



Resources for the Sober Curious

Compiled by Janet Hadley

Introduction

Ever wondered what your life would be like without alcohol in it? This booklet is perfect for anyone who wants to take a look at their relationship with alcohol and is wondering where to start. There's a thriving sober community in the UK which is growing exponentially. More and more people are waking up to the benefits that sobriety brings: a clear head, reduced anxiety, more energy and a dramatic reduction in your risk of developing many of the major cancers, heart disease, Alzheimer's, dementia or a having a stroke.

If there was a pill could do all that, we'd all be taking it!

I've compiled this list of resources as I've progressed along my own personal journey to sobriety. I wanted to share them because I know that there must be others who, like me, do not consider themselves to be a the stereotypical 'rock bottom' alcoholic, but do, however, suspect that they might not be at their optimum health and wellbeing (and weight!) due to being a regular drinker.

It was a complete revelation to find that there is so much help and support available; immersing myself in some of these resources has helped me to catch sight of what my life might be like if I quit drinking, and they have enabled me to shift my mindset from one of having 'given up' something to one of having gained a whole heap of benefits that just keep on flowing.

I've organised the resources into 4 sections: get informed; get inspired; get connected; and get prepared. I'd really recommend taking a look at least one resource from each section to make sure you have the maximum support and information to hand along your own journey.

A final word; this guide is not intended as a substitute for professional help. If you are worried about your drinking, or you know that you are drinking to dangerous levels, you should consult your GP as soon as possible. You can access GP help free and confidentially through the Smart Health App, see [here](#) for details.

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Step 1: Get informed

In order to redress your relationship with alcohol, a good place to start is to get informed about what alcohol really is and what happens inside your body when you drink it.



Information Books

The Biology of Desire

By Marc Lewis

My personal favourite, written by a neuroscientist and explores what is happening in your brain when you engage in an addictive behaviour. It's detailed, but the author has a lovely way of explaining the complexity of the brain with simple analogies.

Alcohol Explained

By William Porter

A very popular book in the sober community, this is a very easy book to read and explains in simple terms what happens in your body when you drink alcohol. A game changer for a lot of people.

Breaking Addiction

By Lance Dodes

For me, this book really helped me to identify some of the root cause of my tendency to drink too much.

Drink? The New Science of Alcohol & Your Health

By Professor David Nutt

A great summary of the impact that alcohol has on the individual and on society in general.



Self-Help Books

"I'm including self-help books in the Get Informed step because so many people find that these are the catalysts for them to take action. Many of these could easily sit in Get Inspired, too."

Love Yourself Sober

By Mandy Manners & Kate Bailly

This is the book I wish I'd read first. It's specifically aimed at working mums who are locked in the cycle of using a glass of wine to unwind in the evening and who find themselves feeling increasingly concerned about the size of that glass creeping ever upwards.

The Easy Way to Control Alcohol

By Allen Carr

I've not read this, but has been recommended by many as a great first book to get you started.

This Naked Mind

By Annie Grace

One of the most popular books on the market, Annie shares her story and her journey to sobriety, combining this with a wealth of information about how alcohol affects the brain.

Kick the Drink... Easily

By Jason Vale

Juicing guru, Jason Vale, shares his journey to better health, including ditching the booze. I've not read this, but has been recommended by many.

The Upward Spiral

By Alex Korb

Not read but recommended. A broader look at how you can use neuroscience to reverse depression.

Happy Healthy Sober

By Janey Lee Grace

Not yet published! However, Janey does amazing work in this area and the book promises to be a great resource for exploring the wider wellbeing interests that many people develop once they find their confidence in sobriety.

Ted Talks

Jolene Park

Grey Area Drinking

www.ted.com/talks/jolene_park_gray_area_drinking?language=en

Sobriety Rocks - Who Knew?

