

# Sober Football My Story My Life

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**Alive and Kicking** Chester Marcol 2011-09-05 Chester Marcol was a Polish immigrant who spoke no English when he discovered football by accident in 1965 as a shy high school student in Imlay City, Michigan. By 1972, he was a household name in Wisconsin after being named National Football League rookie of the year with the Green Bay Packers. Known

for his frizzy hair, thick glasses, and powerful right leg, he led the league in scoring in two of his first three years and was among the top place-kickers in the game. Marcol authored one of the most famous plays in franchise history in 1980, when he caught his own blocked field goal in overtime and ran for a touchdown in a thrilling 12-6 season-opening victory over the Chicago Bears. In his

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autobiography *Alive and Kicking* Marcol talks about the hurdles he overcame as a Polish immigrant to become an NFL star, provides a no-holds-barred look at his alcohol and substance abuse that cost him his football career and family, and for the first time publicly, he discusses his suicide attempt in 1986 that continues to affect his health to this day. A member of the Packers Hall of Fame, Marcol lives in Michigan's Upper Peninsula where he works as a certified alcohol and drug abuse counselor and fights the daily battle to remain clean and sober.

*1999: Manchester United, the Treble and All That* Matt Dickinson 2022-08-18 In 1999, Manchester United completed a unique Treble, winning the Premier League, FA Cup and Champions League - but more remarkable than that was how they did it, and the stories behind the historic achievement. Matt Dickinson covered the whole story at the time, and now in 99 compelling chapters brings it all vividly to

life. When the season began, Manchester United were up for sale, the club's iconic talisman Eric Cantona had gone, rivals Arsenal were the reigning Double winners, David Beckham was a national hate figure after being sent off during the World Cup, and even manager Alex Ferguson's position was being questioned. Early signs weren't promising, despite record spending to bring in new stars, among them Jaap Stam and Dwight Yorke, but soon things began to change. Driven by the indomitable will of skipper Roy Keane, supported by a nucleus from the Class of 92 - Beckham, Nicky Butt, Ryan Giggs, the Nevilles and Paul Scholes - who had grown up at the club, they went on a long unbeaten and unbeatable run, featuring some of the most dramatic games in fans' memories. Matt Dickinson highlights the key moments, speaking to those at the centre of the story and to those whose moment went unnoticed. *1999: Manchester United, the Treble and All That* is so much more than a book for United fans, it is

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addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction - or has tried to help someone else to do so - understands why, and ultimately, we can understand that addiction is a "dis-ease". From my experience, addiction is also a disease of isolation. The question of whether addiction is a disease or not has perplexed clinicians and scholars and researchers for decades. At one point, addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. My story is like so many others who chose to foolishly abuse alcohol and drugs...most of us were unaware that we had these addictions that are

conveniently labeled as a "disease." However, the fact is that each one of us is a unique individual with our own story to tell. Usually, the suffering alcoholic/ addict hits a point called "rock bottom" in their lives where they choose to get better or turn for the worse. When this happens, life-changing events usually transpire to test the person's character and integrity. Hitting "rock bottom" was my personal alarm clock for realizing I had a serious substance abuse problem. There was a defining moment in my life that turned a page, sending me in a new direction. Making the transition from being actively addicted to being in recovery is a complex physical and psychological process. There is a lot to learn in recovery and we have to make a lot of changes internally and externally. Writing this book has given me a wholesome and hopeful perspective on life and the world we live in. I find that I spend more time embraced in bold prayer and meditation which grants me the influence of

to believe in miracles for others. I trust that there are great people in this world that contribute to making a significant difference, consequently making the world a better place for all of us to live in. Composing this book was my contribution to 'pay it forward' in a positive way. I am honored.

