

The Unexpected Joy Of Being Sober

Sharon Hartley

The Unexpected Joy of Being Sober Catherine Gray, 2017-12-28 Going sober will make you happier, healthier, wealthier, slimmer and sexier. Despite all of these upsides, it's easier said than done. This inspirational, aspirational and highly relatable narrative champions the benefits of sobriety; combining the author's personal experience, factual reportage, contributions from experts and self-help advice.

Sunshine Warm Sober Catherine Gray, 2021-06-10 The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER 'Exquisite' - Fearne Cotton, Happy Place 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway success *The Unexpected Joy of Being Sober*, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

The Unexpected Joy of Being Sober Journal Catherine Gray, 2018-12-27 The guided sobriety journal Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! Quitting drinking, whether for a month or for life, is enormously satisfying, but also fiendishly difficult. -There's the getting started ('But I have that party next week!') -There's the feeling clenched and socially anxious. -Throw in a sizeable amount of social pressure and suspicious questions ('So, do you have a drinking problem?') -Finally, chuck in the hundreds of pro-drinking

messages we see every day; films where a round of shots always comes with a whoop; fridge magnets that say 'I don't trust people who don't drink'; pub clapboards announcing 'Strong people need strong drinks'; and memes declaring 'Beer: it's a holiday in a glass.' Whew. It's no wonder we find it tricky to stay teetotal. But don't worry. We're going to tackle all of the above. I'm going to give you tools that enable you to clear all of these stumbling blocks with the grace of a gazelle. So, let's get started, shall we? PRAISE FOR CATHERINE GRAY'S WRITING: An icon of the Quit Lit movement. - Condé Nast Traveller Fascinating. - Bryony Gordon. Not remotely preachy. - The Times Jaunty, shrewd and convincing. - The Telegraph Admirably honest, light, bubbly and remarkably rarely annoying. - The Guardian Truthful, modern and real. - Stylist Brave, witty and brilliantly written. - Marie Claire Haunting, admirable and enlightening. - The Pool 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK

SUMMARY - The Unexpected Joy of Being Sober : Discovering a Happy, Healthy, Wealthy, Alcohol-Free Life by Catherine Gray MY MBA,2022-01-05 * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. How to get sober? It's hard to believe that living a sober life isn't about giving up pleasure but simply giving up alcohol. Yet discover how sobriety can make you happier and more fulfilled. In this book, you will learn: What should you expect from sobriety? What are the negative effects of alcohol? Does even moderate drinking have harmful effects? Why doesn't society recognize the dangers of alcohol? How to develop self-confidence without alcohol? How can you build your social life around sobriety? How can I stop making alcohol the only solution to my problems? How can I find love while sober? Our answers to these questions are easy to understand, simple to implement and quick to execute. Ready to get sober? Let's go ! *Buy now the summary of this book for the modest price of a cup of coffee!

Unexpected Joy of Being Sober Journal Catherine Gray,2019-12-03 A guided sobriety journal for motivation, with prompts and reminders for Dry January, Sober Spring and beyond. Whether you are going cold turkey or trying your sober-curious hand at Dry January this year, Catherine Gray provides an ideal practical solution with The Unexpected Joy of Being Sober Journal. Packed with motivational prompts and reminders, this guided sobriety journal encourages you to be present, slow down your thoughts, identify your patterns and, most importantly, be honest with yourself. There is a growing body of research that supports the positive benefits of journaling, be it helping you to stick to your goals or drastically improving your mood and emotional wellbeing. In fact, the healing power of journaling has been proven to be so beneficial that the co-founders of Alcoholics Anonymous have incorporated it into the famous 12 Step Program. Gray's refreshing and easy-to-follow strategies will inspire you to kick the drink and live a sunshine warm sober life.

The Unexpected Joy of Being Single Catherine Gray,2018-12-27 'This refreshing, unusual book needs to exist. A

