

# Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) PDF

## GLASS HALF FULL

A POSITIVE JOURNEY TO  
LIVING ALCOHOL-FREE



LUCY ROCCA

FOUNDER OF SOBERISTAS.COM



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Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) by Lucy Rocca ISBN B00HWBGV94

Glass Half Full by Lucy Rocca, best-selling author of The Sober Revolution.

In April 2011, Lucy Rocca woke up in a hospital bed with no memory of how she had ended up there. After accepting that her drinking had spiralled out of control, she made the decision there and then to never touch alcohol again. However, the early days were a challenge, and Lucy began recording her journey in a blog as a way of helping herself move forward to a happy and sober future.

For someone who defined herself by her love of drinking for over twenty years, letting go of the booze crutch was initially a challenge, but over time, Lucy began to realise how much happier she was living alcohol-free. Glass Half Full is the story of her journey from hopelessly devoted wine fiend to sober and truly happy for the first time in her adult life.

As the founder of Soberistas.com, Lucy's blog also provides motivational and inspirational support for those seeking an alcohol-free life.

## **Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) Review**

This Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3) having great arrangement in word and layout, so you will not really feel uninterested in reading.