
Unwasted My Lush Sobriety Pdf Download !FREE!

The book that I have read probably 10 times now is, "The Four Agreements" by Don Miguel Ruiz. I just finished reading it again last week and I keep finding new bits and pieces about life that I never saw before or forgot to think about. When I read this book the first time, I also read it aloud to my sobriety support group. It is an uplifting book about life, healing, and habits. This book changed my life. I bought it as a gift for a friend when I was in my early 20s. It was so eye-opening that I needed to know more. I started to read the book aloud to my sobriety support group. Then I started reading it aloud to my 12-step meetings. Finally, I read it aloud to my recovery group. The book made me think I was broken before I started sober. Alcohol had rescued me from the damage I was doing to myself. The damage was more mental, emotional, and physical than I ever thought. I was giving in to depression and building my self-esteem with food and alcohol. Through this book I learned I was not broken or damaged but that my addiction was. I had to wake up to a new sense of self-awareness and self-compassion. To be honest, I was in a damaged state. The first year of my sobriety is the first year in my life I have been completely myself. I feel like I finally have all of me back. I don't miss drinking. I can't tell you how much I have loved taking the time to practice what I have learned and I have LOVED that time to perfect myself. It sounds a bit childish and "crappy", but I have just been so amazed by my self-care. This is the book. This book is the beginning of real change. This book, when combined with the other books Run On and Quit Lit, will be the difference between an ordinary sobriety and sobriety that grows to become a life style for someone who is serious about living life fully.

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from a guy who used to get blitzed at red rocks as the sun rose, occasional indulgences are still clearly on the menu, but i was on a mission to change, something that was no longer the relaxing joy i enjoyed in early sobriety. my desires for a martini on the rocks, a cognac on the rocks, a bottle of wine on the rocks did not seem to be the same as they were a few years before. i woke up early (before 6 am, typically) and i drank coffee, and made espresso martinis.

that is, i made no martinis at all, because i knew the thought of drinking alcohol when i was sober was a fantasy. with the help of mother and brother, a doctor friend and a church that was willing to talk, i finally began to attend aa. and i continue to attend 12-step meetings this day. i do not experience the same highs and lows of alcohol withdrawal as i once did. as my recovery progresses, the cravings, thoughts and dreams have drastically changed. i dont get drunk as much. i dont feel like i am striving or reaching for something. i do still fight hard to stay sober. i am still vulnerable to forgetting that i am sober and slipping back to drinking. i am more likely to be fearful of the outcome if i slip and relapse. i am slightly more likely to be anxious. but i live in the moment, and i am more comfortable in it.

during my own experimentation with sobriety, my family and friends had their own experiences that provided challenges and breakthroughs. and now that i have shared in the adventure, it is my hope that others will find encouragement in what ive learned about this disease. these stories are written for people who have a friend or loved one who suffers from alcoholism or other addictions

and those who have suffered from them themselves. i hope readers will be made aware of the nature of alcoholism and that they will be encouraged in their commitment to recovery. i hope they will be informed as to the warning signs of relapse and the potential dangers of relapsing.

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