

The Unexpected Joy Of Being Sober Discovering A Happy Healthy Wealthy Alcohol Free Life | 9905e4ab176e740478fe9a746f6deb30

*Between Breaths A Short History of Drunkenness The Unexpected Joy of the Ordinary The Sober Diaries This Naked Mind Sober Curious Overextended and Loving Most of It How To Be Happy All The Time Staying Sober Without God The Anti-Romantic Child The 30-Day Sobriety Solution A Happier Hour The Unexpected Joy of Being Sober Journal Tired of Thinking About Drinking Unwasted: Finding Mommy Bliss How to Be Single and Happy Sunshine Warm Sober The Unexpected Joy of Being Sober The Unexpected Universe Sober As F*** Allen Carr's Easy Way for Women to Stop Smoking Children of Blood and Bone Living with Less What Is Life?: Five Great Ideas in Biology We Are the Luckiest I Will Always Write Back Calm Drinking A Good Girl's Guide to Murder Nothing Good Can Come from This The Recovering It's Great to Suck at Something Unexpected Joy Alcohol Explained The Art of Being Single Unexpected Joy at Dawn The Little Book of Big Change The Unexpected Joy of Being Single Alcohol Lied to Me Again! - Get Back On the Wagon & Regain Control of Your Drinking*

Between Breaths

The Easyway method is as successful for women as it is for men, but many of the issues are perceived differently by women - as their questions in Easyway sessions reveal - and particular difficulties face women who want to quit the habit. Drawing on years of experience at Easyway clinics, this classic work examines these difficulties - engagin

A Short History of Drunkenness

'Exquisite' - Fearn Cotton 'The kind of book that changes lives, and very possibly saves them' - LANCET PSYCHIATRY 'Stone cold sober.' Sounds horrible, doesn't it? Hard, icy. Brrrrr. No bloody ta. However, as the millions who choose to stay sober now know, the propaganda around drinking and sobriety is wonky. Sober doesn't feel stony, or cold. Retired wreckhead Catherine Gray, author of surprise bestseller The Unexpected Joy of Being Sober, is now in her eighth sober year and has learnt a damn sight more. This hotly anticipated sequel enlists the help of experts and case studies, turning a curious, playful gaze onto provocative questions. Is alcohol a parenting aid? Why are booze and cocaine such a horse and carriage? Once an addict, always an addict? How do you feel safe - from alcohol, others and yourself - in sobriety? Whether you're a dedicated boozehound, flirting with teetotalling, or already sober, this witty, gritty read may just change how you think about alcohol forever. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - The Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

The Unexpected Joy of the Ordinary

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

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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.

The Sober Diaries

Zelie Adebola remembers when the soil of Or sha hummed with magic. Burners ignited flames, Tiders beckoned waves, and Zelie s Reaper mother summoned forth souls. But everything changed the night magic disappeared. Under the orders of a ruthless king, maji were killed, leaving Zelie without a mother and her people without hope.

This Naked Mind

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 Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras 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

Sober Curious

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

Overextended and Loving Most of It

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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 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.

How To Be Happy All The Time

"In Living with less, Joshua will guide you through biblical teachings on possessions and his own personal experience with minimalism--living with only the essential This book will challenge you to spend your hours, energy, and resources in ways that draw you closer to the heart of Jesus."--Page 4 of cover.

Staying Sober Without God

Being a happy mom isn't about sailing through motherhood. It's not about having it all together or having the best kids. Parenting can be chaotic, stressful, and complicated. There are temper tantrums and sibling squabbles. There is self-doubt and frustration, even fear and uncertainty. But there is also laughter and love . . . and, yes, even bliss. Finding Mommy Bliss-Discovering Unexpected Joy in Everyday Moments helps moms take steps toward the parental happiness that can sometimes be hiding at the bottom of the laundry pile. Author Genny Heikka includes stories from her own experiences as a parent, along with practical advice, tips, and questions that moms can explore on their own or in a group setting. Filled with the humor, heartache, and humbling realizations that only parenting can bring, Finding Mommy Bliss makes for an encouraging, easy read for the busy mom who needs a few minutes of inspiration.

