

High Sobriety My Year Without Booze Jill Stark

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High Sobriety My Year Without

Note added New Year's Eve, December 2015, I thought of this book today and remembered how good it was. I decided to share my old review in case anyone feels inspired to attempt "high sobriety" or maybe do a quick FebFast (29 days this year!) as a New Year's Resolution.

High Sobriety: my year without booze by Jill Stark

This item: High Sobriety: my year without booze by Jill Stark Paperback \$18.26. Only 2 left in stock - order soon. Ships from and sold by Amazon.com. The Unexpected Joy of Being Sober: Discovering a happy, healthy, wealthy alcohol-free life by Catherine Gray Paperback \$10.79. In Stock.

High Sobriety: my year without booze: Stark, Jill ...

High Sobriety is an entertaining and informative read about one woman's year of online dating, family reunions and beer gardens without a drink, and her account of the nation's attitude towards the thing she denies herself." --The Age and The Sydney Morning Herald

High Sobriety: my year without booze - Kindle edition by ...

High Sobriety is an entertaining and informative read about one woman's year of online dating, family reunions and beer gardens without a drink, and her account of the nation's attitude towards the thing she denies herself.'

High Sobriety: My Year Without Booze by Jill Stark ...

This lively memoir charts Jill's tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch football minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is a year without mates.

Amazon.com: High Sobriety: My Year Without Booze (Audiible ...

Jill's first book, High Sobriety: My Year Without Booze, is a best-selling memoir exploring Australia and Scotland's binge drinking culture, set against the backdrop of her own tumultuous relationship with alcohol. Released in 2013, it was shortlisted in the Kibble Literary Awards and longlisted in the Walkley Book of the Year Awards. Launched in Australia and the United Kingdom, High Sobriety was critically acclaimed and followed five years of reporting on alcohol issues for The Age and ...

High Sobriety - Jill Stark

High Sobriety my year without booze jill stark 'I loved the hell out of it' Tim Rogers 'I was completely engaged ... Her approach is fresh and funny, artlessly open, and most importantly, accessible. ...

High Sobriety | Book | Scribe Publications

8 quotes from High Sobriety: my year without booze: 'I walk away feeling that something's not quite right. On the tram home, I realise why: this is compl... Home

High Sobriety Quotes by Jill Stark - Goodreads

High Sobriety is an entertaining and informative read about one woman's year of online dating, family reunions and beer gardens without a drink, and her account of the nation's attitude towards the thing she denies herself." --The Age and The Sydney Morning Herald

High Sobriety: my year without booze eBook: Stark, Jill ...

This year, I celebrated five years sober. It's been over six years since I first started seriously questioning my relationship with alcohol and considered a life without it.

7 Things That Inevitably Happen to Your Personal Life When ...

High Sobriety is an entertaining and informative read about one woman's year of online dating, family reunions and beer gardens without a drink, and her account of the nation's attitude towards the thing she denies herself.', 'insightful, funny, challenging and interesting ...

High Sobriety : My Year Without Booze by Jill Stark (2013 ...

I expected an account of a difficult year without alcohol and was surprised by her writing of the ease of sobriety. I think it was in the first month or so. I'm glad it was so easy for her, but as someone who struggles with alcohol addiction, I found I couldn't relate and felt a little badly about how hard it is for me to stay sober.

Amazon.com: Customer reviews: High Sobriety: my year ...

\$29.99 Jill's first book, High Sobriety: My Year Without Booze, is a best-selling memoir exploring Australia and Scotland's binge drinking culture, set against the backdrop of her own tumultuous relationship with alcohol. Released in 2013, it was shortlisted in the Kibble Literary Awards and longlisted in the Walkley Book of the Year Awards.

Products Archive - Jill Stark

Jill Stark, a Sunday Age writer specialising in alcohol and public health issues, came to write her first book, High Sobriety, after one big night too many. On January 1 2011, she woke up with the ...

Lunchbox/Soapbox: Jill Stark on High Sobriety: My Year Without Booze

High Sobriety: my year without booze. by Jill Stark. 3.70 avg. rating - 710 Ratings 'I'm the binge-drinking health reporter. During the week, I write about Australia's booze-soaked culture. At the weekends, I write myself off.' ...

Books similar to High Sobriety: my year without booze

Her first book, High Sobriety: My Year without Booze is a best-selling memoir about her journey through a year off the grog, and a forensic exploration of Australia's binge drinking culture. It was shortlisted for the Kibble Literary Awards and was a finalist in the Walkley Book of the Year.

Jill Stark (Author of High Sobriety)

Around 1/3 of people who are sober for less than a year will stay that way, but if you can get to a year of sobriety, the relapse rate falls to less than half. Also according to the same study, if you get the five-year sobriety mark, your chances of relapsing are less than 15%.

Alcohol Relapse Rates and Statistics

You can read more book reviews or buy High Sobriety: My Year Without Booze by Jill Stark at Amazon.co.uk. You can read more book reviews or buy High Sobriety: My Year Without Booze by Jill Stark at Amazon.com. Comments. Like to comment on this review? Just send us an email and we'll put the best up on the site.