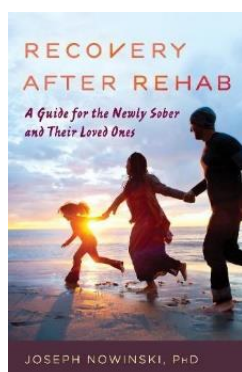


Resources about reducing or quitting drinking alcohol in the ADF Library.

Please share this information with anyone you know who may benefit from reading, using, being inspired, and supported by these books.

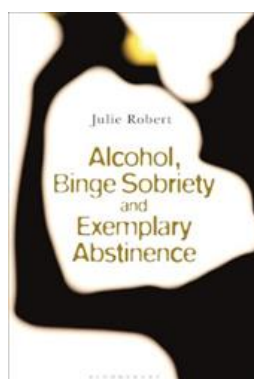


Recovery after Rehab A Guide for the Newly Sober and Their Loved Ones

Author: Joseph Nowinski

eBook: 2021, Blue Ridge Summit: Rowman & Littlefield Publishers

Summary: While rehab may mark the starting point for recovery, the real work of staying sober takes place when a patient goes home. This book provides a blueprint for the newly sober and their loved ones for all that must follow in order to make recovery a long-term reality.

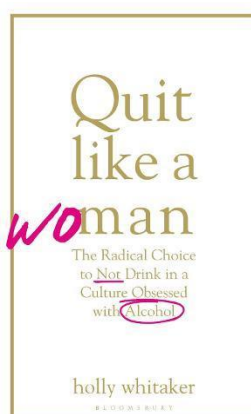


Alcohol, Binge Sobriety and Exemplary Abstinence

Author: Julie Robert

eBook: 2021, First edition. London [England] : Bloomsbury Academic

Summary: Where did Temporary Sobriety Initiatives (TSIs) such as Dry January, FebFast and Ocsober, come from? And what is their role, if any, in prompting people to revisit their relationship with alcohol? It uses case studies from Australia, the USA and the UK to examine both the short history of TSIs as a response to problematic localized drinking cultures—including binge drinking--and their relationship to a much longer and transnational history of temperance activism.

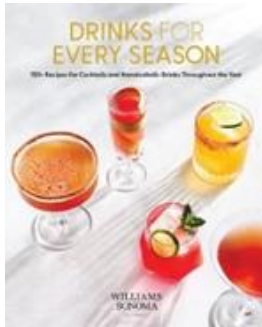


Quit Like a Woman: the Radical Choice to Not Drink in a Culture Obsessed with Alcohol

Author: Holly Glenn Whitaker

eBook: 2020, London: Bloomsbury Publishing Plc

Summary: We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questions is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but.

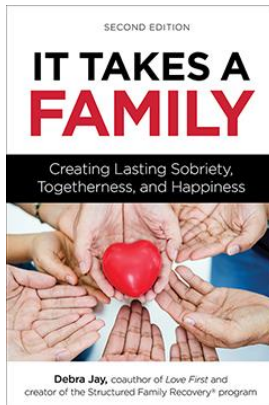


Drinks for every season: 150+ recipes for cocktails & nonalcoholic drinks throughout the year

Author: Erin Scott

eBook: 2021, San Rafael, CA: Weldon Owen

Summary: A stunning, seasonally-driven drink recipe book featuring cocktails and nonalcoholic drinks for at-home enjoyment and special occasions.

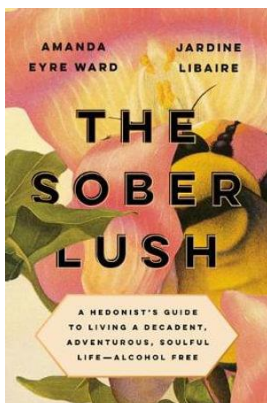


It takes a family: creating lasting sobriety, togetherness, and happiness

Author: Debra Jay

Print Book: 2021, Second edition. Center City, Minnesota: Hazelden Publishing

Summary: This second edition of It Takes a Family helps families and friends step beyond initial intervention and reinvent their relationships as part of a family recovery team to help their loved one avoid relapse and support sobriety. It offers much-needed support to family members and their addicted loved ones as they work together to create and sustain lifelong recovery.

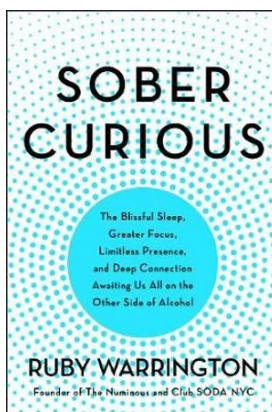


The sober lush: a hedonist's guide to living a decadent, adventurous, soulful life-- alcohol free

Author: Jardine Libaire and Amanda Eyre Ward

Print Book: 2020, New York: Tarcher Perigee, an imprint of Penguin Random House LLC

Summary: In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life. Jardine Libaire and Amanda Eyre Ward wanted to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. In The Sober Lush, Libaire and Ward provide a road map for living a lush and sensual life without booze.

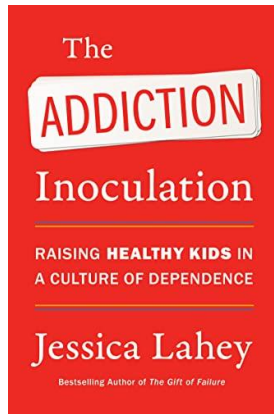


Sober curious: the blissful sleep, greater focus, limitless presence, and deep connection awaiting us all on the other side of alcohol

Author: Ruby Warrington

Print Book: 2018, First edition. New York, NY: HarperOne, an imprint of HarperCollins Publishers

Summary: How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, Sober Curious is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement.

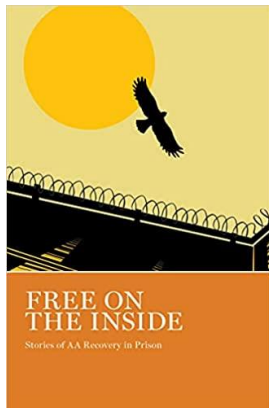


The addiction inoculation: raising healthy kids in a culture of dependence

Author: Jessica Lahey

Print Book: 2021, First edition. New York, NY: Harper, an imprint of HarperCollins Publishers

Summary: Lahey was born into a family with a history of alcoholism and drug abuse; despite her desires to thwart her genetic legacy, she didn't find sobriety until her early forties. Now she provides a comprehensive resource parents and educators can use to prevent substance abuse in children. She presents strategies and practical tools that are age-appropriate and actionable.



Free on the inside: stories of AA recovery in prison

Print Book: 2021, New York, NY: AA Grapevine, Inc.

Summary: Features 50+ stories by sober members of Alcoholics Anonymous who have experienced AA in prison--while either currently serving, formerly incarcerated, or as outside AA members carrying the message inside.

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