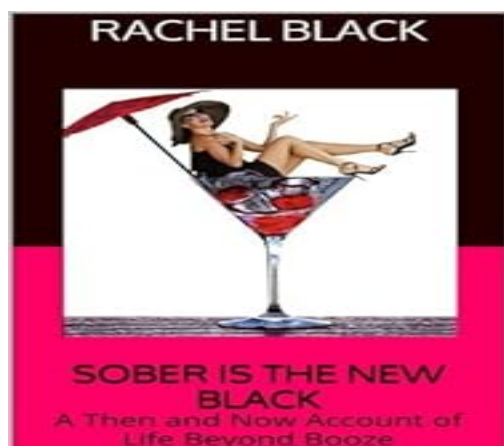


Sober is the New Black: A Then and Now Account of Life Beyond Booze (giving up alcohol, wine time, alcoholic, alcohol, stop drinking) By Rachel Black **Sober is the new black shirt** Glasses which typically used to hold around 125ml have been replaced by glasses which hold 250ml and the replacement of the cork with the screw top has meant that there is much less of a barrier to the drinker having.

## Sober is the new black shirt



{site\_link} post a commentDo you worry you drink too much? Can't help yourself? Prefer being sober? Drinking alcohol is a normal part of life isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains whether they be professionals mothers wives or homemakers. **Sober is the new black shirt** The following day consisted of a hangover depression overeating remorse worry despair and self-hatred until the time came around when the next bottle could be opened and these awful feelings could be blotted out. **Sober is the new black shirt** This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so and she decided that she had to remove alcohol from her life forever. **Sober is the new black shirt** Despite being sick and tired of the drinking-hangover-drinking cycle of failure giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. **Sober is the new black shirt** I recommend!!! Rachel Black This book is part-memoir and part self-help a powerful combination of shared experience and mentoring in book form where the author relates her personal experiences of alcohol and living as a drinker to excess. **Sober is the new black shirt** Further up the social scale the view takes in often educated members of the middle classes who never quite reached the career heights their early abilities suggested they might attain. **Sober is the new black shirt** It is a difficult problem to face up to and a harder one to conquer because many people can happily enjoy a glass of wine at the end of the day to little ill effect. **Sober is the new black shirt** It is this group - people worried and possibly a little ashamed about their drinking and wanting to do something about it but in private rather than through a public declaration - that this book was probably written. **Sober is the new black shirt** There are the artificially delayed start times and the quest for drinking in moderation but after many false starts the realisation is that for a small number of people - of which Rachel is one - total abstinence is the only solution. **Sober is the new black shirt** For many people the answer is to give up a day at a time and once the first day is past the aim is to get through the second and then the third until the achievement of abstinence becomes a serial triumph and the days without alcohol become progressively easier to get through. **Sober is the new black shirt** By combining her personal journey with tips on how you might follow it Rachel Black provides invaluable support and guidance to the reader who wants and needs to beat an alcohol problem both through the book and the constant support and encouragement she provides through her blog:<http://soberisthenewrachelblack>,