*Super Nutrition and Mindfulness Exercises for Staying Sober to Support Long Term* Catherine Mason Thomas 2016-02-11 The first book in the three book practical series on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. This book introduces some mindfulness exercises and techniques into your daily routine to help with cravings and increase happiness levels. There is also a discussion of supplements specific to alcohol addiction and recovery. The nutrition sections in the book

look at eating to avoid the triggers for wanting to drink or cravings HALT and rebuilding your health and looks. The recipes are for healthy eating with specific nutrients to target liver health. There is also a section on juices for everyday and rejuvenation.\* Building the sober person from the inside out\* How you got sober does not matter\* Looking and feeling great\* It's all about blood sugar\* How is alcohol metabolised\* Effect of stopping drinking on your body\* Supporting your body to get back to optimum health\* The food element of HALT\* Supplements\* Liver supporting foods and recipes\* Juices for sobriety

*First I Got Sober and Then I Got Fired* Dan Matwey 2012-01-01 It couldn't have been a more pleasant mid-summer afternoon. At a time in my life when all finally seemed right with the world, those untimely, yet familiar words shattered that illusion. "Dan, can you come and see me in my office?" The ominous tone in her voice prepared me for what was

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coming next - my instincts were correct. Still shaking my head a day later and wondering when things started to go so horribly wrong, like a bolt of lightning it hit me - I'm less employable sober, than I ever was while I was drunk. It wasn't supposed to be this way. Sobriety, an education, various licenses and certifications; in my mind it wasn't a matter of whether or not I would ascend the ladder, rather how high I would go. As it turned out, I moved along much quicker than I had anticipated, I just didn't expect it to be in the wrong direction. Forty two years of drinking without ever losing a job, followed by being fired with regularity in my nine years of sobriety didn't make any sense - but I had to try and find a reason. What I stumbled upon was something far more valuable.

**The 28 Day Alcohol-Free Challenge** Andy Ramage  
2017-12-28 Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and

practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website One Year No Beer to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive experience of going alcohol free, including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.

*The Story of My Life* Downloaded from  
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Keller 2018-05-25 The Story of My Life is an autobiography by Helen Keller. It is the story of Helen Keller and her life as a deaf and blind girl, and her triumph over these tribulations. In the book, she reveals her frustration and rage over her condition. It details her educational achievements and her introduction to the world through her breakthrough into communication. The story was written by Helen Keller when she was just 22 years old. The Story of My Life is a tale of the courage and unbreakable will of Helen Keller. The book has been adapted into a television series, a Broadway play, a Hollywood feature film, and an Indian feature film.

Stillness and Speed Dennis Bergkamp 2013-09-26 In Stillness and Speed, one of football's most enigmatic stars finally opens up about his life and career, revealing the things that motivate and inspire him. Viewed by many as one of the most influential figures in Premier League history, and scorer of the goal that Arsenal fans voted the best in the club's

history, Dennis Bergkamp is a true giant of the game. As a youngster, Bergkamp learned from the Dutch master Johan Cruyff. By the time the pupil was ready to graduate from Ajax and move abroad, he was ready to spread the word, but in Italy he found few willing listeners. It was only when he moved to Arsenal and linked up with Arsene Wenger that he met someone else who shared his vision for football's possibilities. Bergkamp became central to everything the club did: now he had become the teacher, their creative genius, and the one who inspired some of the wayward old guard to new heights, helping them to seven major trophies. Few footballers' books make you think anew, but in Stillness and Speed Bergkamp presents a new vision for the game and how it might be played. He was a player like no other; his story is told like no other. It is a book that will inspire football fans everywhere, whatever their allegiance.

**All the Way** Joe Namath  
2019-05-07 The [New icon who unovent.com](http://www.unovent.com)  
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first brought show business to sports shares his life lessons on fame, fatherhood, and football. Three days before the 1969 Super Bowl, Joe Namath promised the nation that he would lead the New York Jets to an 18-point underdog victory against the seemingly invincible Baltimore Colts. When the final whistle blew, that promise had been kept. Namath was instantly heralded as a gridiron god, while his rugged good looks, progressive views on race, and boyish charm quickly transformed him - in an era of raucous rebellion, shifting social norms, and political upheaval - into both a bona fide celebrity and a symbol of the commercialization of pro sports. By 26, with a championship title under his belt, he was quite simply the most famous athlete alive. Although his legacy has long been cemented in the history books, beneath the eccentric yet charismatic personality was a player plagued by injury and addiction, both sex and substance. When failing knees

permanently derailed his career, he turned to Hollywood and endorsements, not to mention a tumultuous marriage and fleeting bouts of sobriety, to try and find purpose. Now 74, Namath is ready to open up, brilliantly using the four quarters of Super Bowl III as the narrative backbone to a life that was anything but charmed. As much about football and fame as about addiction, fatherhood, and coming to terms with our own mortality, *All the Way* finally reveals the man behind the icon.