Janey Lee Grace

www.ted.com/talks/janey_lee_grace_sobriety_rocks_who_knew

Websites

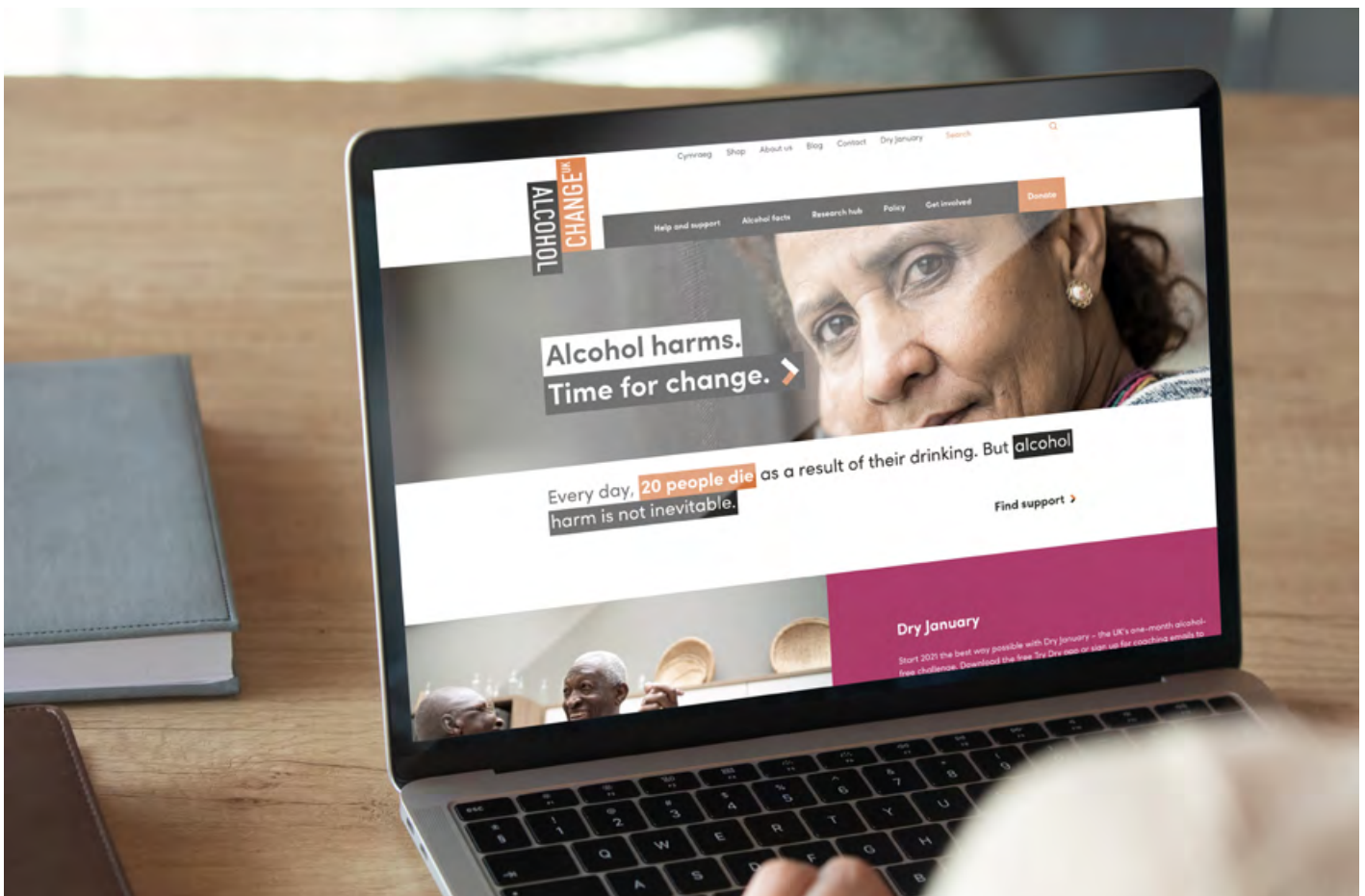
Alcohol Change UK

www.alcoholchange.org.uk/

Grocery Aid

www.rightsteps.co.uk/GA.html#findoutmore

Grocery Aid have 2 self-service courses available relating to alcohol, free of charge to all grocery sector workers





Step 2: Get Inspired

Hearing the stories of those who have been through this journey has, for me, been the most important resource. Being able to catch sight of what my life might be like without alcohol.



Inspirational Books

The Unexpected Joy of Being Sober

By Catherine Grey

Great book, Catherine's story is a very honest and relatable account of how a party girl became problem drinker and her road to sobriety. This book gives so much hope to readers who are in the early days of quitting the booze that, not only will it get easier, it will get better and better... and that you might actually prefer life without alcohol!

