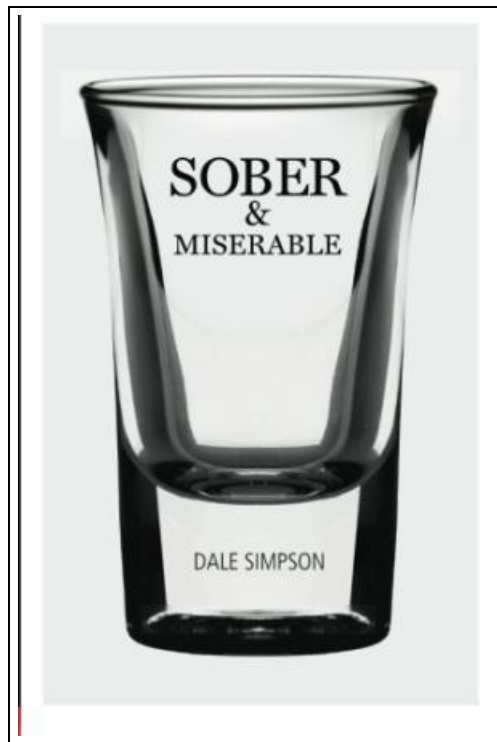


Sober and Miserable (Paperback)



Filesize: 7.47 MB

Reviews

Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.
(Lily Ryan)

SOBER AND MISERABLE (PAPERBACK)



Perfected Pen Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When an individual who is having trouble with alcohol is able to put it down, there is cause for celebration. A life has been saved. A return to a normal, healthy life is frequently astounding. They were difficult, unpredictable, angry and frequently depressed. In a matter of weeks, it all seems to be over. All is well now.right? Maybe not. An early release from alcohol also presents the need to deal with alcoholism over the next thirty, forty, or fifty years. Insidious character defects have a tendency to pop up with disturbing regularity. Our author shows how he has lived through these unpleasant discoveries and the ways he has been helped by those around him to continue alcohol recovery over a period of 40+ years. There is no lecturing. Sober and Miserable is straightforward and, at times, darkly humorous. The author confronts his personal shortcomings in an open and honest way that hopefully many will identify with and be able to apply to their own lives in recovery. There is a strong sense of hope presented in these chapters and for its sheer practical value, this book should appeal to anyone in recovery, those who work with alcoholics and families/friends of alcoholics in recovery. There will no doubt be some Ah Ha! moments as you read this book. While Sober and Miserable is based on the experience of one man, many of the lessons may be applied to improve the life of anyone willing to look at him/herself clearly. The ultimate message is one of hope. Its message is simply that peace is attainable if you are willing to work for it!.



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