

Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery Fr

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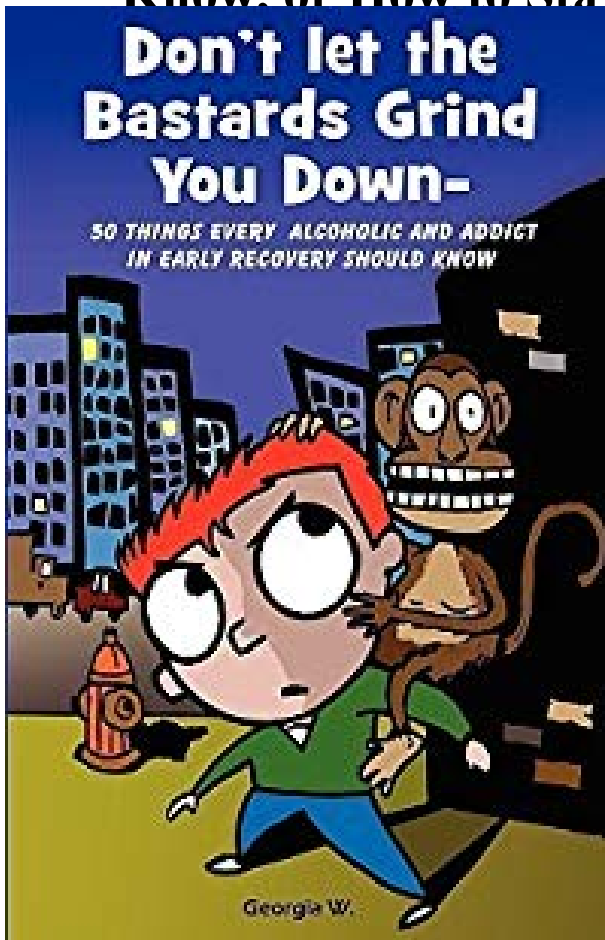
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No matter what happens, you don't have to pick up a drink or drug today. These words tend to strike fear in the hearts of many alcoholics and addicts who are new to recovery, because just one day without booze or drugs may as well be an eternity. It can seem like an impossible task to get through twenty-four hours, never mind a week or a month so just how do we get that proverbial monkey off our back? This book is full of suggestions that can work for anyone who is new to recovery or trying to get clean and sober again. The author has drawn on her own experiences and that of others in early recovery to determine the Fifty Things Every Alcoholic and Addict Should Know, including: The First Thirty Days What to expect and how to get through it Things to Avoid Protecting your recovery and coping with stress Relapse Warning signs and moving forward if it happens Family How to include them and re-build relationship Dating in Recovery - The not so good, the bad and the ugly Dry Drunk How not to be one Twelve Step Programs How they work and what you should know If you have a substance abuse problem and want to quit or are new to sobriety and don't know what to expect, read this book. It's different, down to earth and a very easy read. 'Don't Let the Bastards Grind You Down' is not your typical recovery book. Tom Chenault, Radio Talk Show Host and Recovering Alcoholic.