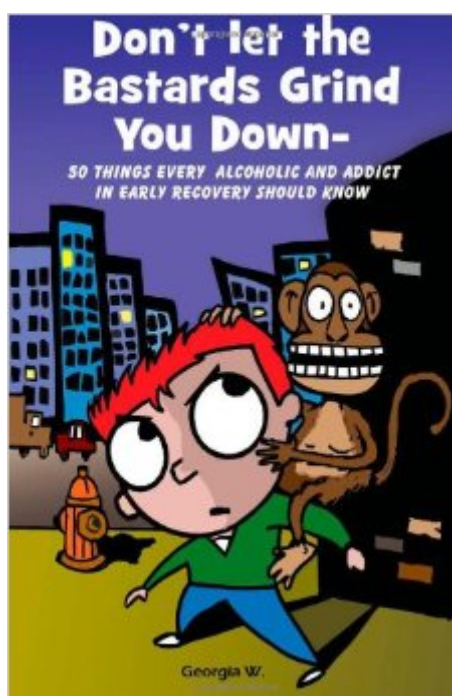


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# Don't Let The Bastards Grind You Down: 50 Things Every Alcoholic And Addict In Early Recovery Should Know, Or How To Stay Clean And Sober, Recovery From Addiction And Substance Abuse



## Synopsis

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

## Book Information

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## Customer Reviews

As a very good friend...all I can say is that this book is a must read for ALL! It will not only help everyone trying or trying again and again to be in recovery, but also for the family and friends who

need a little insight on what they might have missed or not fully understood about being an addict. My feelings were truly changed from the pages of this amazing book and I have a better appreciation and understanding from the "other side"...I can not wait for a follow up to get more information and knowledge of what to do to help and encourage the ongoing process of recovery.

This book is incredible! I found it to be right on target with what I have been going through... It addressed many issues one might experience in the early days of recovery and even years after the decision was made to quit using. Thank you for a very informative and helpful book!!!!!!!

Great Book! We need all the help we can get and this information helped me understand some of the essentials in early sobriety. There is so much insight and advice for a newcomer or anyone in recovery. Thanks for sharing your Experience, Strengths, and Hope.

This book offered me a lot of insight into the mind of an addict. It was well written & offered the author's thoughts, not a "do this" attitude. I am not an addict but have an alcoholic son that I love but realize that I cannot help...only try to understand. I would recommend this read to someone who cares about an addict as well as the addict seeking recovery.

I started reading this during my 2nd week in recovery, and the author is absolutely right when she says it's hard to pay attention to anything or find anything funny when in early recovery. However, this book is the exception! Most of the chapters are 1 1/2 - 2 pages long and they have serious content mixed with humor. She touches on all the important things a recovering alcoholic/addict should know, but doesn't dive into details. It's a perfect read before you're ready to go to meetings/groups or before you are ready to understand them. Actually, it's a perfect read anytime!! Thank you so much for writing a book that has all the info we need to know right now without all the background and medical stuff that I can't seem to focus on right now!!!

I purchased this for my adult son who has had several relapses. He does not like to read but he has read quite a bit of this book. He likes the fact that it's written by an alcoholic who has experienced first hand what it's like to get sober and stay sober. He appreciates the straight forward nature of the reading and the fact that the chapters are short. To non-addicts the book may seem simplistic. To someone whose brain is out of sorts and who is emotionally and spiritually exhausted, the book offers manageable messages of encouragement and down to earth advice. It is written from the

perspective from someone who has been in the pits of despair and tells what works to stay clean and what doesn't work. I read most of the book and I found it quite helpful as far as understanding what to realistically expect during the first days, weeks and months of my son's sobriety.

Like my title says, this was an engagingly written book but it is completely within the AA tradition. If you are looking for something else, this is not it.

I am an alcohol and drug addiction counselor that enjoyed reading this book. Love the title. I will recommend this book to other counselor's as well as clients.

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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 from Addiction and Substance Abuse How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines (Coping With Alcoholism and Substance Abuse Book 5) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Guilford Substance Abuse) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) 100 Things Sharks Fans Should Know and Do Before They Die (100 Things...Fans Should Know) 100 Things Cubs Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Syracuse Fans Should Know & Do Before They Die (100 Things...Fans Should Know) 100 Things Rangers Fans Should Know & Do

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