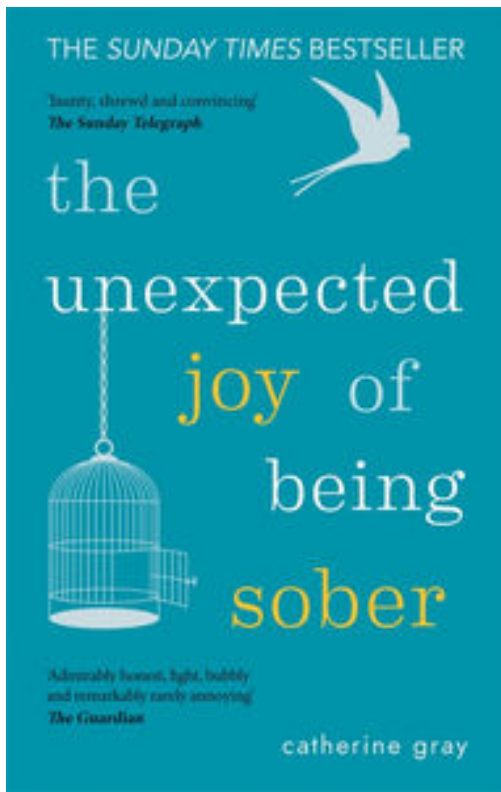


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Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less.

Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures.

But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This **gripping, heart-breaking and witty** book takes us down the rabbit-hole of an alternative reality. **A life with zero hangovers, through sober weddings, sex, Christmases and breakups.**

In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies.

Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, **you will love this book.**

'Haunting, admirable and enlightening' - **The Pool**

'A riveting, raw, yet humorous memoir with actionable advice.' - **Annie Grace, author of This Naked Mind**

'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.' - **Eric Zimmer, host of podcast The One You Feed**

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'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - **The Bookseller**

'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - **Sasha Tozzi, Huffington Post**

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