



High Sobriety My Year Without Booze

**Al J. Mooney, Catherine Dold, Howard
Eisenberg**



High Sobriety My Year Without Booze:

High Sobriety Jill Stark, 2013-08-01 I'm the binge drinking health reporter During the week I write about Australia's booze soaked culture At the weekends I write myself off Booze had dominated Jill Stark's social life ever since she had her first sip of beer at 13 She thought nothing could curb her love of big nights And then came the hangover that changed everything In the shadow of her 35th year Jill made a decision she would give up alcohol But what would it mean to stop drinking in a world awash with booze This lively memoir charts Jill's tumultuous year on the wagon as she copes with the stress of the newsroom sober tackles the dating scene on soda water learns to watch the footy minus beer and deals with censure from friends and colleagues who tell her that a year without booze is a year with no mates In re-examining her habits Jill also explores Australia's love affair with alcohol meeting alcopop swigging teens who drink to fit in beer swilling blokes in a sporting culture backed by booze and marketing bigwigs blamed for turning binge drinking into a way of life And she tracks the history of this national obsession from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship and from the six o'clock swill that encouraged bingeing to the tangled weave of advertising social pressure and tradition that confronts drinkers today Will Jill make it through the year without booze And if she does will she go back to her old habits or has she called last drinks This is a funny moving and insightful exploration of why we drink how we got here and what happens when we turn off the tap

High Sobriety , 2013-08-27 I'm the binge drinking health reporter During the week I write about Australia's booze soaked culture At the weekends I write myself off Booze had dominated Jill Stark's social life ever since she had her first sip of beer at 13 She thought nothing could curb her love of big nights And then came the hangover that changed everything In the shadow of her 35th year Jill made a decision she would give up alcohol But what would it mean to stop drinking in a world awash with booze This lively memoir charts Jill's tumultuous year on the wagon as she copes with the stress of the newsroom sober tackles the dating scene on soda water learns to watch the footy minus beer and deals with censure from friends and colleagues who tell her that a year without booze is a year with no mates In re-examining her habits Jill also explores Australia's love affair with alcohol meeting alcopop swigging teens who drink to fit in beer swilling blokes in a sporting culture backed by booze and marketing bigwigs blamed for turning binge drinking into a way of life And she tracks the history of this national obsession from the idea that Australia's new colonies were drowning in drink to the Anzac ethos that a beer builds mateship and from the six o'clock swill that encouraged bingeing to the tangled weave of advertising social pressure and tradition that confronts drinkers today Will Jill make it through the year without booze And if she does will she go back to her old habits or has she called last drinks This is a funny moving and insightful exploration of why we drink how we got here and what happens when we turn off the tap

Higher Sobriety Jill Stark, 2023-08 What happened next It's the question Jill Stark has been asked most often since the publication of her acclaimed memoir *High Sobriety* As one of the original pioneers in the quit lit space Jill started a national

conversation about the role of alcohol in our lives turning the lens on her own rocky relationship with booze and forensically dissecting the culture that gave rise to it Now ten years after the book's first release she fills in the gaps on where life took her after she unwittingly became the poster girl for sobriety In this updated edition Jill charts her struggle to become a moderate drinker the crippling hangxiety that led to her quitting alcohol for good and the ever evolving journey of self discovery sobriety has taken her on Surviving six long lockdowns alcohol free Jill also looks at how a global pandemic tested her sobriety and shone a spotlight on the way alcohol has been sold as the panacea for all our troubles At the same time it helped accelerate a seismic change in the nation's drinking habits with the rise of the sober curious movement and a booming non alcoholic drinks industry proving there is a growing appetite for abstinence After so long feeling like a social pariah Jill embraces the joy of living life on the outer and meets a new generation of sober rebels who are radically redefining what it means to be alcohol free Now she feels prompted to ask the question has sobriety become cool

Minding the Gap Thom Conroy, Gail Pittaway, 2015-10-13 Passengers on the British railway and underground must mind the gap because it's dangerous not to In a state of embarking or disembarking passengers must stay aware of the small but significant space separating the stationary from the moving The contemporary practices of writing and reading are in constant motion and the phrase mind the gap captures an essential aspect of the way language and literature progress as they pass through any number of social technical and political exchanges Minding the gap also suggests an awareness of the always shifting distance between the expected and the unexpected the ordinary and the impossible the familiar and the unimaginable This book includes chapters on writing non fiction media and genre and also addresses elements of identity culture and linguistics in fiction poetry and creative non fiction as contributors consider the gaps that exist between the self as writer as reader and as editor or mentor The volume adopts the following key themes new gaps for creative writing in the academy writing in new genres media and forms exploring the creative process and narrative strategies across disciplines This book will be of international appeal to all readers interested in the changing landscape of creative writing EbscoHost