The Anti-Romantic Child

"The Anti-Romantic Child is remarkable. This haunting and lyrical memoir will be an invaluable and heartening guide to all who find themselves in similar situations and indeed anyone confronting an unforeseen challenge."—Marie Brenner, writer for Vanity Fair and author of Apples and Oranges With an emotionally resonant combination of memoir and literature, Wordsworth scholar Priscilla Gilman recounts the challenges of raising a son with hyperlexia, a developmental disorder neurologically counterpoint to dyslexia. Gilman explores the complexities of our hopes and expectations for our children and ourselves. With luminous prose and a searing, personal story evocative of A Year of Magical Thinking and A Year of Reading Proust, Gilman's The Anti-Romantic Child is an unforgettable exploration of what happens when we lean to embrace the unexpected.

The 30-Day Sobriety Solution

In modern-day Cape Cod, Joy, a baby boomer and proud hippie, is holding a memorial concert for the other half of her popular musical duo, Jump & Joy. When her tightly wound, conservative daughter and her sweet, rebellious granddaughter arrive from Oklahoma, sparks fly as one family seeks to find the common ground in their different values, dreams, and goals. A heartfelt and hilarious story that celebrates diversity and

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acceptance, Unexpected Joy weaves folk-rock, pop, and blues in bringing together a family that hasn't experienced true joy in decades.

A Happier Hour

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.

The Unexpected Joy of Being Sober Journal

*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.*

Tired of Thinking About Drinking

THE INSTANT NEW YORK TIMES BESTSELLER EVERYONE IS TALKING ABOUT! An addictive must-read mystery with shades of *Serial* and *Making a Murderer* about an investigation turned obsession, full of twists and turns and with an ending you'll never

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expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, Good Girl, Bad Blood! "The perfect nail-biting mystery." --Natasha Preston, #1 New York Times bestselling author

Unwasted:

Single, less stressed, and free If you're tired of swiping through dating apps, ghosting, and hearing well-meaning questions about why you're still single, it's hard not to feel "less-than" because you haven't found your soul mate. Until now. How to Be Single and Happy is an empowering, compassionate guide to stop overanalyzing romantic encounters, get over regrets or guilt about past relationships, and identify what you want and need in a partner. But this isn't just another dating book. Drawing on her extensive expertise as a clinical psychologist, as well as the latest research, hundreds of patient interviews, and key principles in positive psychology, Dr. Jennifer Taitz challenges the most common myths about women and love (like the advice to play hard to get). And while she teaches how to skillfully date, she'll also help you cultivate the mindset, values, and connections that ensure you'll live your best, happiest life, whether single or coupled up.

Finding Mommy Bliss

"One of the best Addiction books of all time" - BookAuthority

How to Be Single and Happy

Little changes can make a big, big difference! In The Little Book of Big Change, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

Sunshine Warm Sober

The single glass of wine with dinner. . .the cold beer on a hot day. . .the champagne flute raised in a toast. . . what I'd drink if Hunter S. Thompson wanted to get wasted with me. . .these are my fantasies lately. Too bad I've gone sober. When Sacha Z. Scoblic was drinking, she was a rock star; the days were rough and the nights filled with laughter and blackouts. Then she gave it up. She had to. Here are her adventures in an utterly and maddeningly sober world. . .and how she discovered that nothing is as odd and fantastic as life without a drink in hand. . . "Wildly entertaining. . .An unabashed account of getting clean and getting a life." --Steve Geng Sacha Z. Scoblic is a writer living in

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Washington, D.C. A former editor at The New Republic and Reader's Digest, she has written about everything from space camp to pulp fiction and was a contributor to The New York Times's online series "Proof: Alcohol and American Life." She currently blogs about addiction at TheFasterTimes.com. Her sobriety date is June 15, 2005.

