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a new purpose in your life when you find sobriety. One of the most difficult parts of maintaining sobriety is admitting that you need help, but support from others is vital to maintaining sobriety. If you're reading this e-book, you've taken the first step toward recogniz-

ing that you need to learn new ways to live a healthy life.

Seven Days Sober: A Guide to Discovering What You Really Think About Your Drinking makes it easy to dip a toe into an alcohol-free pool to see if the sober life works for you. You'll learn:

- Common misconceptions about sobriety
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The Sobriety Handbook: What You Need to Know to Get Sober and Stay that Way is a must-have guide for navigating all of the options available to anyone who wants to cut

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**Meredith Bell (Author of Seven Days Sober)**

Straight forward very easy to read book. The book goes beyond sobriety . It talks about how to be organised when you have gained sobriety and how your financial management is a key to being content and enjoying sobriety. The book is a good guidance on how you can achieve and maintain happiness once you have got sober. Great advice for life in ...

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