The Sober Diaries

By Clare Pooley

Clare's Blog, Mummy Was A Secret Drinker, went viral a couple of years ago. Her day-by-day account of her early sobriety has become a refreshing and relatable source of comfort to thousands of mums struggling to free themselves from the 'mummy's special drink' culture that is so prevalent in today's society.

Mrs D is Going Without

By Lotta Dann

On my reading list, having heard Lotta on a number of podcasts and interviews. Her direct style is really refreshing and I am sure this will be an entertaining read.

Magnificent Desolation

By Buzz Aldrin

Recommended by others as a great read, this book brings a welcome male perspective on alcohol addiction.

Blackout

By Sarah Hepola

On the reading list.

Glorious Rock Bottom

By Bryony Gordon

On the reading list.



Inspirational Podcasts

Alcohol Free Life

Janey Lee Grace

podcasts.apple.com/gb/podcast/janey-lee-grace-alcohol-free-life/id1448715889

My absolute favourite and a complete game changer for me. Would recommend that you start at episode 1 and go through each and every episode in order. I did one a day for the first 30 days and I think it was my biggest source of inspiration. The quality of the guests and their amazing sober stories enabled me to picture my life without alcohol as a positive, welcome change.

The Bubble Hour

Jean M

podcasts.apple.com/us/podcast/the-bubble-hour/id580501108

The Bubble Hour is hosted by Jean M, a sober woman dedicated to breaking down the walls of stigma and denial surrounding the disease of alcoholism.

This Naked Mind

Annie Grace

thisnakedmind.com

Bestselling author Annie Grace talks about the role of alcohol in our lives and culture in an honest and real way. Alongside her guests, Annie shares stories and experiences and discusses the role of alcohol in their lives and how they managed to regain control.

Sober Guy

www.thatsoberguy.com

Hosted by producer Shane Ramer who battled for 17 years with alcohol and drug addiction. He began the podcast in 2014 with the purpose of sharing his story and giving others the platform to share theirs.

Recovery Happy Hour

www.recoveryhappyhour.com

Host Tricia Lewis believes in the importance of having support and the necessary tools to overcome addiction. She created the podcast to let people know that they are not “missing out” on anything when you quit drinking, but the opposite.

The Addicted Mind Podcast

theaddictedmind.com

Hosted by Duane Osterlind this podcast is more about understanding addiction and building a place to find reliable information about addiction and treatment. This podcast dives into what drives the addictive process, along with the latest research and treatment options.

Try Dry

alcoholchange.org.uk/get-involved/campaigns/dry-january/your-dry-tools/try-dry-the-podcast

A new podcast set up by Alcohol Change UK to support people in the UK who are doing dry January.

