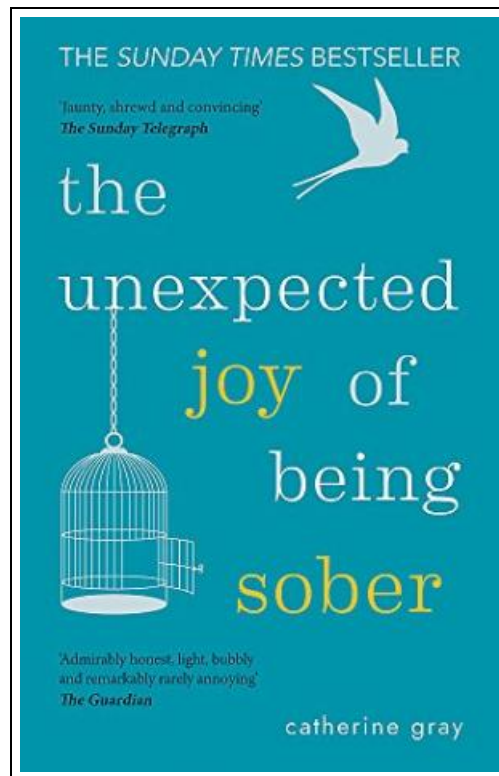


The Unexpected Joy of Being Sober: Discovering a happy, healthy, wealthy alcohol-free life (Paperback)



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Reviews

The very best publication i actually go through. It can be packed with knowledge and wisdom It is extremely difficult to leave it before concluding, once you begin to read the book.

(Rhea Kunze)

THE UNEXPECTED JOY OF BEING SOBER: DISCOVERING A HAPPY, HEALTHY, WEALTHY ALCOHOL-FREE LIFE (PAPERBACK)

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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, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - The Pool 'A riveting, raw, yet humorous memoir with actionable advice. A truly unique blend...

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