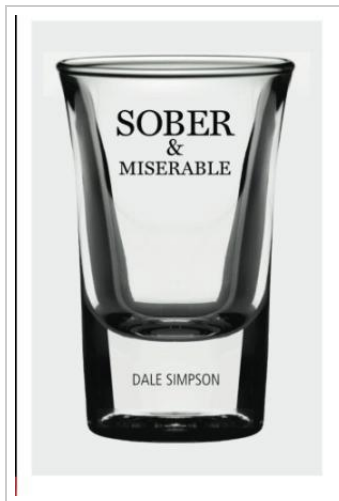




Sober and Miserable (Paperback)

By Dr Dale Simpson

Perfected Pen Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When an individual who is having trouble with alcohol is able to put it down, there is cause for celebration. A life has been saved. A return to a normal, healthy life is frequently astounding. They were difficult, unpredictable, angry and frequently depressed. In a matter of weeks, it all seems to be over. All is well now, right? Maybe not. An early release from alcohol also presents the need to deal with alcoholism over the next thirty, forty, or fifty years. Insidious character defects have a tendency to pop up with disturbing regularity. Our author shows how he has lived through these unpleasant discoveries and the ways he has been helped by those around him to continue alcohol recovery over a period of 40+ years. There is no lecturing. Sober and Miserable is straightforward and, at times, darkly humorous. The author confronts his personal shortcomings in an open and honest way that hopefully many will identify with and be able to apply to their own lives in recovery. There is a strong sense of hope presented in these chapters and for...



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

This is basically the very best book we have go through until now. I have got read and i also am confident that i am going to gonna study once again again in the future. I am just very happy to inform you that this is basically the very best ebook we have read inside my own life and might be he very best publication for at any time.

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