Transforming Work, 2024-07-15 Transforming Work offers a radical re orientation of the nature and future of work and implications for mission In conversation with David Bosch's Transforming Mission and other global and ecumenical voices 21 leaders offer their vision for transforming the world of work and revisioning work to offer a transforming gift to the world Writing from biblical and historical perspectives with case studies and cultural exegesis they explore work and leisure ethics and economics technologies and Artificial Intelligence It is time to discern where God is transforming work in our cities and farms shops and classrooms politics and agencies

Alcohol Was My God Dennis D., 2025-03-25 Something big happened in the life of Dennis Dempsey when he was in his early twenties Now fifty years later he tells his story with a disarming degree of honesty Alcohol Was My God narrates how a young man with a terrible drinking problem got sober and over time became a professor of theology Alcoholics Anonymous put him in touch with a spirituality that served as the spark plug that restarted

his Catholic engine The Catholic Church opened up a path that blended spirituality and religion as two sides of the same coin uncovering the treasures of a tradition that spans many centuries This book offers a unique blend of personal witness and academic analysis by an author who lives recovery as he researches and writes about Catholic theology **How I Stop Drinking & Stay Sober For Over 13 Years (And Counting)** Walter L. Kramer, 2015-03-10 A lot of drunks say Quitting is easy I've done it a hundred times Not very funny perhaps but very true The problem is not just quit drinking it's quitting for good that's problematic And that's what this book is for It's a simple guide consisting of five steps that are guaranteed to start working for you today Just read it all the way through and you'll have the best knowledge on recovering from alcohol addiction staying sober and getting your life back To help you identify and understand this book you'll have a built-in guide who has been there drank that and even wears the T-Shirt Vienna is a real person who volunteered to share her experiences as a drunk how and why she got sober and how she's staying sober for over 13 years and counting Of course as long as alcohol exists there will be alcohol addicts If that's you then reading this book is your chance to stop the process right now before it grabs your soul And if that's not you then this is likewise a chance for you to call a halt to whatever dark place alcohol is leading you **Understanding the High-Functioning Alcoholic** Sarah A. Benton, 2009-02-27 Who is the typical alcoholic among the 12.5 million living in the United States now Many if not most of us when asked that question would envision a skid row bum or someone at least out of work or with little education locked into a low skill low paying job But that is not accurate according to the results of a national study released in June 2007 by the National Institutes of Alcohol Abuse and Alcoholism The NIAAA determined that alcoholics in the United States really fall into five subtypes including nearly 20 percent who are highly functional alcoholics well educated with good incomes They include corporate presidents powerful politicians police lawyers doctors scientists and other highly skilled highly educated people who are middle to high income and by most accounts successful In this unprecedented book mental health counselor Sarah Benton takes us into the worlds and minds of so-called high-functioning alcoholics to understand how people so intelligent and achievement-oriented get drawn into states in which they secretly cannot control their liquor consumption but still manage to excel in their careers The book includes a look at celebrity alcoholics like singer Eric Clapton and actor comedian Robin Williams as well as alcoholics in high positions including Chris Albrecht former Chairman and CEO of HBO Other high-profile people included in this book are Miss USA 2007 Tara Conner and football legend Joe Namath With her own story of alcoholism and her recovery woven into the text Benton takes us into the lives and challenges of these well-educated and successful people seeking to understand how when and why they became addicted as well as the reasons their alcoholism is for most so hard to admit cope with and recover from *An Airline Pilot's Final Flight to Sobriety* A.J. Muench, 2024-06-24 *An Airline Pilot's Final Flight to Sobriety* is a narrative memoir and takes place on a metaphorical flight with the landing at the Final Destination the author's two-year sobriety date The chapters Take off Climb Cruise Descent Approach and Landing correspond to his life's

journey with alcohol amidst flying in the US Navy US Customs and a major US airline for four decades His flight plan uncovers the many reasons why we drink why we lose altitude in our lives and how to jettison alcohol to gain altitude and soar in the Jet Stream Come along on the flight the Jetway doors are closing in five minutes

