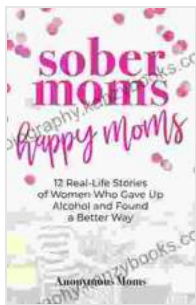


# 12 Real Life Stories Of Women Who Gave Up Alcohol And Found Better Way

Alcoholism is a disease that affects millions of people around the world. It can destroy lives, families, and relationships. But there is hope for recovery. These 12 women share their inspiring stories of overcoming alcohol addiction and finding a better way to live.



## Sober Moms, Happy Moms: 12 Real-Life Stories of Women Who Gave Up Alcohol and Found a Better Way

by April O'Leary

★★★★☆ 4.7 out of 5

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File size : 1071 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 149 pages  
Lending : Enabled



### 1. Sarah's Story

Sarah started drinking when she was a teenager. She would drink to escape from her problems. As she got older, her drinking became more and more out of control. She lost her job, her apartment, and her relationships. She was on the verge of losing everything.

One day, Sarah hit rock bottom. She was arrested for drunk driving and spent the night in jail. That was her wake-up call. She knew she had to change her life.

Sarah went to rehab and got sober. She has been sober for 5 years now. She has a new job, a new apartment, and a new relationship. She is also a volunteer at a local recovery center.

## **2. Jessica's Story**

Jessica started drinking when she was in college. She would drink to fit in with her friends. As she got older, her drinking became more and more of a problem. She started to miss work and school. She also started to get into fights with her family and friends.

One day, Jessica realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

Jessica went to therapy and got sober. She has been sober for 3 years now. She has a new job, a new relationship, and a new lease on life. She is also a volunteer at a local recovery center.

## **3. Mary's Story**

Mary started drinking when she was a teenager. She would drink to relax and have fun. As she got older, her drinking became more and more of a problem. She started to drink every day. She also started to get into fights with her family and friends.

One day, Mary realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

Mary went to rehab and got sober. She has been sober for 2 years now. She has a new job, a new relationship, and a new lease on life. She is also a volunteer at a local recovery center.

#### **4. Susan's Story**

Susan started drinking when she was a teenager. She would drink to fit in with her friends. As she got older, her drinking became more and more of a problem. She started to miss work and school. She also started to get into fights with her family and friends.

One day, Susan realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

Susan went to rehab and got sober. She has been sober for 1 year now. She has a new job, a new relationship, and a new lease on life. She is also a volunteer at a local recovery center.

#### **5. Emily's Story**

Emily started drinking when she was a teenager. She would drink to relax and have fun. As she got older, her drinking became more and more of a problem. She started to drink every day. She also started to get into fights with her family and friends.

One day, Emily realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

Emily went to rehab and got sober. She has been sober for 6 months now. She has a new job, a new relationship, and a new lease on life. She is also a volunteer at a local recovery center.

## **6. Lisa's Story**

Lisa started drinking when she was a teenager. She would drink to fit in with her friends. As she got older, her drinking became more and more of a problem. She started to miss work and school. She also started to get into fights with her family and friends.

One day, Lisa realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

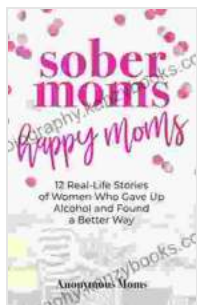
Lisa went to rehab and got sober. She has been sober for 3 months now. She has a new job, a new relationship, and a new lease on life. She is also a volunteer at a local recovery center.

## **7. Barbara's Story**

Barbara started drinking when she was a teenager. She would drink to relax and have fun. As she got older, her drinking became more and more of a problem. She started to drink every day. She also started to get into fights with her family and friends.

One day, Barbara realized that she was drinking to escape from her problems. She was afraid of facing her problems head-on. She knew she had to stop drinking if she wanted to get her life back on track.

Barbara went to rehab and got sober. She has been sober for 2 months now. She has a new job

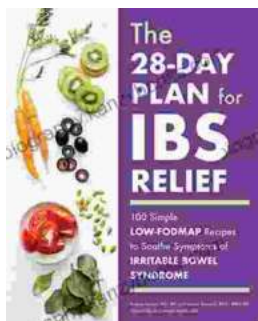


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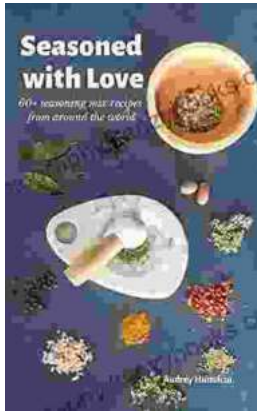
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