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Sober Truths: The Making of an Honest Woman

By Jill Kelly

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Old-timers in 12-step programs say that if you want to stay sober, you only have to change one thing: your whole life. Sober Truths: The Making of an Honest Woman recounts how one woman did just that. Jill Kelly's personal stories describe the journey as two decades of drinking and despair gave way to a richly rewarding sober life. Her demons did not go quietly when she put the bottle down. Loneliness, anxiety, distrust of others they were all still there. This memoir tells how she has learned to be with those demons and not drink, to let go of the jealous dramas of the past and embrace a new life of peace. Along the way, Kelly reinvents herself, becoming a visual artist, starting a successful business, and developing deep friendships and a satisfying spiritual life. At the same time, she faces the challenges of emotional eating and her sober ambivalence about sexual relationships. This audiobook offers hope to those who cannot imagine a life without alcohol by someone who has recreated hers.



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Reviews

Very good eBook and valuable one. This is for anyone who statte that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me).

-- **Ms. Ona Muller**

It in a single of my favorite publication. I have read and so i am sure that i will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be he best pdf for possibly.

-- **Maria Morar**