



One More Sober Sunrise: How to Relapse-Proof Your Sobriety

By Bob B

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Is this book for you? Booze has caused problems in your life or you would not be considering this title. Maybe you had a brush with the law and a judge made you attend AA meetings to avoid some consequence. Maybe somebody forced you into a treatment program or maybe you volunteered for treatment during a spurt of revulsion over the way you were living. You were able to stop drinking for a while, but later convinced yourself that it would be okay to have a few drinks. Maybe your drinking was under control for a while, but then you got sick, drunk and in all kinds of trouble. Again. Now you want to stop drinking for good, but periodically you get drunk and self-destruct. You can stop but can't stay stopped. Relapsing, in treatment center language. You have been to AA meetings. You read the Steps and even tried to work them. You know about AA - and AA did not work for you. If that sounds like you, this book was written for you. I...



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