### **A Cultural History of Sport in the Modern Age**

Steven A. Riess 2022-08-31 A Cultural History of Sport in the Modern Age covers the period 1920 to today. Over this time, world-wide participation in sport has been shaped by economic developments, communication and transportation innovations, declining racism, diplomacy, political ideologies, feminization, democratization, as well as increasing professionalization and commercialization. Sport has now become both a global

cultural force and one of the deepest ways in which individual nations express their myths, beliefs, values, traditions and realities. The 6 volume set of the Cultural History of Sport presents the first comprehensive history from classical antiquity to today, covering all forms and aspects of sport and its ever-changing social, cultural, political, and economic context and impact. The themes covered in each volume are the purpose of sport; sporting time and sporting space; products, training and technology; rules and order; conflict and accommodation; inclusion, exclusion and segregation; minds, bodies and identities; representation. Steven A. Riess is Professor Emeritus at Northeastern Illinois University, USA. Volume 6 in the Cultural History of Sport set General Editors: Wray Vamplew, Mark Dyreson, and John McClelland

**Hooked** Paul Merson  
2022-05-05 'brave ... visceral ... a brilliant, brilliant read ... I would recommend this book to everyone.' Nihal Arthanayake,

BBC Radio 5 Live 'so honest ... everybody should read Hooked to understand what anybody in this situation has been through.' Susanna Reid, Good Morning Britain 'a fantastic book ... a remarkable read.' Richard Madeley, Good Morning Britain 'Brave, poignant and very moving. This book will change lives.' Jamie Redknapp 'A courageous, emotional and vitally important book.' Jeff Stelling Paul Merson's wonderfully moving and brutally honest memoir of battling addiction for three decades. For twenty-one years Paul Merson played professional football. He won two First Division titles with Arsenal and was one of the finest players of his generation. But for thirty years Paul Merson has also been an addict. Alcohol, drugs, gambling: a desperately unenviable cocktail of addictions and depression which has plagued his entire adult life and driven him to the verge of suicide. 'I've come to realise that I'm powerless over alcohol ... I'm an alcoholic. My drinking and gambling have left

a lot of wreckage.' Until recently the drinking and gambling were still raging. 'I wanted to kill myself. I couldn't go on anymore. I just couldn't see a way out.' Then something clicked. 'One day, I was walking home from the pub late on a Sunday evening, and I thought to myself: I've had enough of feeling like this, every day of my life. I rang up Alcoholics Anonymous the next day, and since then I haven't had a drink.' Hooked is Merson's wonderfully moving and brutally honest memoir of battling addiction, searingly charting his journey over three decades. It is absolutely unflinching in detailing his emotional and psychological troughs and in raking over the painful embers of an adult life blighted by such debilitating issues. Hooked will kick-start a crucial national conversation about addiction, depression and the damage they wreak. 'Addiction is the loneliest of places. You're a slave to insecurity and ego. But it has to be you that wants things to change. Never be afraid to talk:

the more you talk about the addictions the more it takes the power out of them. You're never alone.'

Safe Hands David Seaman 2001 England hero and Arsenal living legend tells his own story. THE sports book of the year updated to include the 2000/2001 season

Alcoholics Anonymous

Alcoholics Anonymous World Services 1986 The basic text for Alcoholics Anonymous.

*A Life in Football: My*

*Autobiography* Ian Wright

2016-09-22 THE SUNDAY TIMES

BESTSELLER 'Wrighty's

characteristic honesty means

his book is far more engrossing

than most bland football

memoirs' Sunday Times Ian

Wright, Arsenal legend, England

striker and TV pundit

extraordinaire, is one of the

most interesting and relevant

figures in modern football. His

journey from a South London

council estate to national

treasure is everybody's dream.