Sobriety Apps

I am Sober

apps.apple.com/us/app/i-am-sober/id672904239

Calm

play.google.com/store/apps/details?id=com.calm.android&hl=en_US&gl=US

I am

apps.apple.com/us/app/i-am-positive-affirmations/id874656917

Sober Grid

play.google.com/store/apps/details?id=com.sobergrid&hl=en_US&gl=US

Quit Drinking Stay Sober

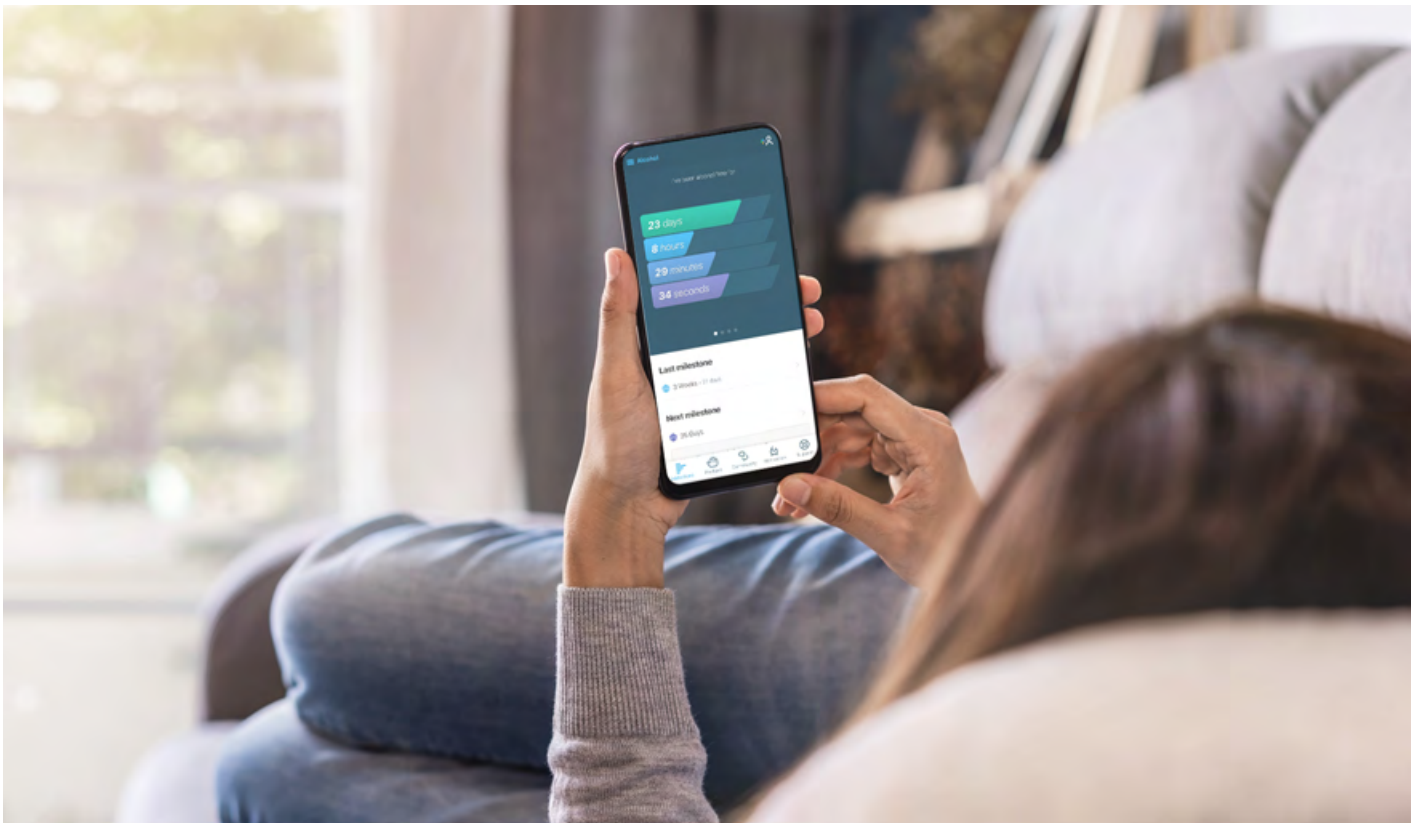
play.google.com/store/apps/details?id=com.msint.quitedrinking&hl=en_US&gl=US

Nomo

play.google.com/store/apps/details?id=com.parkerstech.day&hl=en_US&gl=US

Twenty Four Hours A Day

play.google.com/store/apps/details?id=org.hazelden.twentyfourhours.free&hl=en_US&gl=US



Step 3: Get Connected

Did you know that there is a huge, and growing, sober community in the UK? Connecting with like-minded people is a really powerful motivator. Not only that, you'll find that those who have already made the switch provide insight, tips and inspiration that will get you through any of the early day doubts you might experience along the way. Try a few of these communities and find your tribe!



Social Media – Free Groups



Facebook

Club Soda Together

www.facebook.com/groups/joinclubsoda

Sober Society

www.facebook.com/SoberSociety/groups

Be Sober - Quit Drinking
& Enjoy Life

[www.facebook.com/
groups/1960061840706240](http://www.facebook.com/groups/1960061840706240)

Sober Movement

[www.facebook.com/groups/
sobermovement](http://www.facebook.com/groups/sobermovement)

Soberful

www.facebook.com/groups/Soberful



Instagram

Sober Girls Society

www.instagram.com/sobergirlsociety

Follow the Breadcrumbs

[www.instagram.com/follow.the.bread.
crumbs](http://www.instagram.com/follow.the.bread.crumbs)

Recover Out Loud

www.instagram.com/recoveroutloudllc

Membership Groups

Soberistas

soberistas.com

The Sober Club

(Monthly Fee)

www.thesoberclub.com

Run by Janey Lee Grace, this subscription group is an incredibly positive community. Janey offers a 90-day coaching course 'Get the Buzz without the Booze'; loads of coaching and meet-ups; organises some amazing guest speakers; and focuses on all aspects of wellness, helping people to achieve and celebrate long term sobriety.