culture shift which repositions a single person as someone who is relationship-free, complete, and not lacking is long overdue.' - The i 'Absolutely f*cking brilliant' - Florence Given Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single. It's become the norm to remain solo until much later in life, given the average marriage ages of 35 (women) and 38 (men). Many of us are choosing never to marry at all. But society, films, song lyrics and our parents are adamant that a happy ending has to be couple-shaped. That we're incomplete without an 'other half', like a bisected panto pony. Cue: single sorrow. Dating like it's a job. Spending half our lives waiting for somebody-we-fancy to text us back. Feeling haunted by the terms 'spinster' or 'confirmed bachelor.' Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame, detached from 'all the good ones are gone!' panic and debunked the myth that married people are much happier. Let's start the reverse brainwash, in order to locate - and luxuriate in - single happiness. Are you in? *Spoiler: you're already whole PRAISE FOR CATHERINE GRAY'S WRITING: Fascinating. - Bryony Gordon Not remotely preachy. - The Times Jaunty, shrewd and convincing. - The Telegraph Admirably honest, light, bubbly and remarkably rarely annoying. - The Guardian Truthful, modern and real. - Stylist Brave, witty and brilliantly written. - Marie Claire Haunting, admirable and enlightening. - The Pool

The Unexpected Joy of the Ordinary Catherine Gray, 2019-12-26 **FROM THE SUNDAY TIMES BESTSELLING AUTHOR** 'Life-affirming' - THE TELEGRAPH 'Wonderful' - INDEPENDENT 'She made it her mission to learn how to be default happy rather than default disgruntled' - RADIO 4 - WOMAN'S HOUR 'Take a leaf out of Gray's book and be kinder to yourself by appreciating life just as it is' - IRISH TIMES 'This book came to me in an hour of need - during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand' - SADIE FROST 'Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers' - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomena conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average

body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all.

The Unexpected Joy of Being Sober benelhabes nacereddine,2021-03-27 the unexpected way of being sober journals helps in addiction recovery and motivate personal growth by increasing self-awareness and accountability this journal provide: * Thoughtfully designed daily pages with prompts for affirmations and health * daily diary check-in * 120 pages * matte cover * MADE IN USA This recovery journal makes a wonderful sobriety gift for friends and family working through steps, entering rehab or inpatient programs, or battling addiction of any kind.

The Intersection of Setting and Story A. J. Sieling, You're writing a book. But as it turns out, writing a book is difficult! In your head, the narrative is grand and beautiful--some might even say epic, majestic, a story for the ages! But as you're rereading what you've got so far, you find yourself... disappointed. It's not at all how you imagined it, with choppy language, weak characters, and thin description of the setting. It lacks depth and form, but you don't exactly know how to fix it. Writing and revising fiction is challenging, and the strategies for doing it well are varied and highly subjective. And the truth is, there's no single right way to craft a narrative. So how do you do it? How do you take what seems like a brilliant idea for a story and craft it into something wonderful, that truly represents what you know you're capable of? How do you add the depth and elegance that will have people reading your book for decades to come? In the book *The Intersection of Setting and Story*, delve into the craft of creating compelling fiction with A.J. Sieling. This book will examine the many uses for setting, and how a writer can blend it with the other elements of story to build a narrative web which captures the reader's imagination.

Chasing Peace Tonya McBean M.S.,2024-05-06 The second in a series of three books by author Tonya McBean, *Chasing Peace* offers a self-help psychology guide to give you the tools to deal with difficult relationship's and situations in your life. Achieving peace in your life requires you to actively seek and pursue a state of inner calm, harmony, and tranquility. It involves making conscious efforts to cultivate peace within yourself and in other areas, such as relationships, work, and daily interactions. McBean shares that this is a personal journey that calls for continuous effort, self-awareness, and a commitment to personal growth. It's about consciously creating an environment and mindset that supports peace in relationships and harmony amidst the challenges of life.

Happy Healthy Sober Janey Lee Grace,2021-01-01 *Happy Healthy Sober* will inspire you to look at your relationship with alcohol and encourage you to ditch the booze to live your best life. Have you woken up at 3 a.m. berating yourself for drinking too much? Have you tried ditching the booze without success? In this book, Janey provides a personal, unique and most importantly fun guide to having a fabulous alcohol free life. She gives you the keys to making sobriety and a healthy

lifestyle cool, memorable and tremendously appealing. Happy Healthy Sober is a fantastic resource for an alcohol-free life, Janeys holistic approach allows you to connect to what's important to your mind, heart, body and soul. The first 30 days of sobriety are the most difficult. This book will help you stay on track.