From Sunday morning football

directly to Crystal Palace; from

'boring, boring Arsenal' to

inside the Wenger Revolution

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from Saturday afternoons on the pitch to Saturday evenings on primetime television; from a week in prison to inspiring youth offenders, Ian will reveal all about his extraordinary life and career. Ian will also frankly discuss how retirement affects footballers, why George Graham deserves a statue, social media, why music matters, breaking Arsenal's goal-scoring record, racism, the unadulterated joy of playing alongside Dennis Bergkamp and, of course, what he thinks of Tottenham. Not a standard footballer's autobiography, Ian Wright's memoir is a thoughtful and gripping insight into a Highbury Hero and one of the greatest sports stars of recent years.

### My Life in Red and White

Arsene Wenger 2020-10-13

There is only one Arsène Wenger - and for the very first time, in his own words, this is his story. In this definitive autobiography, the world-renowned, revolutionary football manager discusses his life and career, sharing his leadership principles for

success on and off the field. At Arsenal, Wenger won multiple Premier League titles, a record number of FA Cups, and masterminded the historic 'Invincibles' season of 2003-2004. He changed the game in England forever, popularising an attacking approach and changing attitudes towards nutrition, fitness and coaching methods - and towards foreign managers. The book charts his extraordinary career, from his rise in France and Japan where he managed Nancy, Monaco and Nagoya Grampus Eight - clubs that also play in red-and-white - to his twenty-two years at the helm in north London. A must-read not only for Arsenal supporters but football fans everywhere, MY LIFE IN RED AND WHITE illuminates the mystique surrounding one of the most respected managers in the world's most popular sport.

### **Euphoric** Karolina

Rzadkowolska 2022-01-04

Euphoric will guide you on your journey to an alcohol-free lifestyle, putting the ~~no focus on~~

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happiness, well-being and self-love to create the life you want. Breaking old habits is never easy, and when the temptation of alcohol is always present in your social life, it can be hard to make the change to go teetotal. But what if you found a new way to maximise the joy a drink can offer without the health implications? Certified alcohol-free life coach Karolina Rzadkowska has helped thousands of casual drinkers transform their relationship with drinking. In Euphoric, she shares a proven, eight-week strategy to ditch alcohol and learn how to:

- Create a natural buzz that alcohol can only mimic
- Be fully present with your friends and family
- Feel more energised, look better and live healthier
- Enjoy the best sleep of your life
- Have fun in any social situation without drinking
- Accomplish new goals with your newfound drive

Reclaim yourself and rejuvenate your passions, as you make alcohol insignificant in your life and get motivated to chase your biggest dreams.

[How Not to Be a Professional](#)

Footballer Paul Merson  
2011-04-04 An anecdote-driven narrative of the classic footballer's 'DOs and DO NOTs' from the ever-popular Arsenal legend and football pundit Paul Merson, aka 'The Merse'.

**Sober** Tony Adams 2017-06-01 THE BRILLIANT SUNDAY TIMES BESTSELLER. Being Addicted was only half the story, now comes the stunning new autobiography from Tony Adams, Sober. Tony Adams was a charismatic figure on the football field, a true leader for Arsenal and England. He won league titles in three separate decades, and after the Gunners moved to their new stadium at the Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career. But, for much of that time, he was also drinking heavily and eventually admitted in his book Addicted that he was an alcoholic. Now, in that book's stunning successor Sober, Adams reveals what happened next. He discusses the impact that Arsene Wenger had when he arrived at Arsenal in 1996, and

how the manager's new methods helped extend his career and brought new success to the club. Always a great thinker on the game, Adams moved into coaching and management on retirement, playing a key role in Portsmouth's famous FA Cup triumph in 2008, and taking on new challenges in the Netherlands, Azerbaijan, China and now Spain to broaden his perspective. He movingly explains the struggles he's faced to stay sober for twenty years and why he set up Sporting Chance, the charity which provides treatment and support for sports stars suffering from addictions. He gives his incisive thoughts on England's continued failings in major tournaments and assesses why Arsenal have struggled to repeat the title-winning formula of his own time there. Sober is a truly inspirational memoir from someone who has battled with his demons, but has continued to take things on, one day at a time.

