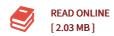




## The Unexpected Joy of Being Sober: Discovering a happy, healthy, wealthy alcohol-free life (Paperback)

By Catherine Gray

Octopus Publishing Group, United Kingdom, 2018. Paperback. Condition: New. Language: English. Brand new Book. THE SUNDAY TIMES BESTSELLER 'Gray's tale of going sober is uplifting and inspiring' - The Evening Standard 'An icon of the Quit Lit movement' - Conde Nast Traveller 'Fascinating' - Bryony Gordon '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 therine 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,...



## Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting throgh reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

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