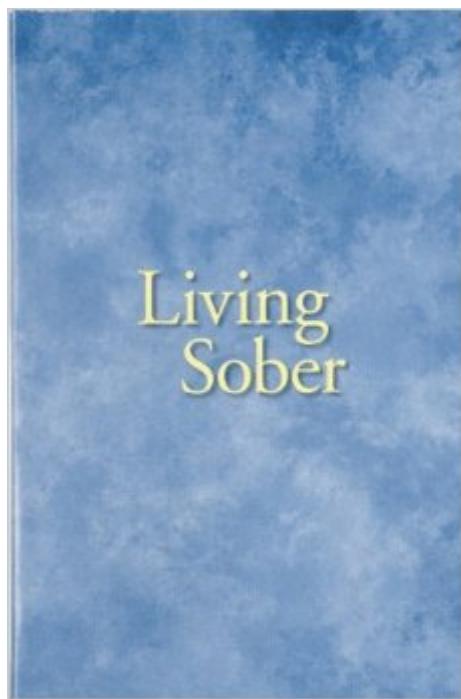


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# Living Sober



## **Synopsis**

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

## **Book Information**

Paperback: 87 pages

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ISBN-13: 978-0916856045

Product Dimensions: 0.2 x 5.2 x 8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (229 customer reviews)

Best Sellers Rank: #9,183 in Books (See Top 100 in Books) #12 inÂ  Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #14 inÂ  Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #25 inÂ  Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

## **Customer Reviews**

...right after "Alcoholics Anonymous" aka "The Big Book". First, as a recovering alcoholic myself, I must comment on some of the previous statements here that border on reckless endangerment:"unfortunately--reinforces the stereotype of vulnerability (sic) and fragility inherent in recovery". Maybe it's a "stereotype" (?) because it's TRUE. We are fragile. We are vulnerable. Just like anyone else would feel if they were dying. Especially in the first days, sometimes hours, of "living sober". That's why newcomers to A.A. are encouraged to attend "90 in 90"- ninety meetings in the ninety days- when the craving is likely to be the strongest. Why try to stop drinking on your own (which almost never works) when there's free, caring, help and support readily available? I hope I don't sound condescending or anything; it took me a LONG time to figure out what was practically staring me in the face. And it didn't have to be that way."nor is sobriety so rigidly intolerant that mouthwash should be avoided like the plague" - "intolerant"?I - A.A. is the most tolerant group of people I know of; this has nothing to do with "intolerance", it's about precaution/necessity, given the physiology inherent in all alcoholics. ETOH (alcohol) is to be avoided COMPLETELY, even in seemingly harmless amounts. Our bodies just don't process it like

normal people's do. And I'm honest enough to admit- not proudly- that I once drank an entire bottle of Scope- that's the kind of power alcohol can have over a desperate, and yes, insane, drunk in the throes of withdrawal. (Tom's of Maine & Tea Tree Therapy make alcohol-free mouthwash- there are a couple of others I can't remember offhand- they're not hard to find.

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The Sober Revolution: Calling Time on Wine O'Clock (The Sober Revolution) Living Sober Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Beer, Booze and Books... a sober look at higher education The Staying Sober Handbook: A Step-by-Step Guide to Long-term Recovery from Addiction Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Getting Your Children Sober Real Goods Solar Living Sourcebook: Your Complete Guide to Living beyond the Grid with Renewable Energy Technologies and Sustainable Living Tiny Houses : Beginners Guide: Tiny House Living On A Budget, Building Plans For A Tiny House, Enjoy Woodworking, Living Mortgage Free And Sustainably ... Design,construction,country living) Surf Cafe Living: Cooking, Entertaining and Living by the Sea The Encyclopedia of Country Living, 40th Anniversary Edition: The Original Manual of Living Off the Land & Doing It Yourself Tiny House Living Box Set (5 in 1): A Step-by-Step Guide to Living in a Smaller Home Plus Decorating and Organizing Ideas and Hacks (Tine House & Organize Your Home) Tiny Houses: Tiny House Plans & Interior Design Ideas For Living Small But Feeling Big: 22 FREE TINY HOUSE PLANS (Tiny Houses, Tiny House Living, Tiny House, Small Home) Living with Epilepsy (Living with Health Challenges) Living with Epilepsy (Living Well: Chronic Conditions) Living with Epilepsy (Living with (Raintree Steck-Vaughn)) Coastal Living Beach House Happy: The Joy of Living by the Water RV : Rv Living And Rv Boondocking Guide For Beginners: Discover Tips, Tricks And Space Hacks To Live Free And Happy In A Van, Car Or Any Other Motorhome ... Living,Off the Grid) The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day

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