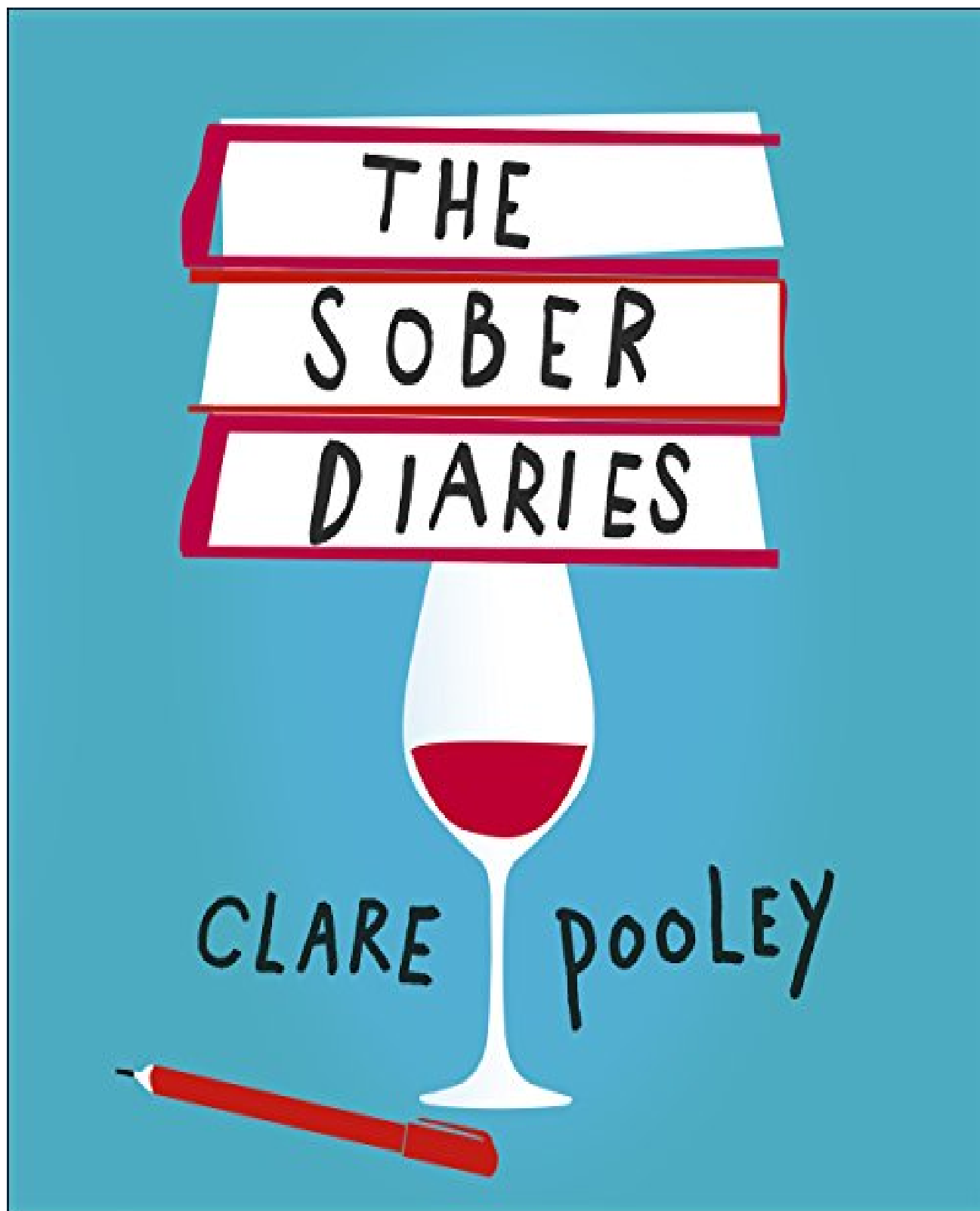
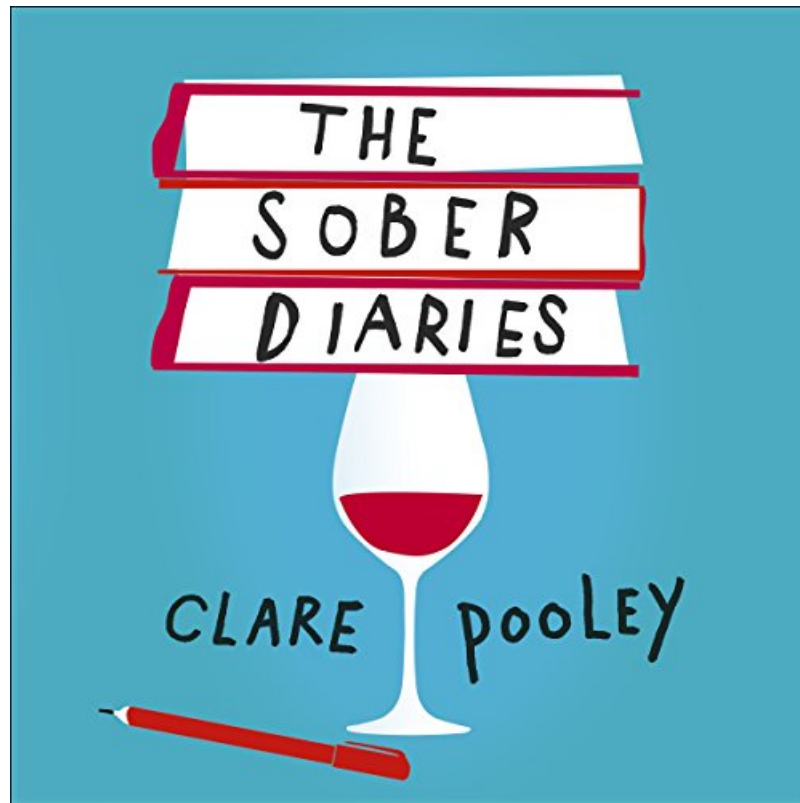


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**The Sober Diaries: How One Woman Stopped Drinking and Started Living  
by Clare Pooley**



## Synopsis:=====

Like many women, Clare Pooley found the juggle of a stressful career and family life a struggle so she left her successful role as a Managing Partner in one of the world's biggest advertising agencies to look after her family. She knew the change wouldn't be easy but she never expected to find herself an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' 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. 'THE SOBER DIARIES' is an upbeat, funny and positive look at how to live life to the fullest. Interwoven

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