

A woman with long dark hair, wearing a white short-sleeved dress with black polka dots and tan shoes, is running towards the right. She is holding a string attached to a red heart-shaped balloon. The background is a solid dark blue. The title 'A Happier Hour' is written in a large, white, cursive script across the upper half of the image.

A Happier Hour

Rebecca
Weller

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A Happier Hour



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When Rebecca Weller's pounding, dehydrated head woke her at 3am, just as before, she stared at the ceiling, wondering why the hell she kept doing this to herself. Her progressively dysfunctional relationship with alcohol had to stop, but after years of social consuming, she was terrified of what that may mean. At 39 years - and a Health Coach, no less - she knew better than to down several wine bottles weekly. How would she relax, socialise, or celebrate - without wine? How could she live a joyful presence, without alcohol? In sheer frustration, on a morning hours filled up with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her planet. A heartfelt, moving, and inspiring story for anyone who has ever endured to stop something they loved to get what they truly needed. A Happier Hour is a memoir that techniques beyond addiction, giving a behind-the-scenes look into what must be done to get (and stay) sober in a lifestyle that celebrates alcohol.



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Live Happy Hangover Free! I examine it in three times, and found it relatable to my entire life. It's attention opening, motivating, and True! If you've ever wondered if a break from alcoholic beverages would be a good thing for you personally, this book is an excellent starting place to explore the issue. No judgement, no preaching, simply one woman's story about willingness to obtain super honest about her behavior and brave enough to face her feelings champagne free. (Her plan and insight is also what helped me break the 100 alcohol free mark!) Very good book! Regrettably, this book read such as a novel that eventually converted into a salespitch on her behalf products and providers. You feel the author's struggle. I originally took a glance at the title and anticipated a cheesy tale plot of some sort, but in a good way. The author is indeed relatable. It was relieving to know there's at least ONE other female out there that acquired the same experiences, fears, insecurities, obstacles (and regrets) I've had. This publication made me feel just like I wasn't only and that I possibly could in fact, be sober and appearance forward to each day. Awesome read I may't say enough about how on point this book is. And somehow this publication made me feel like there's a far greater life to anticipate. Thank you Bex for choosing to be sober, staying strong and motivated throughout your journey and lastly, for writing this reserve. identifying with just about any word, term, or incident as I switched each page. Thank you Bex for devoting your life to helping others, and helping us realize we aren't alone in our struggles. Excellent. Well-planned, well crafted, well communicated. I bought this for personal for Christmas present, and examine it throughout day. An excellent resource, so personal, so natural. I commend Ms. We can consider all pleasures too much to the idea of destruction, and finding the reason behind our actions is key. Brilliant. Honest and enlightening I loved this book! Quit drinking for weekly or so before I received it. I am actually not really a reader, and I read this before bed only and finished in two nights. Therefore fitting and exactly what I needed to go through. Also, it's good to see there is life after booze, actually for a big party person. Spent my 1st holiday sober, 4 of July! Bex is extremely human and reminds anyone struggling with alcohol that life can be far better without it. She's writes about reading websites, her gratitude journals, her lists of what's much better than wines, her vision boards. A lot of people actually do beverage ONE beer! Knock me over with a feather! Many thanks! Loved it, Loved this, Loved it!! This is not a book from an AA or Al-anon program that may give you steps on how best to fight your addiction, and I feel the ones who reviewed it so low were looking for something more of this nature. But for anyone who enjoys drinking and occasionally doesn't wish to stop when everyone else has taken enough, then it's certainly relatable for you. Weller for her capability to provide such a "hush hush" subject to the forefront for women and men alike and to motivate them to not live a half-lived lifestyle. Not

everyone comes with an allergic reaction as they make reference to it for alcoholics where one drink triggers the lever to keep going til there's no booze still left or you distribute. Just finished this phenomenal read, and simply because the clock turns midnight I actually start time 83 of living a sober life! NAILED IT! It offered me inspiration and a fresh outlook on how life can be more genuinely rich in experiences without based on something to help make that happen other than what we really need-our health, friends and family. Thank you Bex for sharing your experience and for giving me what I had a need to remind me that I am a solid woman, successful and with the capacity of living more completely with new exciting encounters that don't have to require me to be in a mind-altered condition! And that it's not about needing a thing that will make our encounters great, but rather about us creating those encounters in a way that feels authentically great! ? Inspiring! A nicely written reserve.! It's a wake-you-up call for anybody who's ever binged on anything (food, drugs, alcoholic beverages etc) and entered that vicious routine and lamented why we keep carrying out this to ourselves? Relatable and an excellent read This was the first book I read when I first became sober. I almost exclusively go through memoirs, as I discover real life much more dramatic and gritty than fiction. An easy examine with a relatable story! I'm happy she's healthful, but this book is booooring. All the people and places are interchangeable and absence any depth at all. I loved this book I loved this reserve! I believed everyone got drunk on that day time. However I found much more within these pages. I couldn't put this reserve down. Thanks Rebecca for posting your story. At times it was cheesy and made me cringe. I read this publication in 2 days. Attention opener! I have already been researching how to improve women's lives for decades. Great book Great book! Novel/salespitch disguised simply because a memoir I had high hopes for this reserve. I felt like I was reading my life. I couldn't place this reserve down and it certainly helped show me that there is life on the other side of the bottle. Wonderful book. This inspirational book. Precisely what I needed at exactly the right time. So today I begin the sobriety experiment. Just amazing! Full stop. I'm not going to lie, this is normally so difficult to imagine a lifetime without alcohol, but currently on day 8 and it feels great. Best publication I've ever browse.yawn.. I couldn't put it down, your trip to sobriety was amazing. Amazing what you can do, when you hear your soul speak! I'm very motivated after reading this. I related to it so much, it was as if she was telling my tale. I felt the start was slow as soon as I got mid way I didn't want to place it Down!! For all those that can socially drink in moderation but find themselves in increasing situations where they use alcohol as their crutch, lose control and eventually keep drinking to fill a void that by no means gets filled, you then will love and be inspired by this reserve. Rebecca's words resonated therefore deeply into my soul it had been a bit unpleasant to

read at times.. I wish a few of my friends and family would read your publication. Brilliant. I cried, laughed, cried again. We breezed through this wonderful reserve in a few hours. Brilliant! Highly suggested not only for anyone coping with alcohol dependency, but for anyone who is definitely tired of making poor life options and ghastly decisions due to toxic influences. If Bex can do it, therefore can you! I think this may be one of the final pieces for consideration Helped me to stop my nightly wine habit This book really resonated with me. It experienced as though Bex was my greatest friend sharing her story and providing tips about how she gave up alcohol. She shares just how much joy living an alcohol-free lifestyle can really be, I recommend this book!



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