

The book was found

Your Six Week Plan: Join The Sober Revolution And Call Time On Wine O'clock



Synopsis

If you have decided to quit drinking, *^Your 6 Week Plan^*™ is for you. A diary specifically created for those at the beginning of their sober journey, *^Your 6 Week Plan^*™ provides the opportunity to write your very own personalised plan for alcohol-free living.

Book Information

Series: The Sober Revolution

Paperback: 162 pages

Publisher: Accent press (October 6, 2013)

Language: English

ISBN-10: 178375205X

ISBN-13: 978-1783752058

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 34 customer reviews

Best Sellers Rank: #855,694 in Books (See Top 100 in Books) #100 in *Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Drugs* #572 in *Books > Children's Books > Biographies > Women* #889 in *Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism*

Customer Reviews

After drinking wine with much gusto for twenty years, something clicked in my head in April 2011 which was to lay the foundations for an entirely new and amazing life; I sobered up permanently. Becoming alcohol free has led to me being a much better parent, having tonnes more energy (despite having since had another baby!), creating Soberistas.com and finally, after years of wishing, becoming a published author. Life just keeps on getting brighter, and it's all down to ditching the booze. An ex alcoholic, Mother, Wife and now Counsellor, Advocate and Cognitive Behavioural Therapist who found that using sheer determination and courage that anything was possible. Also part time chicken keeper, dreadful gardener, lover of bees and horses, and born romantic. Avid foodie, and entertainer, passionate about cookery and recipe books. Totally in love with my county North Yorkshire, whilst having a secret affair with the South of France. Husband of 27 years Michael, my stabiliser in all things, and son Charlie, who lights up my life daily. Have discovered that being ageing outrageously is doable without a glass of booze in my hand, as I can simply be passed off as eccentric so am constantly excused. Liberated, fun and never judgemental,

each day is a gift and my job with Harrogate Sanctuary has to be the most rewarding work in the world. Women getting their lives back, children getting Mum back, and partners falling in love again. Avid Campaigner for tailored care for alcohol misuse, particularly among women. Sober is the New Black!

A very helpful book which makes you stop and think about the affect of alcohol in one's life and others. It bought much greater awareness about how the price of heavy drinking on not only oneself, but also ones friends and family.

I highly recommend this book. I have read a lot of these types of books, and feel I got the most out of this one!

A fantastic book. A great eye opener and support for those looking to give up the drink. Well worth a read

Good insight into women and alcohol. Problems with drinking do not mean your an alcoholic, but a problem needs tools. She has some great ones in here. Lots of compassion and reality.

Very inspirational and practical read.

This book WILL help you tremendously in your struggle. It provided me with insight, changing my perceptions, which really is the key to sobriety.

Well presented information, although a little repetitive on the testimonies from women who've kicked the habit.

If you want to stop drinking, this is THE book to read!!! It inspires and makes it all clear!!

[Download to continue reading...](#)

Your Six Week Plan: Join The Sober Revolution and Call Time on Wine o'clock WINE: Wine Lifestyle - Beginner to Expert Guide on: Wine Tasting, Wine Pairing, & Wine Selecting (Wine History, Spirits, World Wine, Vino, Wine Bible, Wine Making, Grape, Wine Grapes Book 1) Wine Tasting: Secrets of Wine Tasting - The Ultimate Guide To Learn Everything About Wine Tasting & Wine Pairing (Wine Selecting, Wine Variety, Wine Making, Wine Education) Wine: Ultimate Wine

Handbook â “ Wine From A-Z, Wine History and Everything Wine (Wine Mastery, Wine Sommelier)
Wine: Everything You Need to Know About Wine From Beginner to Expert (Wine Tasting, Wine
Pairing, Wine Lifestyle) Wine Making: The Ultimate Beginnerâ™s Guide To Wine Making - Learn
How To Make Delcious Wine At Home (Home Brew, Wine Making, Wine Recipes) Speak in a
Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Wine
Guide: Learn everything you need to know about wine tasting & wine selecting - Includes tips and
tricks (Wine Making and Tasting Books Book 1) Wine: The Ultimate Educational Resource Of Red
Wine, Types And Origin, Red Wine Selecting & Food Pairing And Tips On Wine Occasion Matching
Wine Making: For Beginners - Discover The Joyfulness Of Home Wine Making (Home Brew, Wine
Making, Wine Recipes) Out of the Workplace and Off the Clock: Borneo (On Vacation: Out of the
Workplace and Off the Clock Book 1) Ten Years Younger: The Amazing Ten Week Plan to Look
Better, Feel Better, and Turn Back the Clock New Anti-Aging Revolution, Second Ed.: Stop the
Clock: Time Is on Your Side for a Younger, Stronger, Happier You New Anti-Aging Revolution, Third
Ed.: Stop the Clock: Time Is on Your Side for a Younger, Stronger, Happier You The Abs Diet for
Women: The Six-Week Plan to Flatten Your Belly and Firm Up Your Body for Life The Skinnytaste
Meal Planner: Track and Plan Your Meals, Week-by-Week The 4-Hour Work Week: Escape the 9-5,
Live Anywhere and Join the New Rich The 4-Hour Work Week: Escape 9-5, Live Anywhere, and
Join the New Rich Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood
Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse
Diabetes, Diabetes Meal Plan) The New Abs Diet for Women: The Six-Week Plan to Flatten Your
Stomach and Keep You Lean for Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)