gentle and gradual, advising us that the only way we can convince our brains to see things from a different perspective is by taking small steps each day and by not adding too much stress to our bodies. Here is a Preview of What You Will Get: - A Full Book Summary - An Analysis - Fun quizzes - Quiz Answers - Etc Get a copy of this summary and learn about the book.

Do you want to take a break from alcohol easily and safely? When you stop drinking, it takes up to 10 days for the alcohol to completely leave your system. It's a tricky time. You get cravings and your thinking becomes emotional. Most people struggle in the early days. But now there's a modern, scientific solution. The 10-Day Alcohol Detox Plan walks you through the detox period painlessly and explains everything you need to carry on to your personal sobriety goal, whether short-term or long-term. Written in an engaging and informative way, the 10-Day Alcohol Detox Plan is practical and easy to follow. There's no doom and gloom or going to meetings. It just does the job, and is suitable for anyone: If you want to try a sober break from alcohol If you want to stop drinking to help fitness or weight-loss If you need to give up alcohol for health reasons If you've simply had enough and want to quit

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drinking for good The author is a therapist working in public health who has helped countless drinkers to quit alcohol, and is the author of the bestseller "Alcohol and You: How to Control and Stop Drinking" and "Mindfulness for Alcohol Recovery".

Order this book today and find a better way.

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For those with an alcohol problem it will explain why they have a problem and what they can do about it. For those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation

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for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture.

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...

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed.

Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do).

Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a

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lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms.

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

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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. Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--*A Woman's Way through the Twelve Steps* focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's

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experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

"A groundbreaking program to help you cut back or quit drinking entirely--in the privacy of your own home"--

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! The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind -

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Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can't have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can't relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I'm drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to

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reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you

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with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit www.besober.co.uk to discover more.

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