The Emily Swanson Series: Books 1-3 Malcolm Richards, 2025-04-14 Three chilling psychological crime thrillers featuring amateur sleuth turned private investigator Emily Swanson Electrifying Should surely be on TV The Bookseller BOOK 1 NEXT TO DISAPPEAR When former teacher Emily Swanson moves into a new London home she begins to investigate the previous owner's disappearance but nothing can prepare her for the truth And the closer Emily gets to the troubled nurse's bone chilling secret the closer she gets to terrible danger BOOK 2 MIND FOR MURDER Emotionally scarred by her encounter with a psychopath Emily visits a remote retreat named Meadow Pines It's the perfect place to recover until one of the guests is found dead Now Emily must dig into the retreat's sinister past and unearth what lies beneath Because there's a murderer at Meadow Pines who's about to kill again BOOK 3 TRAIL OF POISON When the body of an environmentalist is pulled from the River Thames his widow turns to rookie P I Emily Swanson for help But as Emily's investigation leads her to the mysterious Valence Industries a case of accidental death takes a dangerous turn Out of her depth and with the body count rising Emily must expose the truth before more innocent people die Grab the box set today and dive into this twisty British psychological crime thriller series packed with suspense secrets and a heroine you'll root for until the very end

Dying for a Drink Dr. Santi Meunier, 2007-12-17 America has a secret Hidden beneath underreported and misreported national medical statistics is the sobering fact that alcoholism is the 2 killer in this country second only to cancer There are over 20 million active alcoholics in the United States alone costing the national economy over 30 billion dollars a year Many believe that the numbers are even higher since the treatment costs of the multiple physical complications caused by late stage alcoholism are often not included in alcoholism related statistics Alcoholism is a silent and deadly epidemic that is putting a disastrous strain on the entire global community And it is rapidly getting worse Latest medical discoveries reveal that genetic make up hormones brain chemistry and enzymes all play a crucial role in the evolution of the disease of alcoholism Shifting societal norms and cultural trends play another At present significant scientific technology and research is focused on exploring ancient techniques and practices to better understand the sources of their healing potential as well as the role of neuropeptides and the body's chemistry for alternative drug therapies Dying for a Drink is a timely and groundbreaking book about the three phases of the disease of alcoholism and brings to light the latest developments for successful treatment The book clearly explains what alcoholism is what it is not and most importantly what steps to take if you or a loved one is affected This is a must read for healthcare professionals employee assistance workers and individuals Dr Meunier's writing style is delightfully user friendly informative and filled with hope for the individuals and families suffering from this disease

Alcoholics Anonymous Comes of Age Alcoholics Anonymous World Services, Inc., 2014-10-09 A A co founder Bill W tells the story of the growth of

Alcoholics Anonymous from its make or break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed A wealth of personal accounts and anecdotes portray the dramatic power of the A A Twelve Step program of recovery unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence Bill recounts the evolution of the Twelve Steps the Twelve Traditions and the Twelve Concepts for World Service those principles and practices that protect A A s Three Legacies of Recovery Unity and Service and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship A A s membership at large In closing chapters of Alcoholics Anonymous Comes of Age early friends of A A including the influential Dr Silkworth and Father Ed Dowling share their perspectives Includes 16 pages of archival photographs For those interested in the history of A A and how it has withstood the test of time Alcoholics Anonymous Comes of Age offers on the growth of this ground breaking movement Alcoholics Anonymous Comes of Age has been approved by the General Service Conference Don't Drink Like My Sister Nicole Cox Murray, Tammie Cox, 2022-01-04 Have you ever thought that you had an itch that only alcohol could scratch The Sober Sisters have a suggestion Just be itchy b tch As we say in the hilariously raw honest and groundbreaking book think bite sized social media type posts Don t Drink Like My Sister we ll addict the sh t out of anything If you re looking to Woman Up Level Up and Sober Up in a completely innovative way open this book We re positive you won t regret it Get to know the real life OG Sober Sisters through their ups and downs from drinking as tweens in Maryland to navigating Mommy Wine Culture as forty something single moms in both California and North Carolina Sometimes we don t hide the cracks in our double lives as well as we think Especially in a blackout Hang on tight for the ride of your life And always remember keep it simple today Tammie and Nicole **Iniquities of Gulch Fork** Bob Smith, Sara Rhodes, 2016-06-10 In the worn and tired town of Gulch Fork Arkansas certified nursing assistant Samantha Caminos heads to her patient Rob Deans home and wonders how she can find common ground with the aloof disabled Vietnam veteran who suffers from not only PTSD but also severe neuropathy caused by Agent Orange As Samantha approaches the house she has no idea that very soon their lives will take a new turn Gulch Fork a town once filled with Ozark tranquility takes on an aura of evil when bizarre events begin to affect Rob and two other war scarred veterans Peter Ness and Ron Woods Samanthas father But when Samantha learns that two elderly couples without living relatives in the area have fallen prey to fraud and embezzlement by a man who claims to be a pastor she sets out on a quest to piece together a complex mystery fueled by those hell bent on taking advantage of citizens too fragile to defend themselves In this compelling novel based on true events three veterans seeking peace and serenity from PTSD fall victim to injustice prompting a young health care worker to investigate the evil that has infiltrated their once peaceful Arkansas town *Powerless No More* Jody Yarde, 2012-02-27 *Powerless No More* is a story of hope for anyone dealing with a history of broken relationships destructive addictions or families who have almost given up on the addict in their lives This memoir details the painful work the author needed to do in order to become happy joyous and free

