

THE SUNDAY TIMES BESTSELLER

'Jaunty, shrewd and convincing'
The Sunday Telegraph



the
unexpected
joy of
being
sober



'Admirably honest, light, bubbly
and remarkably rarely annoying'
The Guardian

catherine gray

Catherine Gray

The Unexpected Joy of Being Sober: Discovering a happy, healthy, wealthy
alcohol-free life



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Welcome! Believe there's 'no point' in only one beverage? Ever sworn off alcohol to get per month and found your self drinking by the 7th? In *The Unexpected Pleasure of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to best neuroscientists and psychologists about why we drink, delving into the technology behind what it does to our brains and bodies. Much more when compared to a tale from the netherworld of addicted drinking, this book is approximately the escape, and why a sober life could be more intoxicating than you ever imagined. She had her fair share of 'drunk container' jail cells and topless-in-a-hot-tub misadventures. But this reserve runs beyond the binges and blackouts to deep-dive into uncharted territory: What goes on once you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative solution reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. You can find an incredible number of us. Catherine Gray was stuck in a hellish whirligig of Beverage, Produce horrible decisions, Hangover, Repeat. Whether you're a hopelessly devoted drinker, simply sober-curious, or you've already ditched the drink, you will like this book.



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It is the Life After that's important I ordered this in its UK launch day, and was happy to get it just a week or so afterwards. She discusses the wide selection of assets she used, gives assistance, and discusses the joys along with struggles of becoming sober.. It's instructive for all those of us who are thinking about a dry life to have stories to consume to help us make our own way. Open up, honest and very well written Catherine shares in a non judgemental and incredibly positive way. Just like the films that end with the engagement, we miss the meat: what happens following the wedding? the honeymoon? Superb read, true, recognisable and witty!). I'll go back and re-examine this publication I'm sure! we realize what the issue is. There are a great deal of great books in the 'quit lit' genre -- most of them wonderful and helpful in their own ways. Suggested! but what comes after we quit? Excellent read! How do we navigate the after-function invitations to the bar? WILL WE YOU NEED TO BE BORING PEOPLE? I came across her to be sharpened, witty, relatable and authentic. I understand that her tale is one that will remain with me for a long time and that I'll revisit in the a long time. Essential reading for those who want to join the Sober Movement For anyone who is questioning their drinking or who's flirting with the thought of sobriety or starting out on the sober journey that is essential reading. Catherine brings total honesty to this sometimes natural memoir that challenges the notion that drinking to excess ought to be accepted as regular behaviour inside our alcohol saturated culture. The title says it all: you can find joys of living the dry life - most of them unexpected. Reading it experienced like I was having a discussion with someone I knew and for that of all the quit lit I've read so far this is my favourite. recommended by an Instagram friend Awesome book that was recommended by an Instagram friend. I couldn't put it down and go through it in a single day as it was so compelling. I thank Catherine for giving us a peek behind the entranceway so we are able to anticipate those joys for ourselves. Catherine's courage to talk about her story to help others rewrite their own is usually to be applauded. Best sober book up to now This book isn't just a fun, interesting read, but extremely helpful. Catherine not merely tells her story but gives helpful info. I have several other very similar books and hers is definitely by far the best! This is an excellent book at uncovers the real story of 1 brave ... This is a fantastic book at uncovers the true story of one brave woman that discovered the gift of removing alcohol from her life, and gaining so many gifts as a result. Catherine Gray is brave as she shares her truth on how alcohol impacted her existence in that negative way, and it was not until she taken out it that she began living authentically, joyfully and abundant. I am inspired by this book, and also relieved that the story is being told. Society tells us that alcohol is romantic, advanced, fun, and the answer to everything. The simple truth is that it's toxic (or can be toxic) for many, and it is time for us to wake up to the truth, and Catherine bravely shares that in this must read book for those that are looking more joy in their existence and wonder if alcohol is usually dragging them down. Bravo to Catherine for posting her personal story, and inspiring visitors to expect joy and potentially deposit the drink for good. A Joy to Read Wonderful writing. I've just place this down and I wish to pick it back up again and start again. I might now only be considered a two or three 3 on the alcoholic beverages addiction scale, and some years ago I made it a complete year without booze, but now I could see that my life will be better without alcohol. They like the books and so are constantly soaking in details to assist them with recovery. I recommended this for anyone who feels that they may be depriving themselves if indeed they take that cooling G&T or warming, relaxing glass of crimson away of their lives. Great book for recovery I'm a mental health counselor/material abuse counselor and have setup a library for my customers to read. Excellent read! Great insights into all factors related to enjoying a sober existence, great tools to use in social circumstances. I liked how the majority of the reserve is discussed the happiness of sobriety, wish to read another book by this author This is among the best memoirs for anybody examining their relationship with alcohol This is one of the best memoirs for anybody examining their relationship with alcohol. What's unique about Catherine's focus is certainly her insistence upon producing the majority of the publication about negotiating lifestyle AFTER booze. The

humor of her writing makes you like her as a person and can help you appear at your very own drinking in an exceedingly real way. Kudos!! Five Stars I bought it for a pal and she loves it Obtain sober! the first year (the first argument!The Unexpected Pleasure of Being Sober is full of good tips and helpful recommendations.. Alcohol is not needed to find yourself in the spirit of issues! Gray's honesty, wit and positivity offers dispelled my fears about going teetotal, which mostly hinge on being viewed as boring, or worse, smug and self-suffering. Great informative read Great, upbeat honest account of drinking rather than drinking. This isn't the usual "I drank too . I felt as if the author were a pal chatting to me about why she quit drinking rather than stranger lecturing.. Just how do we negotiate the awkward moments when we turn down a glass or two at parties? This isn't the most common "I drank an excessive amount of and sobered up" memoir (I'm not really dissing those, I love them too). Even though I'm not finished yet, I could already say it's a wonderful book. Annie Grace's publication is my favorite, but this is an extremely close second. Excellent " Sober Lit" Probably the best, most accurate (for me), funniest and most worthwhile piece of " sober lit" that I have consumed. Highly recommend. This book was a great read - encouraging without being preachy This book was an excellent read - encouraging without having to be preachy..A lot of us are considering the WHY - why we want to drink less (or never); Highly recommended! My only complaint-- the font seems smaller than usual.



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