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## But I Don T Drink Coffee A Children S Book For Adults

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Don't Drink Responsibly  
Reducing Underage Drinking  
We Are the Luckiest  
The 28 Day Alcohol-Free Challenge  
White Fragility  
The Sober Lush  
Of Mice and Men  
Quit Like a Woman  
Quit Like a Woman  
Don't Drink Your Milk!  
The Sober Truth  
Allen Carr's Easy Way to Control Alcohol  
All Is Grace  
Drinking  
You Can't Drink All Day If You Don't Start in the Morning  
I Don't Drink!  
This Naked Mind  
Blackout  
Not Drinking Tonight  
Social Q's  
Sober Curious  
Why Can't I Drink Like Everyone Else?  
Don't Drink Your Milk  
Stop Drinking Now  
Almost Alcoholic  
How to Drink Without Drinking  
Sunshine Warm Sober  
Gray Matters  
Kick the Drink...Easily!  
Nice Girls Don't Drink  
Allen Carr's Easy Way to Stop Smoking  
The Sober Diaries  
The Sober Girl Society Handbook  
Unwasted:  
I Wish Daddy Didn't Drink So Much  
Don't Drink And Go To Meetings  
The Zen of Recovery  
Why Don't You Drink Alcohol?

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## VANG KENNEDY

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Don't Drink Responsibly Dial Press

Why is alcohol the only drug we have to justify NOT taking? If you want 101 hilarious ways to say I quit drinking alcohol without admitting you might be an alcoholic, keep reading..... Have you ever been asked, "Why Don't You Drink Alcohol?" and felt like you were being judged as if you were an alien from outer space? The concept of asking someone why they don't want the night to end in complete chaos and to write off the next three days broke, depressed and puffy-skinned seems crazy - yet alcohol is the only drug we have to justify not taking! Maybe this sounds familiar..... You're on a night out, slaying life sober, and some moron asks you, "Oh - so why don't you drink alcohol?" So naturally, you feel obliged to tell them why. But you're not quite at that stage of oversharing every reason why you don't want to add liquid chaos back into your life, and you struggle, so you say you're on anti-biotics (again)! What if there was an empowering little book that contained 101 ways to say I quit drinking alcohol that could diffuse any awkward responses? In her first quit lit book, Sienna Green shares her unusual story of going alcohol-free and how being asked why she doesn't drink alcohol for the millionth time motivated her to write 101 Ways To Say I Quit Drinking Alcohol. If you are newly sober, an old timer or sober curious, Why Don't You Drink Alcohol? will provide an unexpected, but highly amusing twist on traditional sobriety books. Some hilarious, some serious and some designed to kill a conversation in a heartbeat.

**Reducing Underage Drinking** National Academies Press

CAUTION: Milk Can Be Harmful to Your Health! The frightening new medical facts about the world's most over-rated nutrient. If you drink milk, you MUST read this. Frank Oski, MD, was the Director, Department of Pediatrics, Johns Hopkins University School of Medicine and Physician-in-Chief, the Johns Hopkins Children's Center.

**We Are the Luckiest** Albert Whitman

A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. 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 live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as: • The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars • The art of

creating zero-proof cocktails for all seasons • Having a fantastic first date while completely sober • A primer on setting up your own backyard beehive, and honey tastings For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

**The 28 Day Alcohol-Free Challenge** Penguin

With skill and compassion, Sarah Hafner, a recovering alcoholic, elicits from 18 women their struggles and triumphs as they fought alcoholism in a society where women cross-section of women, Hafner makes readily available the identification process found so helpful in various recovery programs. These stories reveal the personal side of a disease that afflicts approximately 10.5 million Americans, nearly half of them women, and directly affects many millions more. *Nice Girls Don't Drink* invites us into the lives of women from all segments of our society--rich and poor, gay and straight, women in diverse ethnic groups and a variety of occupations. Housewives, salesclerks, counselors, and artists are here together telling of a disease that transcends the distinctions of class, education, and culture. With courage, candor, and even flashes of humor, the women recount the early influences that led to their addiction, often including alcoholic or abusive parents; how alcoholism took over their lives; crucial turning points; and the recovery that enabled them to reclaim their dignity. The book guides readers to sources of help, and lists the twelve steps of Alcoholics Anonymous and the thirteen affirmations of Women for Sobriety. A monument to the resilience of the human spirit, *Nice Girls Don't Drink* is a source of inspiration for the female alcoholic, but more generally, it is for anyone struggling to overcome an addiction or other handicap with the goal of living a more complete life.