The Unexpected Joy of Being Sober

*We all obsess about worrying less, but worrying can actually be good for you. Similarly we strive to be proactive and fast - but aren't there hidden benefits to procrastinating? The last thing a parent is meant to do is neglect their offspring, but children do amazing things when you just leave them alone. And at work we spend hours frantically brainstorming, but isn't there a benefit to just lazily staring out of the window? EVERYTHING BAD IS GOOD FOR YOU is a new series of short audiobooks dedicated to the much-maligned personality traits that we should actually be promoting. Just as Susan Cain's QUIET showed that introversion is actually a superpower and Sarah Knight made us all realise that not giving a f**k can actually improve our lives, these surprising and entertaining audiobooks will celebrate our perceived flaws - and show why embracing rather than supressing them can be the difference between failure and success.*

The Unexpected Universe

*From the bestselling author of HAPPY and the HAPPY PLACE PODCAST THE FOLLOW UP TO THE SUNDAY TIMES BESTSELLER, HAPPY: FINDING JOY IN EVERY DAY AND LETTING GO OF PERFECT 'Calm for me is less about thought and much more about feeling. It is a stillness that allows my lungs to expand like hot air balloons. It is an acceptance of the noise around me. It is a magic alchemy that might last a second or a whole day, where I feel relaxed yet aware; still yet dynamic; open yet protected . . . '*** In today's always-on world, for many of us it seems impossible to relax, take time out or mute the encircling 'noise'. It is easy to feel trapped in this frenzied state of mind: we are surrounded by negative stories in the press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media. As a result, mental health illnesses are on the rise in every age group, and more of us than ever before yearn for silence, peace and calm. CALM is Fearnie's mission to find the simple things that can inch us away from stress and over to the good stuff. Including expert advice, conversations with wise friends from all walks of life, easy ideas to try, activities to complete - and the little things that have made a difference to her own, sometimes-bumpy life - this book is a friendly reminder that Calm is a place that exists in us all, we just have to find our way back to it.*

Sober As F***

Would you consider your life stretched to the limit? Are you a burn-the-candle-at-both-ends kind of gal with lots of room for improvement when it comes to creating margins for rest? But you actually love it and wouldn't want it any other way? Well, so does Lisa Harper. In her humorous and packed-with-biblical-wisdom way, Lisa shows us that it is possible for a frazzled nature to be glorifying to the Lord. Every late-night conversation with a hurting friend and each precious, adopted child needing a little extra tender loving care—exhausting, yet imperative, ways to be extensions of the gospel. In each of these vignettes illustrating Lisa's overextended life, we learn that even in the middle of our own pure motives and hectic schedules, it is only by resting in God's sovereign mercy that we are able to keep risking our hearts to serve his people and fulfill the callings he has placed on us. Real life . . . abundant life . . . godly life is about loving Jesus and the people he allows us to rub shoulders with well—which means some days you'll be stretched emotionally and physically. You'll feel overextended. Thankfully God will expand our hearts and calendars to accommodate the calling. He is in the business of supplying us with new mercies every morning . . . new candles to burn, for more lives needing his light.

Allen Carr's Easy Way for Women to Stop Smoking

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

Children of Blood and Bone

Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

Living with Less

Alcohol is the most devious and deceptive drug on planet earth and occasionally people fall back under its spell. This journey backwards virtually always starts with the same sentence being uttered: 'Surely just one drink won't hurt'. Just one drink it seems such an innocuous action that it couldn't possibly cause any substantial drama. In reality it is the same hoping to take just one little step off a cliff. It's only one seemingly insignificant step but the consequences are rapid, irreversible and severe. Both events start off an unstoppable series of events. In *Alcohol Lied to Me Again*, Craig gives you the tools to once again break the cycle of alcohol addiction. You will discover why this relapse can be a good thing and how you use it to ensure you stay sober for the rest of your life. If you have started drinking again this book will guide you quickly back to a happy and fulfilled life, completely free from the misery of alcohol.

What Is Life?: Five Great Ideas in Biology

Forget everything you've heard about being single Nope, you don't need a better half - you're already whole. And every second waiting for 'the one' is time wasted: time that could be spent living your life your way. Because when you take a moment to stop and look at things differently, you'll soon see that there are so many wonderful reasons to embrace being proudly partner-free. Celebrating the freedom and fun of solo living, this book is brimming with inspiration, ideas and practical advice. From going on me dates

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*and awesome adventures, to staying true to yourself and learning to leave loneliness at the front door, **The Art of Being Single** is your one-stop guide to living a life you love.*

We Are the Luckiest

"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.

I Will Always Write Back

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.

