

The Sober Revolution Women Calling Time On Wine O'clock Volume 1 Addiction Recovery Series

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The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives.

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as a way of coping. The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet oDen destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives. Sarah Turner,

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Do you count down the minutes to wine o'clock on a daily basis? Is a bottle of Pinot Grigio your friend at the end of a long hard day? If you want to give up being controlled and defined by alcohol then now is the time to join The Sober Revolution . Fed up of living in a fog of hangovers, leth...

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Book Review: The Sober Revolution, by Lucy Rocca and Sarah Turner. August 7, 2014. August 8, 2014. / Allie Holbrook. The other day, I found myself recommending The Sober Revolution: Women Calling Time on Wine O'Clock in glowing terms over at Living Sober - and if you haven't checked out Mrs D's new venture, go and do so, because she's doing an amazing job of curating a friendly, non-threatening new sober community.

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Lucy Rocca, 38, lives in Sheffield, South Yorkshire, with her partner and two daughters. She is the co-author of The Sober Revolution; Women Calling Time on Wine O'clock and Your 6 Week Plan. Her...

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