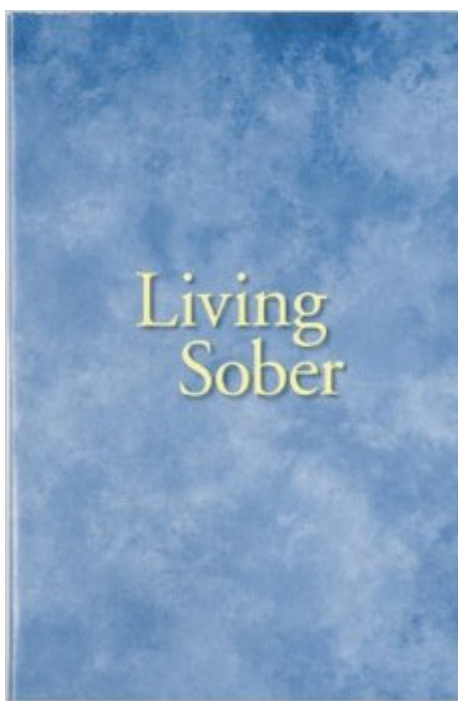


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# Living Sober



## Synopsis

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

## Book Information

Paperback: 87 pages

Publisher: AA World Services; 1 edition (February 10, 2002)

Language: English

ISBN-10: 0916856046

ISBN-13: 978-0916856045

Product Dimensions: 0.2 x 5.2 x 8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (229 customer reviews)

Best Sellers Rank: #9,183 in Books (See Top 100 in Books) #12 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #14 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#) #25 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

## Customer Reviews

...right after "Alcoholics Anonymous" aka "The Big Book". First, as a recovering alcoholic myself, I must comment on some of the previous statements here that border on reckless endangerment: "unfortunately--reinforces the stereotype of vulnerability (sic) and fragility inherent in recovery". Maybe it's a "stereotype" (?) because it's TRUE. We are fragile. We are vulnerable. Just like anyone else would feel if they were dying. Especially in the first days, sometimes hours, of "living sober". That's why newcomers to A.A. are encouraged to attend "90 in 90"- ninety meetings in the ninety days- when the craving is likely to be the strongest. Why try to stop drinking on your own (which almost never works) when there's free, caring, help and support readily available? I hope I don't sound condescending or anything; it took me a LONG time to figure out what was practically staring me in the face. And it didn't have to be that way. "nor is sobriety so rigidly intolerant that mouthwash should be avoided like the plague" - "intolerant"?! - A.A. is the most tolerant group of people I know of; this has nothing to do with "intolerance", it's about precaution/necessity, given the physiology inherent in all alcoholics. ETOH (alcohol) is to be avoided COMPLETELY, even in seemingly harmless amounts. Our bodies just don't process it like

normal people's do. And I'm honest enough to admit- not proudly- that I once drank an entire bottle of Scope- that's the kind of power alcohol can have over a desperate, and yes, insane, drunk in the throes of withdrawal. (Tom's of Maine & Tea Tree Therapy make alcohol-free mouthwash- there are a couple of others I can't remember offhand- they're not hard to find.

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