**The Glass Castle** Jeannette

Walls 2006-01-02 Journalist  
Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description

**Our Subway Baby** Peter Mercurio 2020-09-15 This gentle and incredibly poignant picture book tells the true story of how one baby found his home. "Some babies are born into their families. Some are adopted. This is the story of how one baby found his family in the New York City subway." So begins the true story of Kevin and how he found his Daddy Danny and Papa Pete. Written in a direct address to his son, Pete's moving and emotional text tells how his partner, Danny, found a baby tucked away in the corner of a subway station on his way home from work one day. Pete and Danny ended up adopting the baby together. Although neither of them had prepared for the prospect of parenthood, they are reminded, "Where there is love, anything is possible."

**Sober** Tony Adams 2017-06-01 The stunning new autobiography from Tony Adams, author of the critically acclaimed bestseller *Addicted*. Tony Adams was a charismatic figure on the football field, a

true leader for Arsenal and England. He won league titles in three separate decades, and after the Gunners moved to their new stadium at the Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career. But, for much of that time, he was also drinking heavily and eventually admitted in his book *Addicted* that he was an alcoholic. Now, in that book's stunning successor *Sober*, Adams reveals what happened next. He discusses the impact that Arsene Wenger had when he arrived at Arsenal in 1996, and how the manager's new methods helped extend his career and brought new success to the club. Always a great thinker on the game, Adams moved into coaching and management on retirement, playing a key role in Portsmouth's famous FA Cup triumph in 2008, and taking on new challenges in the Netherlands, Azerbaijan, China and now Spain to broaden his perspective. He movingly explains the struggles he

faced to stay sober for twenty years and why he set up Sporting Chance, the charity which provides treatment and support for sports stars suffering from addictions. He gives his incisive thoughts on England's continued failings in major tournaments and assesses why Arsenal have struggled to repeat the title-winning formula of his own time there. Sober is a truly inspirational memoir from someone who has battled with his demons, but has continued to take things on, one day at a time.

**Ice Water Please** Edward A Arana 2021-02-11 Ice Water Please is an honest story about how alcoholism can affect a man and his family. Drinking gave Eddie Arana his highest enjoyment in life and it also contributed to his lowest of lows. He had to figure out a way to lead a life that provided all of the perceived fun and excitement and satisfaction of a drinking life, while remaining sober. Eddie found a way to do it and he lays out the steps that he used in order to get and to

stay sober. The stories are funny at times and disgusting at times and very sad at times. The book tells the story about how his parents showed the epitome of the term "unconditional love" and how Eddie's alcoholism came full circle with the heart wrenching discovery of his own daughter's problem with alcohol. Life does not end when you get sober. It gets better and it is a beautiful ride. The book is a must read for anybody that wishes to quit drinking or knows anybody that wants to quit drinking. Ice Water Please is an easy read and it is relatable to the common man/woman. Eddie Arana pulls no punches. It is from the heart and you the book will definitely make you think about the damage that your drinking can do to yourself and to your loved ones.

*All Day Is A Long Time* David Sanchez 2022-01-20

'Exceptional debut' - Tommy Orange, New York Times David has a mind that never stops running. He reads Dante and Moby Dick, he sinks into Hemingway and battles with

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Milton. But on Florida's Gulf Coast, one can slip into deep water unconsciously. At the age of fourteen, David runs away from home to pursue a girl. He tries crack cocaine for the first time and is hooked instantly. Over the course of the next decade, he fights his way out of jail and rehab, trying to make sense of the world around him - a sunken world where faith in anything is a privilege. He makes his way to a tenuous sobriety, but it isn't until he takes a literature class at a community college that something within him ignites. *All Day is a Long Time* is a spectacular, raw account of growing up and managing, against the odds, to carve out a place for hope. David Sanchez's debut resounds with real force and demonstrates the redemptive power of the written word.

*Rock Bottom* Paul Merson  
1996-05 This autobiography of the England and Arsenal football star, Paul Merson, includes a frank account of his addiction to drugs, alcohol and gambling and of his

rehabilitation. Paul's wife, Lorraine describes how she coped with her husband's addictions and tells of her role in his survival.