Part of growing up in an alcoholic home meant moving a lot because landlords would not renew leases. Because of the police in the driveway every weekend and the damage done on drunken rampages, the alcoholics in the family always hoped a new location, the geographic cure, would help them turn over a new leaf. The author, until her junior year in high school, attended a new school every year. In addition to the violence in her home, the constant moves made it difficult to make friends or to even know how. She and her sister years later recalled a drunken scene in front of a friend which taught them never to invite anyone in the home again. While these moves gave her lots of experience in being in new situations, it only added to her insecurity and always feeling like she never quite belonged anywhere, including in her own family. She grew up being told she was the cause of her mother's death; it took years later, looking at it from an adult perspective, to forgive herself. In addition to guilt from her mother's death, she spent years wondering what might have happened if she had been the one to call for help sooner when her first stepmother died. By the time she reached her twenties, she discovered the release she could get from all these feelings of guilt, grief, and insecurity, alcohol, and lots of it. Of course, she was going to drink differently from her parents. She was not going to get drunk, make a fool of herself, and have people call the police on her. She was going to drink like a lady and be as sophisticated as the glamorous stars on the big screen in the 50s and 60s. At the time of President Kennedy's assassination, the author was just getting ready to celebrate graduating from business school and turning twenty-one. The birthday party was cancelled along with everything else that weekend. But her drinking career had started three years before, so it wasn't such a big deal to be turning twenty-one. In the next twelve years, she married, had two beautiful boys, and moved nine times. But a childhood of abuse and alcoholism and the loss of the two most important women in her life had already set the stage for core issues of abandonment, insecurity, and rejection. With insightful references from spiritual authors, Jody admires she tells how she reached her dark night of the soul and how she managed to come out of all the chaos feeling grateful. One of her most poignant memories is of a reunion with her siblings after a fifty-two year separation. Over a period of a week together, the three sisters and brother finally talked about the elephant in the room and found healing. Women, she finally came to trust and love, later made up for a mother who died much too young, a stepmother who died when Jody was only sixteen, and another stepmother she loved who left because of the battering. Her growth in recovery and her spiritual life are supported by some of these same women. She credits her wonderfully supportive husband, whom she says believed in her long before she believed in herself, with the joy she has in her life today. Though she tells of feeling like she had no power as a child to change anything, as an adult, she consistently gave up her power to those around her and to her addiction. Today, she not only feels powerful but has changed in ways she would never have thought possible. Paying it forward is what it is all about now, says the author. While the past twenty-eight years have certainly not been without challenges, losses, and health issues, they have been easier because of learning to ask for help. Life is no longer meant to be struggled through alone. With the God of my understanding, my husband, and me.

The Journalist of Castro Street Andrew E Stoner, 2019-05-30 As the

acclaimed author of *And the Band Played On* Randy Shilts became the country's most recognized voice on the HIV/AIDS epidemic. His success emerged from a relentless work ethic and strong belief in the power of journalism to help mainstream society understand not just the rising tide of HIV/AIDS but gay culture and liberation. In depth and dramatic, Andrew E. Stoner's biography follows the remarkable life of the brash pioneering journalist. Shilts's reporting on AIDS in San Francisco broke barriers even as other gay writers and activists ridiculed his overtures to the mainstream and labeled him a traitor to the movement. Charges the combative Shilts forcefully answered. Behind the scenes, Shilts overcame career-threatening struggles with alcohol and substance abuse to achieve the notoriety he had always sought while the HIV infection he had purposely kept hidden began to take his life. Filled with new insights and fascinating detail, *The Journalist of Castro Street* reveals the historic work and passionate humanity of the legendary investigative reporter and author.

