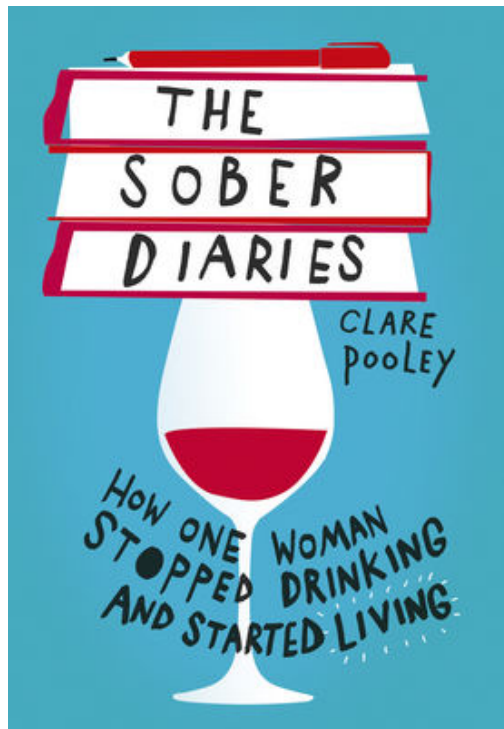


Télécharger Livres Gratuit The Sober Diaries (PDF | ePub | Mobi) Clare Pooley DataBase Book



Like many women, Clare Pooley found the juggle of a stressful career and family life a struggle so she left her successful role as a Managing Partner in one of the world's biggest advertising agencies to look after her family. She knew the change wouldn't be easy but she never expected to find herself an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?'

This book is the bravely honest story of a year in Clare's life. A year that started with her quitting booze and then being given the devastating diagnosis of breast cancer. By the end of the year she is booze-free and cancer-free, she no longer has a wine belly, is two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. She has a happier family and a more positive outlook. *Sober Diaries* is an upbeat, funny and positive look at how to live life to the full.

Interwoven within Clare's own very personal and brilliantly comic story is research and advice as she discovers the answers to questions like: *How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? If I stop drinking will I lose weight? What if my partner still drinks?* And many more.

Title	:	The Sober Diaries
Author	:	Clare Pooley
Catégorie	:	Famille - parents
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Éditeur	:	Hodder & Stoughton
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