Belle's 100 Day Challenge

(Free of Charge)

www.tiredofthinkingaboutdrinking.com/2018/05/01/100-day-sober-challenge

The amazing Belle has helped thousands of people through the early stages of sobriety. She writes daily and personally to anyone who reaches out and asks for help, as well as providing regular group emails to those who wish to subscribe.

One Year No Beer

(Monthly Fee)

www.oneyearnobeer.com

These guys have a great reputation; the fee includes email support, access to a support group, daily videos, audio programmes, e-books a mindfulness course. I've heard a lot of people say that taking this challenge was completely life-changing and that the support is excellent.

Professional Help

Start Recovery

www.startrecovery.co.uk

Finding a professional counsellor was a game-changer for me. This is the link to the person I used, who works virtually and can therefore cover any location.

Gray Area Drinkers

grayareadrinkers.com/find-a-coach

"Alternatively, if you just want to talk to someone, you can reach out to me."

janet.hadley@coop.co.uk

Step 4: Get Prepared

I really love Janey Lee Grace's mantra of *"Keep the ritual, change the ingredients!"*

Of course there'll be times when you want a 'grown up' drink.

Just because you've ditched the booze, it doesn't mean you are condemned to a life of sipping coke and orange juice!

Most venues and retailers are now starting to wake up to the sober revolution, and more and more alcohol-free (AF) options are appearing on menus. There are even a few 'dry bars' up and down the country. Club Soda are really leading the way on changing the way that bars, pubs and restaurants approach their AF options. Their website has a great directory which tells you which venues are embracing their sober customers with great ranges, and which ones aren't. There's also a comprehensive list of over 1,000 AF drinks on there to browse through. joinclubsoda.com

The best selections can be found online, with a growing number of consolidators popping up to service customers who want to try a bit of everything - a great way to find your new favourites.

So grab yourself a glass, some crushed ice and a some fancy fruit & herb garnish, and settle into a satisfying grown up drink, without the hangover!



Alcohol-Free Specialist Sellers

The Wise Bartender

wisebartender.co.uk

The Dry Drinker

drydrinker.com

Alcohol Free Life

www.alcoholfree.co.uk

Recommended Kombucha

Leftfield Kombucha

leftfieldkombucha.co.uk

My absolute favourite is the Yunnan Black – I drink so much that I've started brewing my own at home!

Real Kombucha

realkombucha.co.uk

They have also recently started stocking this in Waitrose – very exciting.

Boucha Kombucha

bouchakombucha.com

Many people's favourite brand, marketed as a wine alternative.

Recommended Alcohol-Free 'Spirits'

Sea Arch

searchdrinks.com

Made in Devon, and packed with more flavour than most botanicals on the market, it's my personal favourite in the gin alternatives category.

Clean Co.