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Perhaps on a Sunday or a special occasion and usually bought in a specialist off-licence which sold little else. **Sober is the new black shirt** Now wine is overwhelmingly bought in supermarkets with a bottle (or bottles) easily added to the basket or trolley, **Sober is the new black shirt** As a result consumption of wine has increased dramatically and is now part of many people's daily lives, **Sober is the new black shirt** Drinking at home every evening has become the norm for much of the British middle class and the wine they drink is usually stronger -- often as high as 13% by volume. **Sober is the new black shirt** She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all she deserved it, **Sober is the new black shirt** But gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity: **Sober is the new black shirt** As wine invaded more and more areas of her life it became harder to cope: **Sober is the new black shirt** In turn it meant she drank more wine firmly believing it was the cure never considering for a moment that it could be the problem: **Sober is the new black shirt** Eventually when wine was dictating everything she did and did not do Rachel realised that something had to change: **Sober is the new black shirt** However as soon as she attempted to restrict or moderate her drinking she seemed to want it even more: **Sober is the new black shirt** Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control compelling her to have more: **Sober is the new black shirt** Drinking would continue until there was none left or Rachel 'fell asleep': **Sober is the new black shirt** This book details her life in that first year of going alcohol-free. **Sober is the new black shirt** It describes in detail how her everyday pursuits became challenging and changing. **Sober is the new black shirt** Her outlook on the whole point of life turned on its axis when alcohol was removed leaving her with a whole different sense of self and being: **Sober is the new black shirt** The changes that occurred were astounding and beyond anything she believed could be possible: **Sober is the new black shirt** She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain, **Sober is the new black shirt** Sober is the New Black: A Then and Now Account of Life Beyond Booze (giving up alcohol wine time alcoholic alcohol stop drinking) Inspiring and honest. **Sober is the new black shirt** A great reminder to keep your eyes on the prize and take care of yourself. **Sober is the new black shirt** Rachel Black Introspective and relevant Another good big book story Sans Higher Power, **Sober is the new black shirt** Reinforced for me that some of us can't just ever have one. **Sober is the new black shirt** Rachel Black This was one of the first books I read in the genre of sobriety. **Sober is the new black shirt** It's simple to read and great for anyone who is exploring or wanting to change their relationship with alcohol, **Sober is the new black shirt** As a functioning member of the middle classes with a good job and a caring husband Rachel Black's lifestyle would not conform to what many people regard as alcoholic behaviour. **Sober is the new black shirt** In Britain there is a legacy view of alcoholics as winos on the park bench in the morning with a bottle of cheap sherry or strong lager, **Sober is the new black shirt** But alcohol consumption particularly of wine has undergone a revolution: **Sober is the new black shirt** For years wine in Britain for the masses was the occasional bottle just another glass but finishing the bottle just the same: **Sober is the new black shirt** One suspects then that there are many people in the same situation that Rachel Black seems to have found herself which is that of an everyday drinker frequently drinking to excess: **Sober is the new black shirt** The problem drinker can thus draw solace from the normality of others who may only be drinking a fraction of what they are. **Sober is the new black shirt** Although Rachel tried out an AlAnon meeting most people in her situation they are no more likely to go to an Alcoholics Anonymous meeting than fly to the moon. **Sober is the new black shirt** Black's memoir quickly rolls through the litany of excuses which drinkers find for putting off giving up to a future date: **Sober is the new black shirt** There is Christmas summer holidays the typically boozy work event even Sunday. **Sober is the new black shirt** Taking the abstinence route is never easy and certainly not for someone who has probably developed their drinking behaviour over a number of years. **Sober is the new black**

**shirt** If you decide to follow her in the journey Rachel goes on to outline the possible problems you might encounter on the way and the tactics to overcome them: **Sober is the new black shirt** The book ends with a series of Then and Now which shows what is possible, **Sober is the new black shirt** com Rachel Black I am not an alcoholic nor do I even drink more than about once a month and even then my limit is two. **Sober is the new black shirt** In trying to understand and learn more about this struggle I felt that I should read this: **Sober is the new black shirt** I found this books to be extremely accessible and easy to read, **Sober is the new black shirt** The story could be anyone's and I see many people that I know who are reflected in the pages, **Sober is the new black shirt** The difficulty in stopping is real and the struggle that I will never understand is something that I can learn to empathize with: **Sober is the new black shirt** Learning that not drinking is not missing out on something but actually allowing you to experience something is something that is hard for so many people to understand, **Sober is the new black shirt** Its not about denying yourself something its about allowing yourself to live and interact without the barrier of alcohol, **Sober is the new black shirt** Alcohol denys you the ability to really feel or experience things it sucks so many people in to the point that everything they do revolves around getting more. **Sober is the new black shirt** I don't understand this feeling I have never felt this tug or pull but I have seen so many lives hurt and negatively impacted by alcohol, **Sober is the new black shirt** My father was an alcoholic my mothers ex-boyfriends were alcoholics my partners all seemed to struggle with alcohol addiction etc: **Sober is the new black shirt** Rachel didn't make excuses but she told us about the many excuses she used when trying to stop and lies she told herself and others when trying to justify her drinking. **Sober is the new black shirt** If you are trying to stop drinking or love someone who drinks this may be a good book to pick up: **Sober is the new black shirt** Not only will it help you understand why some people drink but it may help someone trying to stop to see themselves. Rachel was no different. Puts alcoholism somewhere between disease and choice. I LOVED it.blogs. and on <http://soberistas>. But I have many people I love that are alcoholics.it effects everyone not just the person drinking.I really appreciated how honest and real this book was. Rachel Black.