



CONTINUE ►

When Rebecca Wellers pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate - without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted. A Happier Hour is a memoir that moves beyond addiction, giving a behind-the-scenes look into what it takes to get (and stay) sober in a culture that celebrates alcohol.

When Rebecca Wellers pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate - without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted. A Happier Hour is a memoir that moves beyond addiction, giving a behind-the-scenes look into what it takes to get (and stay) sober in a culture that celebrates alcohol.

[A Happier Hour pdf free](#)

[A Happier Hour epub download](#)

[A Happier Hour online](#)

[A Happier Hour epub download](#)

[A Happier Hour epub vk](#)

[A Happier Hour pdf download](#)

[A Happier Hour read online](#)

[A Happier Hour epub](#)

[A Happier Hour vk](#)

[A Happier Hour pdf](#)

[A Happier Hour amazon](#)

[A Happier Hour free download pdf](#)

[A Happier Hour mobi](#)

[A Happier Hour PDF - KINDLE - EPUB - MOBI](#)

[A Happier Hour download ebook PDF EPUB, book in english language](#)

[\[download\] A Happier Hour in format PDF](#)

[A Happier Hour download free of book in format](#)