*Alive AF* Samantha Perkins  
2021 Married mother of two discovers the part alcohol has played in her lifelong struggle with anxiety. Raised in rural Kentucky in the 1980s, Perkins takes her readers on a nostalgic journey as she evolves from a little girl who idealized the beautiful, happy people in beer commercials to a college kid who loses her full-ride scholarship for drinking in the dorms. She grew up thinking the world was divided into drinkers and drunks. Drinkers used alcohol to celebrate-freedom, good weather, youth. Drunks were sweaty, messy losers day-drinking in sticky bars. She spent her young adult life searching-in college parties, in dark bars wearing Forever 21 outfits, in antidepressants that put her in a fog, in dead-end relationships, in bags of overpriced kale from Whole Foods, in local breweries serving hand-crafted beer.

made from organic hops. She was searching for something to stop the racing thoughts, the irrational moments of panic, the feeling disaster is about to strike. She didn't miss work, her house was clean, her kids were happy. Clearly, she was not an alcoholic. Have you ever taken one of those online quizzes to see if you're an alcoholic? You know, the ones that ask questions like: Do you often miss work or family obligations due to drinking? Never. Does your drinking put you in dangerous situations? Nope. Does your drinking cause persistent health problems? Absolutely not...unless you count debilitating anxiety. Perkins tried tweaking her diet, exercise, sleep and many other health practices while attempting to get her anxiety under control. While still drinking daily. Despite her efforts at avoidance, she finally had to face the truth that alcohol consumption was getting into the way of her living. But how do you get help for drinking if you're not an alcoholic? Hours of online

research finally led her to a blog that changed the way she would think about alcohol forever. She finally connected the dots. Alcohol was making everything worse-not better. Read how Samantha Perkins became Alive AF (Alcohol Free) and found the tools to rebuild a life full of love, support and genuine human connection. *Sober Curious* Ruby Warrington 2018-12-31 Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. 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. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

*A Happier Hour* Rebecca Weller 2016-08-02 When Rebecca Weller's pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of

what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate - without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. *A Happier Hour* is a heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted.

*The Romford Pelé* Ray Parlour 2016-05-05 THE SUNDAY TIMES TOP TEN BESTSELLER The Trophies ... The Tuesday Club ... The Prawn Crackers ... Marc Overmars may have given him the nickname, but the Romford Pele is a legend in his own right. Over 16 action-packed years, from a trainee scrubbing the boots of the first XI, to a record-breaking 333 Premier League appearances, Ray Parlour's never-say-die performances, curly locks and mischievous sense of humour have gone down in Arsenal

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history. Battling tirelessly on the pitch, often in the shadows of his star-name teammates, Parlour won three premier league titles and four FA Cup trophies with the Gunners. But he was also the heart and soul of the dressing room, the training ground and the after work drink. From nights out with Tony Adams, to teaching Thierry Henry cockney rhyming slang, from playing golf with Dennis Bergkamp to trading Inspector Clouseau jokes with Arsène Wenger, this wonderfully funny and candid autobiography looks back on a golden age of the beautiful game, reliving the banter, the stories and the success. Ray Parlour is an Arsenal legend. During his 16-year career he won 3 Premier League titles, 4 FA Cups and the UEFA Cup. One of the most underrated players of his generation, he was also part of Arsenal's famous Invincible team of 2003/4, which went the entire Premier League season unbeaten. He is now a regular pundit for TalkSport and Sky Sports. He enjoys a short back and sides.

The Sober Truth Lance Dodes  
2014-03-25 An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In The Sober Truth, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the

program's overall success. But The Sober Truth is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. The Sober Truth includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and

medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

*My Name Is Bill* Susan Cheever  
2015-09-01 In this thoroughly researched and groundbreaking biography of Bill Wilson, cofounder of Alcoholics Anonymous, acclaimed author Susan Cheever creates a remarkably human portrait of a man whose life and work both influenced and saved the lives of millions of people. Drawn from personal letters and diaries, records in a variety of archives, and hundreds of interviews, this definitive biography is the first fully documented account of Bill Wilson's life story. Alcoholics Anonymous is a worldwide organization that since 1935 has helped people break free from the destructive influence of intoxicating and addictive substances. This great wave of comfort and help that has covered the world had its beginning in one man, born shortly before the start of the