The Life-Changing Magic of Quitting Alcohol Sharon Hartley, 2025-01-02 “Sharon Hartley’s down-to-earth attitude, Lancashire positivity and big warm heart always puts a smile on my face and cheer in my soul.” - Ruth Jones, actress, comedian, writer and producer After years of drinking too much, too fast and too often, much-loved BBC presenter Sharon Hartley decided that she needed to make some changes, starting with giving up alcohol. People thought she couldn’t do it. You might think that you can’t do it. But Sharon stopped drinking and started living in ways she hadn’t thought possible, and she believes you can too. In *The Life-Changing Magic of Quitting Alcohol*, Sharon inspires you to challenge the assumption that life is best lived with a glass of wine in hand. With understanding and empathy, she invites you to commit to 100 days without alcohol – the turning point where many people report feeling generally happier and more resilient as they discover healthier ways to unwind and manage stress. As you embark on your 100 days, Sharon guides you on how to navigate social situations, avoid triggers and find the strength to set out on a life-changing path of exciting self-discovery. Funny, warm and brilliantly down-to-earth, this is the guide you need to take the first step towards finding yourself again. *The Life-Changing Magic of Quitting Alcohol* is a book for anyone choosing to remove alcohol for any reason and for those simply considering it. Empower yourself to make a change and find hope in the realisation that there is another way. Sharon is an absolute force for sobriety! Her enthusiasm is infectious.” - William Porter, author of *Alcohol Explained*

Sober Mama Rachael Shephard, 2024-12-19 From boozy benders to finding the joy of sobriety, *Sober Mama* tells the story of one woman's rollercoaster ride to abstinence and how it transformed her life. Through honest, relatable and outrageously funny anecdotes, Rachael shares her personal journey and offers practical guidance for anyone wanting to quit drinking.

Breaking Free from Alcohol: A Guide to Sobriety and Self-Healing Yolanda Ward, The journey to sobriety is not an easy one. It is a path fraught with challenges, setbacks, and moments of doubt. But it is also a path filled with incredible potential for growth, transformation, and the discovery of a life beyond addiction. This book was written with the hope of providing individuals struggling with alcohol addiction the tools, knowledge, and inspiration they need to navigate their recovery journey. My own experiences with alcohol addiction and witnessing the struggles of others have deeply informed this work. I understand the pain, the shame, and the overwhelming feeling of being trapped. I also understand the hope, the resilience, and the remarkable capacity for healing that resides within each of us. *Breaking Free from Alcohol* is more than just a guide to sobriety; it is an invitation to rediscover yourself, to embrace your true potential, and to build a life filled with purpose, meaning, and joy. This book will provide you with practical strategies, emotional support, and a clear roadmap to recovery. It will help you understand the complexities of addiction, develop healthier coping mechanisms, build strong

support systems, and ultimately break free from the chains of alcohol dependency.

Life Lessons On Friendship Stylist Magazine,2021-02-04 Looking for the perfect gift for a friend? You've found it! How have your friends shaped you into who you are today? What would you do if you fell in love with your best friend? And what are the golden rules of going into business with a close friend? 15 women who have faced these questions - and many more - tell us everything they have learned in the process about life's essential bond: friendship. Featuring essays from Dame Jenni Murray, Gina Martin, Candice Brathwaite, Yomi Adegoke & Elizabeth Uviebinené, Shappi Khorsandi, Megan Jayne Crabbe (@bodyposipanda), Flo Perry and more! In turns funny, moving, confronting and uplifting, each lesson gives a frank and refreshing view on both the pleasure and pain of our closest connections. From contemporary questions about the authenticity of online friendship to universal talking points such as how many friends we really need, this is a wise exploration - and joyous celebration - of the most essential relationship in our lives.

Get Divorced, Be Happy Helen Thorn,2021-07-29 THE SUNDAY TIMES BESTSELLER 'Helen is the woman I want in my life when the shit hits the fan' - Bryony Gordon What do you do when your relationship suddenly ends? How do you cope when the cosy 'coupley' future you had planned disappears? Join comedian Helen Thorn from The Scummy Mummies as she haphazardly takes the plunge into single life for the first time in twenty-two years. Helen shares her own roller coaster journey from the initial shock of a surprise separation, the messy months hanging out in her PJs through to the highs of rediscovering online dating, tiny pants, rock-solid female friendships and the glorious joy of just being by herself. With the help of relationship experts and an army of women who know, Get Divorced, Be Happy will show you that going it alone isn't the end, it is just the beginning, and you will come out the other side, stronger, happier and goddamn sassier than ever before.

