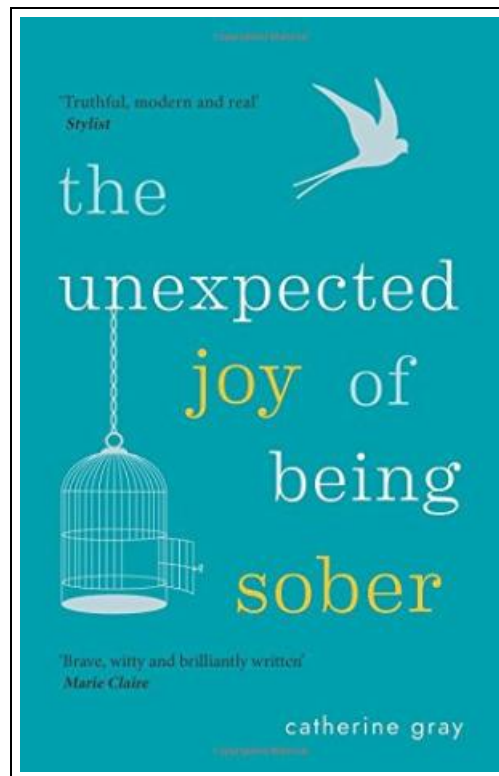


## The Unexpected Joy of Being Sober: Discovering a happy, healthy, wealthy alcohol-free life (Paperback)



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*(Eunice Schulist)*

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Octopus Publishing Group, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Truthful, modern and real - Stylist Brave, witty and brilliantly written - Marie Claire Hilarious, sharp, spitfire writing - Sacha Z. Scoblic, Senior Editor at The Atlantic and author of Unwasted: My Lush Sobriety 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. A riveting, raw, yet humorous memoir with actionable advice. A truly unique blend of storytelling and science that holds a universe of hope. - 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...

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