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twentieth century. Utilizing exhaustive research, Cheever traces Bill Wilson's life beginning with his birth in a small town in Vermont, where, following the breakup of his parents' marriage, he was raised primarily by his grandparents. Handsome and intelligent, with a wit and charm that both women and men responded to, he seemed at the outset to be capable of achieving anything he wanted. Wilson, however, also suffered from deep-seated insecurity, and once he was away from the provincial Vermont town, he found that alcohol helped relieve his self-doubts and brought out the charm and wit that had made him a favorite in school. "Help" eventually turned to dependence, and years after his first beer -- consumed at a Newport, Rhode Island, dinner party -- Bill Wilson finally had to come to terms with the fact that, while he loved the way alcohol made him feel, his life was spiraling out of control. Through a painful process of trial and error, using a blend of

experiences, ideas, and medical knowledge gained through several hospitalizations, he was able to stop drinking. A few months later, when he met Dr. Robert Smith of Akron, Ohio, and was able to help him stop drinking also, Alcoholics Anonymous was born. Each man found in the other the support he needed to overcome the hold alcohol had on them. Together they discovered the power they had to help other alcoholics. Success did not come overnight, however, and as Cheever compellingly relates, Wilson had many struggles in a life fraught with controversies, including experiments with LSD and an unconventional fifty-three-year marriage. As one of the most influential and important thinkers of the twentieth century, Bill Wilson changed the way our society deals with addiction, and his ideas in turn have benefited countless individuals and their families. His life was complex, and in Susan Cheever's fascinating biography, he emerges as a man of great passion and

courage; it is a story fully told for the first time.

The Big Fix Tracey Helton Mitchell 2016-03-01 After surviving nearly a decade of heroin abuse and hard living on the streets of San Francisco's Tenderloin District, Tracey Helton Mitchell decided to get clean for good. With raw honesty and a poignant perspective on life that only comes from starting at rock bottom, *The Big Fix* tells her story of transformation from homeless heroin addict to stable mother of three—and the hard work and hard lessons that got her there. Rather than dwelling on the pain of addiction, Tracey focuses on her journey of recovery and rebuilding her life, while exposing the failings of the American rehab system and laying out a path for change. Starting with the first step in her recovery, Tracey re-learns how to interact with men, build new friendships, handle money, and rekindle her relationship with her mother, all while staying sober, sharp, and dedicated to her future. A

decidedly female story of addiction, *The Big Fix* describes the unique challenges faced by women caught in the grip of substance abuse, such as the toxic connection between drug addiction and prostitution.

Tracey's story of hope, hard work, and rehabilitation will inspire anyone who has been affected by substance abuse while offering hope for a better future.

**Recovery** Russell Brand 2017-10-03 A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. [BrandSpeaks.com](http://BrandSpeaks.com)

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to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not “Why are you addicted?” but “What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person’s arms?” Russell has been in all the twelve-step fellowships going, he’s started his own men’s group, he’s a therapy regular and a practiced yogi—and while he’s worked on this material as part of his comedy and previous bestsellers, he’s never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

**The Recovering** Leslie Jamison  
2018-05-03 Addiction is

seemingly inexplicable. From the outside, it can look like wilful, arrogant self-destruction; from the inside, it can feel as inevitable and insistent as a heartbeat. It is possible to describe, but hard to explore. Yet in *The Recovering*, Leslie Jamison draws on her own life and the lives of addicts of extraordinary talent - John Cheever, John Berryman, Jean Rhys and Amy Winehouse among them - to take us inside the experience of addiction, exposing the contours, edges and wholes of an intoxicated life. Part memoir, part group biography, part literary history and part definitive analysis of cultural and social considerations of addiction, *The Recovering* is a significant moment in the history of post-war narrative non-fiction.

**Invincible** Amy Lawrence  
2014-10-23 *Invincible* by Amy Lawrence: A gripping insider's account of how Bergkamp, Henry, Vieira and Pires became the first team in 100 years to go the entire season undefeated 2014 Writer of the Year, Football Supporters

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Federation 'This book is so full of exclusive interviews you'll soon feel like part of the squad. A worthy tribute to one of English football's best ever teams, it makes you long for one more game at Highbury'