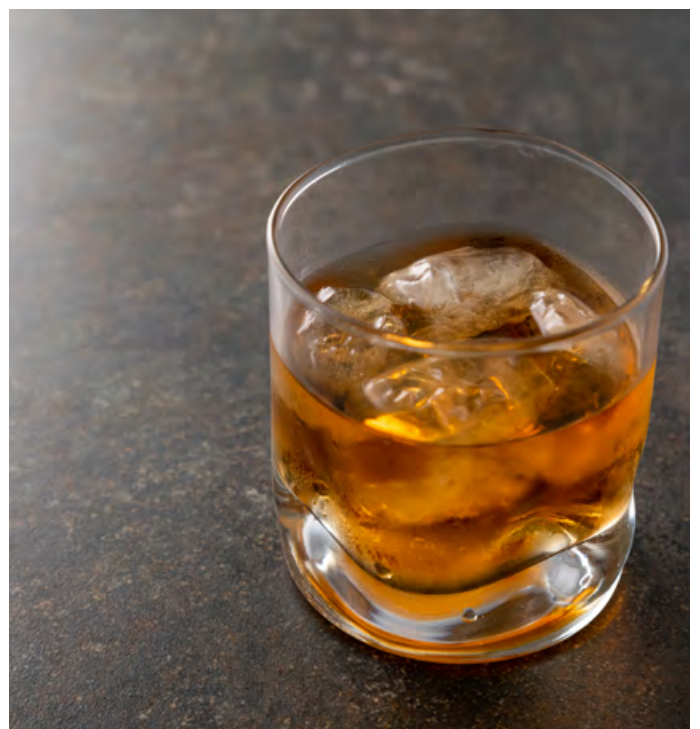
clean.co/products/cleanrum

These guys do quite a few in the range. At 1.2% ABV it's not alcohol free – but for context, you'd have to have the whole bottle to get a unit inside you. I like the rum with ginger ale & a slice of lime.

Lyres Spirits

lyres.co.uk

Their whisky has won blind taste competitions against alcoholic versions – need I say more?



Recommended Alcohol-Free Wines

The Fizz - Noughty

thomsonandscott.com/products/noughty-alcohol-free-sparkling-wine

Hands down the best on the market is Noughty. It's now stocked in Waitrose and Holland & Barrett. Absolutely fabulous. My new Christmas day all-day drink, without the hangover.



White Wine

Darling Cellars Alcohol Free Sauvignon Blanc White Wine

wisebartender.co.uk/darling-cellars-alcohol-free-sauvignon-blanc-white-wine-05abv-11392-p.asp

Win Verdejo

www.alcoholfree.co.uk/product/win-verdejo

"I must admit that I am not a white wine drinker, but I have been assured that these are the best on the market."

Red Wine

Win-e Tempranillo

Aged in oak barrels for 12 months

www.alcoholfree.co.uk/product/win-tempranillo-12-oak-aged-crianza

Darling Cellars Alcohol Free Shiraz Red Wine

A South African red with full body

www.alcoholfree.co.uk/product/win-tempranillo-12-oak-aged-crianza

Torres Natuero Alcohol Free Syrah Red Wine

Also available in larger Sainsbury's stores

wisebartender.co.uk/torres-natureo-alcohol-free-syrah-red-wine-0abv-66-p.asp

Recommended Alcohol-Free Beers

Ilkley Brewery - Virgin Mary

www.ilkleybrewery.co.uk/beers/virgin-mary

My personal favourite, and it's just down the road from me, so delivers free to my house! It's also available on many of the consolidators' websites, too.

Big Drop Brewing Co.

www.bigdropbrew.com

I love the wide selection on this site, and these guys are starting to appear on menus at some fairly large chain restaurants, which is great news.

Erdinger Alkoholfrei

www.tesco.com/groceries/en-GB/products/263042455

Available at most supermarkets now, this is one of the better mainstream brands.

Lucky Saint

luckysaint.co

One of the leading brands in AF Lager



Recommended Alcohol-Free Ciders

"I'm not a cider drinker, but I love the idea of this mixed case to try a bit of each of the available brands."

wisebartender.co.uk/monthly-cider-box-6-ciders-delivered-each-month-6813-p.asp

Recommended Alcohol-Free Shrubs, Sodas & Cordials

"A cut above your average soft drinks, I only recommend drinks that contain no nasties (e.g. artificial sweeteners). Some of these, of course, do contain sugar."

Dalston's Sodas

dalstons.com

The rhubarb is amazing; and with no added sugar, it's become a staple in our home.

Nonsuch Shrubs

nonsuchshrubs.com

A shrub is a drink made using apple cider vinegar, giving a rich and 'adult' taste – fantastic for that 'treat yourself' moment as an alternative to an alcoholic drink. I love the blackberry one.

Jeffrey's

www.jeffreysdrinks.com

They are cordials, rather than tonics, but very grown up & a million miles away from anything you'd give out at a kids party!

Robinsons Mint and Lime Cordial

www.waitrose.com/ecom/products/robinsons-crushed-lime-mint-fruit-cordial/861130-633650-633651

Available in many supermarkets, this is a surprisingly close match to mojito. Pair with sparkling water & fresh mint leaves for a party mocktail.



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