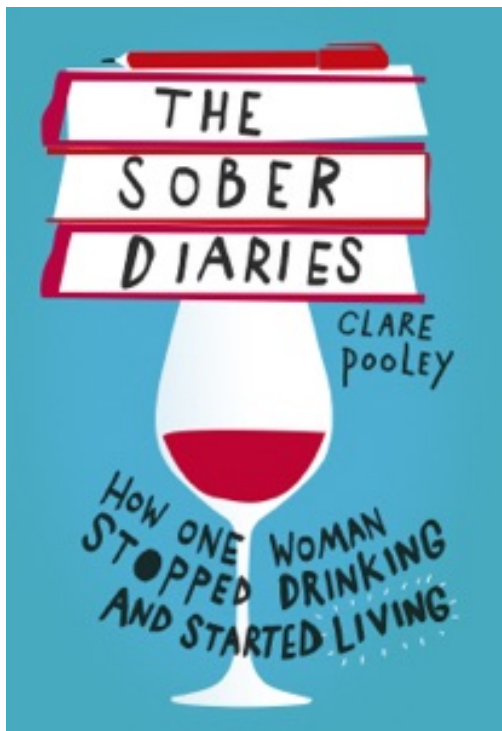


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This book is the bravely honest story of a year in Clare's life. A year that started with her quitting booze and then being given the devastating diagnosis of breast cancer. By the end of the year she is booze-free and cancer-free, she no longer has a wine belly, is two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. 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? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? If I stop drinking will I lose weight? What if my partner still drinks?* And many more.

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