Calm

"No one has ever managed to make the pursuit of knowledge feel more soulful or more immediate than Loren Eiseley . . ." —Ben Cosgrove, The Daily Beast At the height of a distinguished career as a paleontologist, Loren Eiseley turned from fieldwork and scientific publication to the personal essay. Here, in *The Unexpected Universe*, he displays his far-reaching knowledge and searching curiosity about the natural world, and the qualities that led many to hail him as a "modern Thoreau." Fascinating accounts of the journeys of Odysseus, Captain Cook, and Charles Darwin frame Eiseley's more modest wanderings as a suburban naturalist, attentive to the lives of small creatures. Sometimes he travels no further than the local dump. And yet, like Homer's hero or these great explorers, he continually finds a universe "not only queerer than we suppose, but queerer than we can suppose."

Drinking

"Nothing Good Can Come from This is a book about generative discomfort, surprising sources of beauty, and the odd, often hilarious, business of being human." —Leslie

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*Jamison, author of **The Empathy Exams** and **The Recovering** Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. **Nothing Good Can Come from This** is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When Kristi stopped drinking, she started noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, **Nothing Good Can Come from This** introduces a fierce new voice to fans of Sloane Crosley, David Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an escape hatch.*

A Good Girl's Guide to Murder

*The Nobel Prize-winning scientist's elegant explanation of the fundamental ideas in biology and their uses today. The renowned biologist Paul Nurse has spent his career revealing how living cells work. In **What Is Life?**, he takes up the challenge of describing what it means to be alive in a way that every reader can understand. It is a shared journey of discovery; step-by-step Nurse illuminates five great ideas that underpin biology—the Cell, the Gene, Evolution by Natural Selection, Life as Chemistry, and Life as Information. He introduces the scientists who made the most important advances, and, using his personal experiences in and out of the lab, he shares with us the challenges, the lucky breaks, and the thrilling eureka moments of discovery. Nurse writes with delight at life's richness and with a sense of the urgent role of biology in our time. To survive the challenges that face us all today—climate change, pandemic, loss of biodiversity and food security—it is vital that we all understand what life is.*

Nothing Good Can Come from This

Fifteen years ago, Mama said, starting her story, I came to Lagos from Ghana. I came to Nigeria because I was considered an alien in that country. The government of Ghana passed a law asking all aliens without resident permits to regularise their stay in the country'. This story of migration, identities and lives undermined by cynical and xenophobic politics pushed to its logical and terrible conclusion pertains to the Ghanaian orders of 'alien compliance' issued in 1970-1971, which determined to force all non-ethnic Ghanaians, so called illegal immigrants, to return to their - so stipulated - 'home'. The novel thus touches on concerns of deeper relevance to the politics of race and migration of the twenty first century.

The Recovering

*Discover how the freedom of sucking at something can help you build resilience, embrace imperfection, and find joy in the pursuit rather than the goal. What if the secret to resilience and joy is the one thing we've been taught to avoid? When was the last time you tried something new? Something that won't make you more productive, make you more money, or check anything off your to-do list? Something you're really, really bad at, but that brought you joy? Odds are, not recently. As a sh*tty surfer and all-around-imperfect human Karen Rinaldi explains in this eye-opening book, we live in a time of aspirational psychoses. We humblebrag about how hard we work and we prioritize productivity over play. Even kids don't play for the sake of playing anymore: they're building blocks to build the ideal college application. But we're all being had. We're told to be the best or nothing at all. We're trapped in an epic and farcical quest for perfection. We judge others on stuff we can't even begin to master, and it's all making us more anxious and depressed than ever. Worse, we're not improving on what really matters. This book provides the antidote. (It's Great to) Suck at Something reveals that the key to a richer, more fulfilling life is finding something to suck at. Drawing on her*

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personal experience sucking at surfing (a sport she's dedicated nearly two decades of her life to doing without ever coming close to getting good at it) along with philosophy, literature, and the latest science, Rinaldi explores sucking as a lost art we must reclaim for our health and our sanity and helps us find the way to our own riotous suck-ability. She draws from sources as diverse as Anthony Bourdain and surfing luminary Jaimal Yogis, Thich Nhat Hanh, and Jean-Paul Sartre, among many others, and explains the marvelous things that happen to our mammalian brains when we try something new, all to discover what she's learned firsthand: it is great to suck at something. Sucking at something rewires our brain in positive ways, helps us cultivate grit, and inspires us to find joy in the process, without obsessing about the destination. Ultimately, it gives you freedom: the freedom to suck without caring is revelatory. Coupling honest, hilarious storytelling with unexpected insights, (It's Great to) Suck at Something is an invitation to embrace our shortcomings as the very best of who we are and to open ourselves up to adventure, where we may not find what we thought we were looking for, but something way more important.

