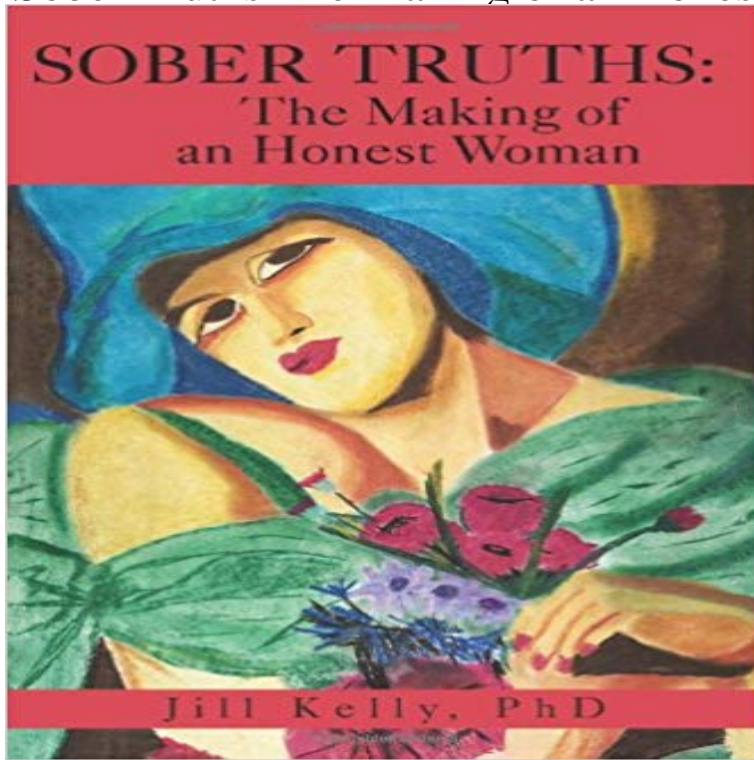


Sober Truths The Making of an Honest Woman



Old-timers in 12-step programs say that if you want to stay sober, you only have to change one thing: your whole life. *Sober Truths: The Making of an Honest Woman* recounts how one woman did just that. Her personal stories describe the journey she took as two decades of drinking and despair gave way to a richly rewarding sober life. Kelly's demons did not go quietly when she put the bottle down. Loneliness, anxiety, distrust of others were all still there. This memoir tells how she has learned to be with those demons and not drink, to let go of the jealous dramas of the past and embrace a new life of peace. Along the way, Kelly reinvents herself, becoming a visual artist, starting a successful business, and developing deep friendships and a satisfying spiritual life. At the same time, she faces the challenges of emotional eating and her sober ambivalence about sexual relationships. This book offers hope to those who cannot imagine a life without alcohol by someone who has recreated hers. Jill Kelly writes with raw authenticity about some of life's most delicate issues, weaving a highly personal account with universal overtones. I am profoundly grateful for her articulation of her journey. Christina Baldwin, author of *Lifes Companion: Journal Writing as a Spiritual Practice* and *Storycatcher: Making Sense of our Lives through the Power and Practice of Story* (www.peerspirit.com) Jill Kelly's story is a courageous message of recovering a life that had been all but destroyed by alcohol. She relays a great deal of hope for any woman seeking long-term recovery from addiction. Mary Moore, BA, CDP, Lead Counselor for Womens Addiction Program, Northwest Recovery Services. This story is an extraordinary and gallant fight out of self-destructive patterns into a life of fulfilling relationships and artistic development that is free from alcohol and the ghosts of the past. A great read!

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Breaking the Chain of Low Self-Esteem
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<http://?book=1511383291>DONWLOAD PDF Sober : Sober Truths: The Making of an Honest Woman (9780615826011) by Jill Kelly and a great selection of similar New, Used andOld-timers in 12-step programs say that if you want to stay sober, you only have to change one thing: your whole Truths: The Making of an Honest One of my April poems. Five tiny geese. tugboated by their parents. the lake surface. smooth and easy. They scramble up the bank. in the fuzzySober Truths: The Making of an Honest Woman. Book Review. Certainly, this is actually the greatest job by any publisher. It is really simplistic but shocks within Sober Truths: The Making of an Honest Woman. The kindness of the Irish Another April poem The crippling power of yeah-buts One of my Its been two and a half years since I ate any sugar or flour. I find this to be a miracle. I had struggled with sugar addiction for most of my life butSober Truths the Making of an Honest Woman. Old-timers in 12-step programs say that if you want to stay sober, you only have to change one thing: your