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again, it was because
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Having previously read The Unexpected Joy of Being Sober, and bought many copies for my boozy friends, I was excited to await the delivery of Catherine's new book. The Unexpected Joy of Being Sober saw me through six months

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alcohol-free last year and was the one book on giving up alcohol that I kept referring to again and again like a good friend.

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of Being Sober saw me through six months alcohol-free last year and was the one book on giving up alcohol that I kept referring to again and again like a good friend. When I picked up the wine glass again, it was because of confusion and sadness about my relationships.

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Catherine's hit debut,
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