Shortlist 'Unbeatable insight' Henry Winter, Daily Telegraph

In 2003-04, a team that played with lightning speed and lustrous skill fulfilled Wenger's lifelong dream - to go a whole season unbeaten. They pushed and inspired each other, bringing the best out of strong characters like Jens Lehmann, a self-styled 'Mad German', Sol Campbell, an intense competitor, Robert Pirès, an instant friend if you give him a football, Patrick Vieira, a soft-spoken, battle-hardened captain, Gilberto, a thoughtful Brazilian, Thierry Henry, a supremely gifted and obsessed scorer and creator, and Dennis Bergkamp, the perfectionist conductor. Based on exclusive player interviews, and with a foreword and afterword by Arsene Wenger, this definitive book allows the Invincibles to tell their own story. Football

writer Amy Lawrence weaves together the team's recollections, and the testimonies of other key players and protagonists around the club, to relive the pivotal games and moments. From the battle of Old Trafford to jubilation at White Hart Lane, from training ground sparks to dressing room revelations, readers will go behind closed doors, onto the pitch, and into the players' minds to understand the teamwork and the psychology to go unbeaten. Published in time for the 10-year anniversary, this is a must-have read for any Arsenal fan. It will be enjoyed by readers of memoirs by Dennis Bergkamp and Tony Adams, and will also appeal to football fans everywhere who enjoy classic sports books such as *The Damned United*. Amy Lawrence has watched football avidly since her first trip to Highbury at the age of six, and has written about it, mostly for the Guardian and the Observer, for twenty years. She lives in London.

*Thierry Henry* Philippe Audebert  
interviewed for <http://www.unovent.com>  
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2012-11-08 'Illuminated by finely turned phrases and vivid insights' - Richard Williams, Guardian Sports Books of the Year. Thierry Henry - gifted, charismatic and a genuinely world-class footballer - has passed into Arsenal legend as the hero of a team that finally ended Manchester United's dominance. But as he approached the autumn of his career, Thierry's crown began to slip - from the infamous 'Hand of Gaul' incident to a dismal World Cup 2010 campaign. Suddenly, a player who Arsene Wenger once dubbed 'the greatest striker ever', a man who had spent his career at the very top of the game, began to learn how lonely such a position could be. Drawing from numerous interviews and impeccable sources, as well as his own observations over the course of Henry's entire career, award-winning author Philippe Auclair has produced the most complete portrait of the Arsenal hero ever to be written. Clear-eyed, lyrical and passionately argued, Thierry Henry: Lonely

at the Top is as raw, shocking and thought-provoking as it is celebratory of Henry's outstanding flair and talent. *Codependents' Guide to the Twelve Steps* Melody Beattie 1992-04-09 Provides a detailed explanation of the Twelve-Step program designed by Alcoholics Anonymous, accompanied by advice on how to apply the program to codependent issues and cross-addiction [The Wenger Revolution](#) Amy Lawrence 2016-09-08 Arsène Wenger is leaving Arsenal at the end of the 2018 season. The Wenger Revolution is a celebration of his first twenty years with the club. In September 1996 a Frenchman, so little known in English football that fans asked "Arsène Who?!", walked into Arsenal. In the subsequent twenty years as manager he transformed the club. A total renovation of the training, stadium, style, economics of the team and the attraction of a global audience has taken place under Wenger's instruction. This fascinating era is chronicled from the very beginning with

distinctive photographs taken from inside the inner sanctum of the club by official Arsenal photographer Stuart MacFarlane, who has had privileged access for many years. Award winning journalist Amy Lawrence introduces each section to set the scene. This captivating collection of images is captioned with personal anecdotes from Arsène Wenger himself as he reminisces about the significant moments and people that have defined his time at the club over the last 20 years.

**Open Book** Jessica Simpson  
2020-02-04 The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, Open Book is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away

from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. Open Book is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans,"

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“sexual napalm...” and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

**Addicted (Text Only)** Tony Adams 2017-04-20 First published in 1998 and now available as an ebook. It has not been possible to include the illustrations in this edition. **ADDICTED** by Tony Adams is the story of the inspirational Arsenal captain and England international and the story of a fight a battle against alcoholism.

Quit Like a Woman Holly Glenn Whitaker 2020-01-09 'A brilliantly clever, meticulously researched, fearless, snort-out-loud funny read that grabs you and won't let go' Catherine Gray 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. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery where archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed. She embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Honest, witty and trenchant, Quit Like a Woman is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.