



SOBER *for Good*

New Solutions for Drinking Problems—
Advice from Those Who Have Succeeded

Get sober with or without AA • You *can* quit on your own •
You can deal with any drinking problem, small or large •
You don't have to "hit bottom" • You don't have to call
yourself an alcoholic • You may not have to quit altogether . . .

Anne M. Fletcher
author of *Thin for Life*

FOREWORD BY FREDERICK B. GLASER, M.D.

Sober For Good New Solutions For Drinking Problems Advice From Those Who Have Succeeded

Frederick Rotgers, Beth Arburn Davis



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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 *Rowing News* ,2001-04-13 *Controlling Your Drinking* William R. Miller,Ricardo F. Mu?oz,2013-07-25 Interested in cutting down on your drinking without giving it up altogether This encouraging science based book can help make that goal a reality Distinguished clinician researchers William R Miller and Ricardo F Mu oz have spent more than 40 years studying whether moderation works who it works and doesn t work for and how to achieve it They give you tools to evaluate your alcohol consumption decide what changes you want to make and create a doable plan of action Learn new ways to enjoy social events defuse tension and stress and cope with difficult emotions with or without a glass in hand The updated second edition incorporates the latest scientific data and features a new chapter on mindfulness Helpful forms and worksheets can be downloaded and printed in a convenient 8 1 2 x 11 size *Sobriety Workbook for Women* Jennifer Leupp,2022-03-08 Discover the joy of sober living and take control of your life Changing your relationship with alcohol is no small feat but with the right tools you can curb your drinking habit and thrive The Sobriety Workbook for Women supports your journey to living sober providing a nonjudgemental space to explore your relationship with alcohol and take steps toward healing What sets this self help workbook apart from other sobriety books The science behind drinking Learn all about how alcohol can affect the brain and the body as well as the risk factors for alcoholism and the societal pressures that often drive women to drink Engaging exercises Cultivate greater awareness and understanding of what triggers your drinking through mindfulness exercises self check ins and more Encouraging affirmations Enjoy a dose of positivity and perspective with uplifting affirmations you can turn to when you need a boost Commit to sobriety and find some peace of mind with this thoughtful workbook *Inside Rehab* Anne M. Fletcher,2013-02-07 An eye opening tour of the addiction treatment industry explores the gap between what should happen and what does What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry and sometimes even to those inside it Anne M Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers from outpatient programs for the indigent to famous celebrity rehabs from the sites of renowned Twelve Step centers to several unconventional programs to find out what really happens What she reveals ranges from inspirational to irresponsible and in some cases potentially dangerous Real Stories As always with her books Fletcher gets the inside story by turning to real people who have been there interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today Connected Writer and Researcher who has earned the respect and cooperation of experts throughout the fields she s taken on Inside Rehab is no exception Fletcher has

interviewed more than 100 professionals working in the field including a mix of rehab staffers and administrators as well as leading academics Rehab is constantly covered in the media as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time Addiction is no longer only a personal struggle it s a pop culture phenomenon Myth Busting Fletcher exposes twelve supposed facts for the falsehoods they are including rehab is necessary for most people to recover from addictions highly trained professionals provide most of the treatment in addiction programs and drugs should not be used to treat a drug addict Fletcher s most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research Guidance and Practical Solutions Inside Rehab also highlights what is working spotlights state of the art programs and practices and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about Inside Rehab is the first book to give readers a thoughtful sensitive and bracingly honest insider s view of the drug and alcohol rehab industry in America For people seeking quality care for themselves or a loved one Inside Rehab is essential reading offering a wealth of accurate information and wise guidance

