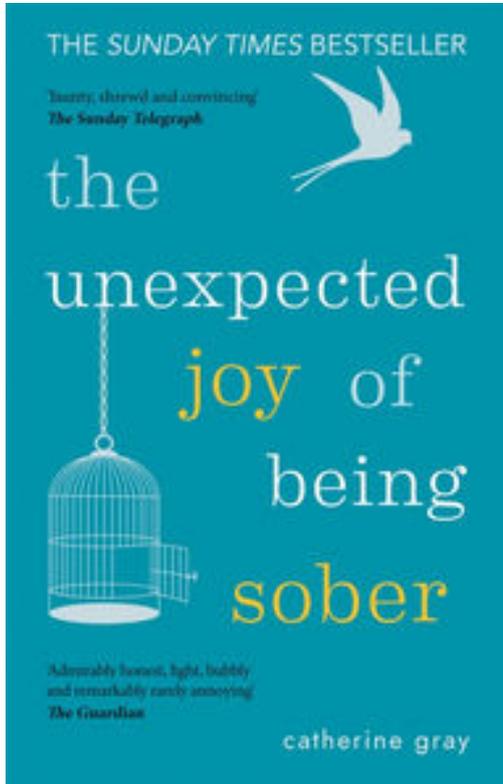


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'Not remotely preachy' - *The Times*

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'Admirably honest, light, bubbly and remarkably rarely annoying.' - **Alice O'Keeffe, Guardian**

'Truthful, modern and real' - *Stylist*

'Brave, witty and brilliantly written' - *Marie Claire*

**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

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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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