**White Fragility** Penguin

"Triumphant, moving, and wildly entertaining. This is an unabashed and completely relatable account of getting clean and getting a life."—Steve Geng, author of *Thick as Thieves* The single glass of wine with dinner . . . the cold beer on a hot day . . . the champagne flute raised in a toast . . . what I'd drink if Hunter S. Thompson wanted to get wasted with me . . . these are my fantasies lately. Too bad I've gone sober. When Sacha Z. Scoblic was drinking, she was a rock star; the days were rough and the nights filled with laughter and blackouts. Then she gave it up. She had to. Here are her adventures in an utterly and maddeningly sober world—and how she discovered that nothing is as odd and fantastic as life without a drink in hand. . . "A gripping, inspiring tale that picks up where most sobriety memoirs leave off . . . This is a story for anyone trying to enact meaningful change in their lives."—Emma McLaughlin and Nicola Kraus, #1 New York Times bestselling coauthors of *The Nanny Diaries* "Hilarious and heartbreaking, *Unwasted* is a traveler's guide to the perilous, wondrous land of sobriety. Scoblic's scorched, sweet prose is the work of a writer at the top of her form."—Jennifer Finney Boylan, New York Times bestselling author of *She's Not There* "Scoblic's testament to life on the wagon is pertinent and raffish, marked by considerable candor and humor. A dryly witty, spirited memoir."—Kirkus Reviews

The Sober Lush Coronet

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Knapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for Drinking "Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold."—Los Angeles Times Book Review "Filled with hard-won wisdom . . . [a] perceptive and revealing book."—San Francisco Chronicle "Eloquent . . . a remarkable exercise in self-discovery."—The New York Times "Drinking not only describes triumph; it is one."—Newsweek

Of Mice and Men Dial Press Trade Paperback

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a 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. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Quit Like a Woman Penguin UK

\*\*\*GIVING UP DRINK HAS REVOLUTIONISED MY LIFE!\*\*\* If you want to STOP DRINKING and CHANGE YOUR LIFE FOREVER, Then this book is for YOU! After 40 years of being a drinker, I had type 2 diabetes, high blood pressure, regular bouts of crippling gout, a frighteningly short-term outlook on life, and I finally began to realise just what a mess my life had become. Then, in December 2012 I

put together my methodology and I quit alcohol forever. Without resorting to drugs, rehab or any outside help, I have never touched a drop since. I have never been so wonderfully healthy or happy, I have revolutionised life for me and those around me, and I know I will never drink again. My book tells you how I did it, and how you can do the same. My methodology works, it's easy, it's positive, it's unique and most especially, it's great FUN! It includes:\* Discussion: Was I/Are you an alcoholic? Why did I give up drinking? And much more...\* My proven methodology: Follow the easy and enjoyable route I took to immediate success.\* A day to day guide: Daily help for the initial stages followed by help with what to tell other people and how to cope at key events including your first meal out, a wedding, a major drinking event, and more... \* Hilarious drinking stories and tales of woe to help instil in you a 'been there - done that' frame of mind. \*\*\* MY BOOK ALSO INCLUDES A FREE DOWNLOADABLE SELF-HYPNOSIS SESSION \*\*\* From the foreword by hypnotherapist expert Dan Jones: It is not often a book comes along that offers the reader exactly what they are looking for, this book does just that. This book gets to the point; it gives a clear and easy to follow 'no nonsense' approach. It is full of real life examples from an author that has 'been there and done that'.  
www.idontdrink.net

Quit Like a Woman Simon and Schuster

It has been over twenty years since the publication of *The Ragamuffin Gospel*, a book many claim as the shattering of God's grace into their lives. Since that time, Brennan Manning has been dazzlingly faithful in preaching and writing variations on that singular theme - "Yes, Abba is very fond of you!" But today the crowds are gone and the lights are dim, the patches on his knees have faded. If he ever was a ragamuffin, truly it is now. In this his final book, Brennan roves back his past, honoring the lives of the people closest to him, family and friends who've known the saint and the sinner, the boy and the man. Far from some chronological timeline, these memories are witness to the truth of life by one who has lived it - All Is Grace.

Don't Drink Your Milk! Baker Books

*Alcohol Explained* is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For those with an alcohol problem it will explain why they have a problem and what they can do about it. For those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture.

**The Sober Truth** Open Road Media

READ ALLEN CARR'S EASY WAY TO CONTROL ALCOHOL AND BECOME A HAPPY NON-DRINKER FOR THE REST OF YOUR LIFE. Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide, Allen applies his revolutionary method to drinking. With startling insight into why we drink and clear, simple, step-by-step instructions, he shows you the way to escape from the 'alcohol trap' in the time it takes to read this book. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REMOVES THE PSYCHOLOGICAL NEED TO DRINK • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was... nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

**Allen Carr's Easy Way to Control Alcohol** 101 Sober Survival Guide Series

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.