Over the Influence Patt Denning, Jeannie Little, Adina Glickman, 2003-11-15 Twelve step programs that insist on abstinence are beneficial to many but what about the millions of Americans who try to quit and fail just want to cut down or wish to work toward sobriety gradually This groundbreaking book presents the Harm Reduction approach a powerful alternative to traditional treatment that helps users set and meet their own goals for gaining control over drinking and drugs The expert empathic authors guide readers to figure out which aspects of their own habits may be harmful what they would like to change and how to put their intentions into action while also dealing with problems that stand in the way such as depression stress and relationship conflicts Based on solid science and 40 years of combined clinical experience the book is packed with self discovery tools fact sheets and personal accounts It puts the reader in the driver s seat with a new and empowering roadmap for change Winner American Journal of Nursing Book of the Year Award

Sober for Good Anne M. Fletcher, 2001 A bestselling health writer the acclaimed author of *Thin for Life* presents a groundbreaking reevaluation of problem drinking and the many ways in which people recover 288 p Radio drive time tour

Human Ecology News, 2001 *Sober For Good* Anne M. Fletcher, 2002-04-17 Finally someone has gone straight to the real experts hundreds of men and women who have resolved a drinking problem The best selling author Anne M Fletcher asked them a simple question how did you do it The result is the first completely unbiased guide for problem drinkers one that shatters long held assumptions about alcohol recovery Myth AA is the only way to get sober Reality More than half the people Fletcher surveyed recovered without AA Myth You can t get sober on your own Reality Many people got sober by themselves Myth One drink inevitably leads right back to the bottle Reality A small number of people find they can have an occasional drink Myth There s nothing you can do for someone with a drinking problem until he or she is ready Reality Family and friends can make a big difference if they know how to help

Weaving together the success stories of ordinary people and the latest scientific research on the subject Fletcher uncovers a vital truth no single path to sobriety is right for every individual There are many ways to get sober and stay sober SOBER FOR GOOD is for anyone who has ever struggled not to drink coped with someone who has a drinking problem or secretly wondered Do I drink too much **Responsible Drinking** Frederick Rotgers,2002 Written by leaders of the Moderation Management movement Responsible Drinking helps readers define the level of their alcohol use and decide whether moderation or abstinence is the best approach to recovery Resources and personal stories are included that help readers determine if they are problem drinkers and what can be done about it 30 worksheets are included **The American Journal of Forensic Psychology** ,2004 *The New Yorker* ,2001 **Treating Alcohol Problems** Frederick Rotgers,Beth Arburn Davis,2006-04-07 This handy guide provides a single source of evidence based methods for assessing and treating alcohol problemsPart of the Wiley Series on Treating Addictions Treating Alcohol Problems offers the latest evidence based guidance on effectively diagnosing and treating the full spectrum of problems related to drinking **Forthcoming Books** Rose Arny,2001-06 *The Publishers Weekly* ,2002 *Journal of the American Dietetic Association* ,2003 *Abnormal Psychology: Taking Sides - Clashing Views in Abnormal Psychology* Richard Halgin,2008-02-26 This Fifth Edition of TAKING SIDES ABNORMAL PSYCHOLOGY presents current controversial issues in a debate style format designed to stimulate student interest and develop critical thinking skills Each issue is thoughtfully framed with an issue summary an issue introduction and a postscript An online instructor s resource guide with testing material is available USING TAKING SIDES IN THE CLASSROOM ISBN 9780073343907 is also an excellent instructor resource with practical suggestions on incorporating this effective approach in the classroom Each TAKING SIDES reader features an annotated listing of selected World Wide Web sites and is supported by our student website www.mhcls.com online *Alcohol* Scott Barbour,2006 Alcohol is a drug that often results in tragedies Yet it is also a legal substance that is enjoyed harmlessly by millions of Americans Contributors to this volume debate the harms and benefits of alcohol as well as measures to prevent underage drinking and drunk driving **Taking Sides** Richard P. Halgin,2005 Contains a collection of twenty debates representing arguments of leading psychologists and commentators on such topics as alcohol abuse multiple personality disorder ADD and ADHD antidepressants and social issues **American Book Publishing Record** ,2001

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