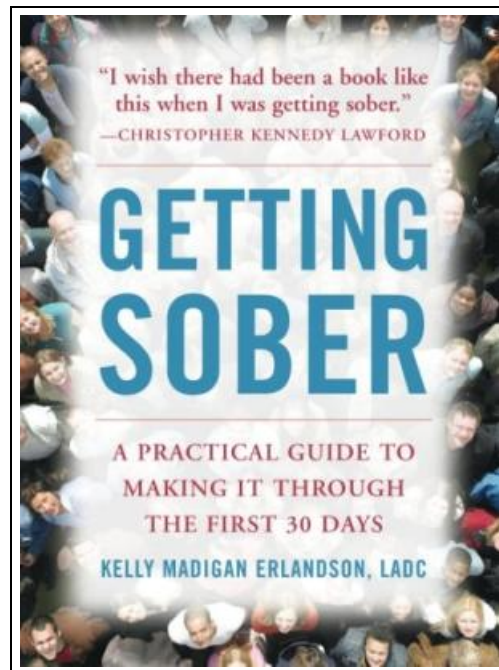


## Getting Sober: A Practical Guide to Making it Through the First 30 Days



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Getting Sober: A Practical Guide to Making it Through the First 30 Days, Kelly Madigan Erlandson, "Honest, direct, comprehensive, and practical." --Bestselling author Mary Pipher "Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to happy destiny." --Christopher Kennedy Lawford, author of *Symptoms of Withdrawal: A Memoir of Snapshots and Redemption* Already hailed as "a thoughtful and comprehensive guide to those early, crucial days of sobriety," this groundbreaking new book is different from anything else on the market. As an alcohol and drug counselor for more than 20 years who has helped thousands into recovery, the author does not focus on trying to diagnose the problem; instead, she compassionately guides you through the first 30 days of sobriety--the most crucial part of recovery. She gives you practical, day-by-day advice for becoming and staying sober--from removing alcohol and alcohol-related items from your house to picking the recovery program that fits your needs.



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