**All Is Grace** National Academies Press

From the author of the bestselling classics We're Just Like You, Only Prettier, and Bless Your Heart, Tramp, comes a collection of essays so funny, you'll shoot co'cola out of your nose. Topics include such gems as: • Why Miss North Carolina is too nice to hate • How Gwyneth Paltrow wants to improve your pathetic life • Strapped for cash? Try cat whispering • Sex every night for a year? How do you wrap that? • Get yer Wassail on: It's carolin' time • Airlines serving up one hot mess • Action figure Jesus • Why Clay Aiken ain't marrying your glandular daughter • And much more! Complete with a treasure trove of Celia's genuine southern recipes, You Can't Drink All Day if You Don't Start in the Morning is sure to appeal to anyone who lives south of something.

Drinking CreateSpace

'Simple, creative ideas on what to drink when you are not drinking, from the queen of drinks.' - Anna Jones 'Exciting alternatives for alcohol-free drinking.' - Tom Kerridge One of BBC R4's The Food Programme Books of the Year One of The Times Top 10 Food & Drink Books of 2020 Whether you're on the wagon for good or just looking to take a couple of alcohol-free days a week, avoiding alcohol doesn't have to mean missing out on flavour or fun. This beautiful and inspiring book includes tips and recipes for ferments, cordials and shrubs, as well as delicious alcohol-free cocktails and juices.

Created by Fiona Beckett, one of the country's leading wine writers, you can be assured that every recipe in this book has earned its place as a tasty and exciting alternative to alcohol. Whether you wish to mix a pitcher of Strawberry Punch for a summer party, sample a Kaffir Lime Mojito on a Friday night or fill your drinks cabinet with Wild Cherry and Star Anise Shrub, this book is packed with creative ideas and gorgeous flavours.

*You Can't Drink All Day If You Don't Start in the Morning* Dial Press

The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller 'Exquisite' - Fearn Cotton, Happy Place 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway bestseller The Unexpected Joy of Being Sober, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

I Don't Drink! Praeger

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

**This Naked Mind** Xlibris Corporation

UPDATED WITH A BRAND NEW CHAPTER ON SOBER CURIOSITY \*Voted an Independent best self-care book for 2021\* \*Voted one of Heat's best self-help books to help you reach your full potential\* If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Offering tips and advice on staying sober and curious in a world obsessed with booze, this handbook will change your life for ever, by showing you not only why you should drink less, but how. Millie shares essential information to empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. Whether you're sober curious or determined to make a more permanent change, it's time to join the Sober Girl Society! It's time to join the Sober Girl Society: 'I



LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'

*Blackout* Random House

A practical synthesis of AA's Twelve Steps and Zen's Eightfold Path. In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery. Courageously drawing from his lifetime of experience as an abused child, alcoholic, Zen student, and dharma teacher, Ash presents a practical synthesis of Alcoholics Anonymous's Twelve Steps and Zen's Eightfold Path. You don't have to be Buddhist to appreciate the healing power of The Zen of Recovery. The book makes Zen available to all seeking to improve the quality of their spiritual and everyday lives. It also includes practical instructions on how to meditate and put the book into action. Its message will help readers live more profoundly "one day at a time."

*Not Drinking Tonight* Aster

Caution: Milk Can Be Harmful to Your Health! The frightening new medical facts about the world's

most over-rated nutrient. If you drink milk, you MUST read this. Frank Oski, MD, is the Director, Department of Pediatrics, Johns Hopkins University School of Medicine and Physician-in-Chief, the Johns Hopkins Children's Center. Now includes an appendix of recent studies related to milk. - Publisher.

*Social Q's* Hachette Go

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

Best Sellers - Books :

- [I'm Glad My Mom Died](#)
- [The Housemaid By Freida Mcfadden](#)
- [The Alchemist, 25th Anniversary: A Fable About Following Your Dream By Paulo Coelho](#)
- [The Subtle Art Of Not Giving A F\\*ck: A Counterintuitive Approach To Living A Good Life](#)
- [To Kill A Mockingbird](#)
- [Bluey And Bingo's Fancy Restaurant Cookbook: Yummy Recipes, For Real Life](#)
- [Happy Place By Emily Henry](#)
- [Heart Bones: A Novel By Colleen Hoover](#)
- [Taylor Swift: A Little Golden Book Biography](#)
- [Verity By Colleen Hoover](#)