It's Great to Suck at Something

*From the internationally bestselling author of *The Etymologicon*, a lively and fascinating exploration of how, throughout history, each civilization has found a way to celebrate, or to control, the eternal human drive to get sloshed "An entertaining bar hop though the past 10,000 years."—*The New York Times Book Review* Almost every culture on earth has drink, and where there's drink there's drunkenness. But in every age and in every place drunkenness is a little bit different. It can be religious, it can be sexual, it can be the duty of kings or the relief of peasants. It can be an offering to the ancestors, or a way of marking the end of a day's work. It can send you to sleep, or send you into battle. Making stops all over the world, *A Short History of Drunkenness* traces humankind's love affair with booze from our primate ancestors through to the twentieth century, answering every possible question along the way: What did people drink? How much? Who did the drinking? Of the many possible reasons, why? On the way, learn about the Neolithic Shamans, who drank to communicate with the spirit world (no pun intended), marvel at how Greeks got giddy and Sumerians got sauced, and find out how bars in the Wild West were never quite like in the movies. This is a history of the world at its inebriated best.*

Unexpected Joy

*Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read.*

Alcohol Explained

** 'This refreshing, unusual book needs to exist. A culture shift which repositions a single person as someone who is relationship-free, complete, and not lacking is long overdue.' - The i * * 'Absolutely f*cking brilliant' - Florence Given * Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single. It's become the norm to remain solo until much later in life, given the average marriage ages of 35 (women) and*

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38 (men). Many of us are choosing never to marry at all. But society, films, song lyrics and our parents are adamant that a happy ending has to be couple-shaped. That we're incomplete without an 'other half', like a bisected panto pony. Cue: single sorrow. Dating like it's a job. Spending half our lives waiting for somebody-we-fancy to text us back. Feeling haunted by the terms 'spinster' or 'confirmed bachelor.' Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame, detached from 'all the good ones are gone!' panic and debunked the myth that married people are much happier. Let's start the reverse brainwash, in order to locate - and luxuriate in - single happiness. Are you in? *Spoiler: you're already whole PRAISE FOR CATHERINE GRAY'S WRITING: "Fascinating." Bryony Gordon "Not remotely preachy." The Times "Jaunty, shrewd and convincing." The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying." The Guardian "Truthful, modern and real." Stylist "Brave, witty and brilliantly written." Marie Claire "Haunting, admirable and enlightening." The Pool

The Art of Being Single

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." --Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." --Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." --Bernie M., Dublin, Ireland

Unexpected Joy at Dawn

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

The Little Book of Big Change

****From the Sunday Times Bestselling Author** Life-affirming - THE TELEGRAPH Wonderful - INDEPENDENT She made it her mission to learn how to be default happy rather than default disgruntled - RADIO 4 - WOMAN'S HOUR Take a leaf out of Gray's book and be kinder to yourself by appreciating life just as it is - IRISH TIMES This book came to me in an hour of need - during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand - SADIE FROST Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomenons conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on**

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what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all. PRAISE FOR CATHERINE GRAY'S WRITING: "Uplifting and inspiring" The Evening Standard "Not remotely preachy" The Times "Jaunty, shrewd and convincing" The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying" The Guardian "An empathetic, warm and hilarious tale from a hugely likeable human" The Lancet Psychiatry

The Unexpected Joy of Being Single

The New York Times bestselling true story of an all-American girl and a boy from Zimbabwe -- and the letter that changed both of their lives forever. It started as an assignment. Everyone in Caitlin's class wrote to an unknown student somewhere in a distant place. Martin was lucky to even receive a pen-pal letter. There were only ten letters, and fifty kids in his class. But he was the top student, so he got the first one. That letter was the beginning of a correspondence that spanned six years and changed two lives. In this compelling dual memoir, Caitlin and Martin recount how they became best friends--and better people--through their long-distance exchange. Their story will inspire you to look beyond your own life and wonder about the world at large and your place in it.

Alcohol Lied to Me Again! - Get Back On the Wagon & Regain Control of Your Drinking

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