[The Recovery Book](#) Al J. Mooney, Catherine Dold, Howard Eisenberg, 2014-09-09 A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery. From the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center. *The Recovery Book* is the Bible of recovery. Everything you need to know you will find in here. Neil Scott, host, Recovery Coast to Coast radio. Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of *The Recovery Book*, the Bible of addiction recovery. *The Recovery Book* provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of *The Recovery Book* features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery, and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life in recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple yet very effective relapse prevention tool. The Recovery Zone System works hand in hand with the 12-step philosophy and all other recovery methods. In addition, *The Recovery Book* covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice called TAMERS that helps people to use those same processes to remold their brains around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery and health, journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as Committing to Recovery, Identifying and accepting the problem, deciding to get sober, Treatment Options. Extensive information on all current options and how to choose a program, AA and other 12-Step Fellowships, How to get involved in a

mutual support group and what it can do for you Addiction Science and Neuroplasticity How alcohol and drugs alter pathways in the brain and how to use the same processes to remold the brain around recovery Relapse Prevention The Recovery Zone ReCheck a simple new technique to anticipate and avoid relapses Rebuilding Your Life How to handle relationships socializing work education and finances Physical and Mental Health Tips for getting healthy how to handle common ailments Pain Control How to deal with pain in recovery how to avoid a relapse if you need pain control for surgery or emergency care Family and Friends How you can help a loved one with addiction and how you can help yourself Raising Substance Free Kids How to addiction proof your child The Epidemic of Prescription Drugs Now a bigger problem than illegal drugs Dr Al J Mooney has been helping alcoholics and addicts get their lives back for more than thirty years using both his professional and personal experiences at his family s treatment center Willingway and most recently through his work as medical director for The Healing Place of Wake County NC a homeless shelter The Recovery Book will help millions gain control of their mind their body their life and their happiness [www TheRecoveryBook com](http://www.TheRecoveryBook.com) **I Trudged** Sergeant Skid Row,2020-06-22 The book I Trudged describes the author s life going from a path of almost certain death to a life without complaints or regrets The word trudged in the title implies that the journey was not an overnight event and that it wasn t always easy His journey took him to eight countries and sixteen states He describes the ups and downs in his recovery through a series of short stories He ties together his personal experiences with the principles of recovery taught to him by those he met along the way *The Pathways to Sobriety Workbook* William Fleeman,2004 Author William Fleeman believes chemically dependent people use drugs to transform painful feelings like anxiety fear and depression into pleasurable feelings like confidence courage and elation This book helps readers unlearn this destructive pattern through a cognitive behavioral approach Chapters cover self assessment steps of recovery what to avoid methods and skills anger and forgiveness relapse prevention and more Includes 18 self help lessons which can be completed in 18 to 20 weeks or less

A Womans Guide to Recovery Brenda Iliff,2009-06-03 The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women The essential recovery guide for women new to sobriety written by the director of clinical services at Hazelden s new cutting edge treatment facility for women Whether you are just embarking down the road of recovery or are well into the journey consider Brenda Iliff s A Woman s Guide to Recovery your companion and guide Brenda Iliff is a leading Hazelden clinician She developed this guide to help women handle issues and challenges that come with their new life of recovery How can you balance self care with family responsibilities What do you do about friends who aren t comfortable with your newfound sobriety How do you rebuild family relationships A Woman s Guide to Recovery offers real life insight into what it means and what it takes to sustain healthy lasting recovery

Adopting the Tune of Term: An Psychological Symphony within **High Sobriety My Year Without Booze**

In some sort of consumed by screens and the ceaseless chatter of instantaneous interaction, the melodic elegance and psychological symphony created by the prepared term frequently diminish into the background, eclipsed by the constant sound and interruptions that permeate our lives. Nevertheless, set within the pages of **High Sobriety My Year Without Booze** a marvelous fictional prize filled with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this interesting masterpiece conducts visitors on an emotional journey, skillfully unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths with this touching examination, we can examine the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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High Sobriety My Year Without Booze Introduction

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