Love Yourself Sober Mandy Manners,2025-06-26 With questions around the 'Mummy Wine O'clock' culture growing, Love Yourself Sober explores how a problematic relationship with alcohol can easily develop, particularly with time-poor mothers, how to recognise it, and what to do about it. Kate and Mandy provide a supportive 'sober curious' environment, encouraging active participation using positive psychology, coaching methods and workbook features to help women make changes for themselves. Love Yourself Sober is an empowering book for women and mothers to put their own self-care at the centre of a healthy and positive life-change.

My Year of Not Getting Sh*tfaced Pamela Power,2023-03-08 After an exceptionally wild Mother's Day where she danced like there was no tomorrow, picked a fight with a stranger and collided with the floor, Johannesburg scriptwriter and author, Pamela Power, is forced to take a hard look at her drinking habits. She realises that although she does not need to find an AA group immediately, she might be a serial binge drinker and needs to take back control. In this honest, yet humorous account of her year of not getting sh*tfaced, Pamela examines her long relationship with alcohol. She is shocked to

realise just how much of a crutch alcohol has been for her. There is always a bottle of wine or prosecco around to help her manage the many demands of life as a freelancer and a parent. Pamela starts her journey to sobriety at the height of the Covid-19 pandemic as her family faces financial troubles and life in the suburban parks of Johannesburg isn't so blissful anymore. Through her, we experience all the frustration, irritation and surprising benefits of going dry. In dealing with her dependence on alcohol, Pamela also confronts her troubled relationship with her parents. While many other sober-curious books portray sobriety as the only answer, in the end Pam finds a sweet spot between total sobriety and binge drinking: moderation.

The Sober Girl Society Handbook Millie Gooch, 2021-01-14 UPDATED WITH A BRAND NEW CHAPTER ON SOBER CURIOSITY *Voted an Independent best self-care book for 2021* *Voted one of Heat's best self-help books to help you reach your full potential* If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Offering tips and advice on staying sober and curious in a world obsessed with booze, this handbook will change your life for ever, by showing you not only why you should drink less, but how. Millie shares essential information to empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. Whether you're sober curious or determined to make a more permanent change, it's time to join the Sober Girl Society! It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'

Meanjin Vol 81, No 2 Meanjin Quarterly, 2022-06-15 'Part of the story of the decline in Australian journalism can be told with data and dollars. Part of it is about belief and culture - a crisis of faith.' In her cover essay 'This Is Not Journalism', writer and journalism academic Margaret Simons takes a long hard look at both the history and current practice of Australian journalism, its trials, successes and many failures. Is journalism accountable? Does it feed the public conversation or poison it? Is it a craft in serious need of reinvention? Simons pulls no punches in her critique of a profession close to her heart. In other essays: Yves Rees considers the enthusiasm for sobriety amongst younger Australians, John Kinsella writes on 'Ecojustice Poetics and the Universalism of Rights', Ben Eltham details the Morrison Government's legacy of corrupt behaviour, Michael Winkler reveals his writerly 'struggle with structure', Elizabeth Humphrys on the muddy historical remains left by the Westgate Bridge collapse, Subhash Jaireth on the tragedy of lost Indigenous languages, Amaryllis Gacioppo considers the opening virgin, a remarkable religious artefact from the fifteenth century, Elina Abou Sleiman

revisits the 2002 protests at the Woomera immigration detention centre, Jenny Sinclair goes in search of nineteenth-century colour for her writing, Chloe Ward revisits Nevil Shute's *On The Beach* in a new moment of nuclear anxiety, and Lucy Sussex introduces us to Sir Julius Vogel and 'A Feminist, Imperialist Utopia'. New fiction from: Karen Wyld, James Bradley, Jane O'Sullivan and Michelle See-Tho. Poetry from: Ashleigh Synnott, Alicia Sometimes, Glenn McPherson, Ben Qin, Simeon Kronenberg, Meredi Ortega, Michael Mintrom, David Brooks, Samuel Watson and Sarah Day. Memoir from: Madison Griffiths, Jessica L. Wilkinson, Sue Hall Pyke and Hila Shachar. Reviews from: Alex Gerrans, Elese Dowden, Megan Cheong, Isabella Gullifer-Laurie, Reuben Mackey, and Muhib Nabulsi.

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **The Unexpected Joy Of Being Sober**

In a world inundated with monitors and the cacophony of instant transmission, the profound power and mental resonance of verbal artistry usually diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. Yet, situated within the musical pages of **The Unexpected Joy Of Being Sober**, a fascinating function of literary brilliance that impulses with natural feelings, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus guides viewers on an emotional odyssey, lightly revealing the latent possible and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main styles, dissect their interesting writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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