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5 Amazing Things That Happened When I Quit Drinking Alcohol  
*Jordan Peterson on Alcohol We Quit Alcohol for a Month, Here's What Happened*  
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What is early sobriety like? | How to stay sober in early sobriety  
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Episode 18 Clare Pooley *How alcohol began to catch up with CLARE POOLEY Going Sober for a Year — What I*

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*QUITTING ALCOHOL: 5 BENEFITS / UK STAY AT HOME MUM / MOM / MRS RACHEL BRADY* Spencer

Matthews and Catherine Gray  
talk life alcohol-free ~~SOBER DIARIES PT. 3~~ **1 Year Sober:**

**My Story \u0026 Sobriety Tips The Sober Diaries How One**

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## **The Sober Diaries: How one woman stopped drinking and**

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The Sober Diaries: How one  
woman stopped drinking and  
started living by. Clare  
Pooley (Goodreads Author)

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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  
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The Sober Diaries is a misconception-busting book, which draws on Pooley's extensive research., Sunday Herald--This text refers to the hardcover edition. About the Author Clare Pooley graduated from Newnham College, Cambridge and spent twenty years in the heady world of advertising before becoming a full-time mum.

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woman stopped drinking and**

. . .

It sees her starting a

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hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full.

**The Sober Diaries: How one woman stopped drinking and**

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The Sober Diaries: How One Woman Stopped Drinking and Started Living (Audio Download): Amazon.co.uk: Clare Pooley, Karen Cass, Coronet: Audible Audiobooks



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**The Sober Diaries by Clare Pooley | Waterstones**

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Sober Diaries is an upbeat, ... As a 26 year old on her way to embarking the sober life this book is one I will never forget. More Books by Clare Pooley See All. The Authenticity Project. 2020 Il taccuino delle cose non dette. 2020 Cała prawda o miłości. 2020 Chianti zum Frühstück.

## **The Sober Diaries on Apple Books**

Below is the interview Clare Pooley gave to Be Sober. Interview with Clare Pooley author of The Sober Diaries: How One Woman Stopped Drinking and Started Living. Simon: "First of all, thank you for taking the time to

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talk to Be Sober, you are currently three and a half years sober which is an amazing achievement. When you look back over that time what would you say are your biggest achievements from quitting alcohol?"

## **Interview with Clare Pooley author of The Sober Diaries**

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The Sober Diaries: How one woman stopped drinking and started living Kindle Edition by Clare Pooley (Author) › Visit Amazon's Clare Pooley Page. Find all the books, read about the author, and more. See search results for this author. Are you an author? Learn about

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After 8 months of living the sober high life, Clare was diagnosed with breast cancer. She kicked that one into touch too. To read Clare's story, and for lots of help and advice on going sober in a world where everyone drinks, buy The Sober Diaries. Available in hardback, e-book and audio book from Amazon.

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## **Amazon.co.uk:Customer reviews: The Sober Diaries: How one ...**

Welcome to The (Not) Drinking Diary Series. Today I'm chatting to Clare Pooley, author of The Sober Diaries. I love Clare Pooley's book The Sober Diaries and I am so excited to be talking to her today! Clare gave lots of time to this interview and it

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contains lots and lots of  
insight and inspiration.

**My Not Drinking Diary, Clare  
Pooley (Author of The Sober**

...

The Sobriety Diaries: What I  
learned in one month without  
alcohol In early May, a  
'normal Irish drinker'  
undertook a minor social  
experiment: to give up drink  
for a month and write about  
it.

**The Sobriety Diaries: What I  
learned in one month without**

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Published on November 19,  
2016 by The Sober Diaries  
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weeks of minimal carbs, high  
protein and no alcohol, I  
have decided to phase out  
this journey and begin a new  
one. This diet, for all  
intents and purposes, did  
exactly what I needed it to  
do.

## **The Chronicles of Being**

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## **The Sober Diaries: How one woman stopped ...**

Elena goes to the Salvatore house to talk to Stefan, but finds Damon there instead, who reveals surprising information about Stefan's past. Vicki begins to remember the attack.



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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?

**The Sober Diaries Audiobook  
| Clare Pooley |  
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