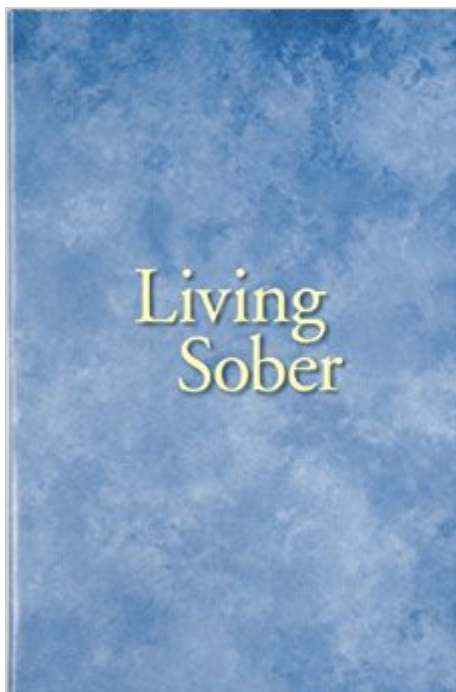


The book was found

Living Sober



Synopsis

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

Book Information

Paperback: 87 pages

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Average Customer Review: 4.7 out of 5 stars 284 customer reviews

Best Sellers Rank: #10,627 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #16 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #23 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

The most important book one can read in early recovery! I am a substance abuse counselor and "Living Sober" is one of the most important books that my clients could read. It literally teaches them step by step and day by day how to live sober. Stopping drinking or drug use is just the beginning. Once you take away the one thing that consumed every minute of your waking day, you are left with an emptiness that's hard to describe. "Living Sober" shows you how to fill that emptiness with healthy activities and daily living skills so you can resume a balanced and rewarding life. It has gotten me through many a rough day and I think it is invaluable as a tool among those in early recovery.

I feel this book is an excellent companion to the 'Big Book' of AA. This book goes between the lines of the Big Book, in helping people new to recovery, and gives in sort of easy layman's terms what happens in early days of recovery. It is a simple guideline of subjects related to the Big Book, after

the first 164 pages, you find stories written by folks who have been sober for a few years. It helps gain some strength & hope that the AA 12-step program does work.

Highly recommend this book for new comers to the AA way of life, and old timers who might need to be reminded of "what it was like".

My favorite recovery book because I didn't know how to live sober. This book offers tips on living clean and sober, methods AA members have used for not drinking.

I bought the eBook as a supplement for my e library. I take my device to mtgs and am able to carry many pounds of books with ease now. My 3rd sponsor used to chair a MTG that focused on this book, and I have fond memories of this book in early recovery. It has good advice for the newcomers and old timers. I can pull it up during times of crisis, and even enjoy an essay during times when I am not in crisis.

I bought it for my daughter. She opened it, said thanks, got a hug. Haven't seen it since. But she's not drinking either. So I don't know. It's been over a year and a half.

This is one of the classics for learning to live a new lifestyle of sobriety. Suggestions for creating new habits and insights for handling possibly difficult situations.

Besides big book it is one of the most essential texts I have seen especially for newly sober people. Some people say it's too simplistic, but I disagree. Perfect refresher and good for new people.

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The Staying Sober Handbook: A Step-by-Step Guide to Long-term Recovery from Addiction
Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening
Sober Mercies: How Love Caught Up with a Christian Drunk
Your Six Week Plan: Join The Sober Revolution and Call Time on Wine o'clock
Sober Intoxication of the Spirit: Filled With the Fullness of God
Teen Guide to Staying Sober (Drug Abuse Prevention Library)
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