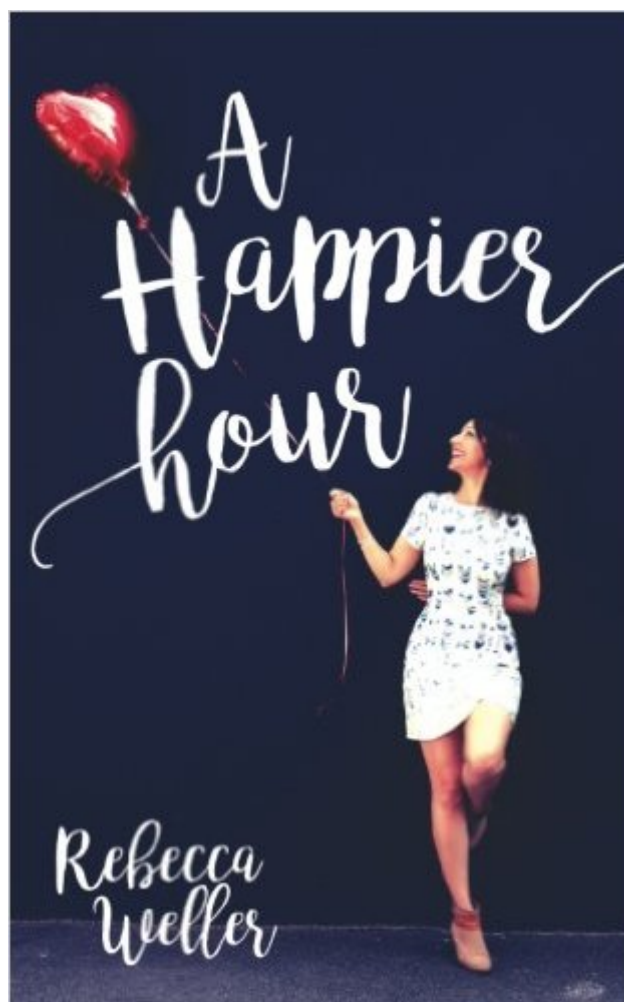


The book was found

A Happier Hour



Synopsis

When Rebecca Weller's™s pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate - without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A Happier Hour is a heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted.

Book Information

Paperback: 208 pages

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Average Customer Review: 5.0 out of 5 stars See all reviews (17 customer reviews)

Best Sellers Rank: #14,722 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #58 in Books > Health, Fitness & Dieting > Women's Health > General #706 in Books > Biographies & Memoirs > Memoirs

Customer Reviews

I read this book in 2 days. It's eye opening, motivating, and REAL! If you've ever wondered if a break from alcohol would be a good thing for you, this book is a great starting place to explore the issue. No judgement, no preaching, simply one woman's story about willingness to get super honest about her behavior and brave enough to face her emotions champagne free. (Her program and insight is also what helped me break the 100 alcohol free mark!)

I have NEVER read a book, cover-to-cover in one afternoon, but that's what I did as soon as this book arrived at my door. Being a subscriber for over a year, I thought I knew all I needed to know

about Bex and her story. Learning the details behind-the-scenes of HOW everything came together for her was truly inspiring. Parallels are sure to be drawn by the reader at various points. I recommend to anyone who feels they are just going through the motions of drinking and have a sneaking suspicion it's no longer adding anything to their life!

I absolutely loved this book! Bex has an honest, refreshing voice and it was wonderful to read her story. I've been sober for years and this reenergized me, made me think again about why I drank in the first place, and how wonderful it is to be sober. I would recommend this book to any woman struggling with drinking!

I could not wait for Rebecca Weller's memoir to come out and it did not disappoint. If you have ever had just a glimmer that letting something go would be better for you than this book is for you. While I identified with Rebecca's story in detail (and it gave me chills) this isn't just another sober memoir. I am so happy to have gathered some strength from Rebecca's story to continue to be my authentic self!

Rebecca did an amazing job sharing her story in "A Happier Hour." The book is very relatable for any woman who has been struggling with alcohol but doesn't see herself as a typical alcoholic. From trying to moderate, to the wolf in your head egging you on, to the pure joy that comes when you wake up with no hangover...she shares it all. Give A Happier Hour a read, you won't regret it!

I am so completely in love with this book. Bex writes in such a familiar loving tone that you feel as if she is your friend! She divulges very intimate emotions which are filled with so much inspiration! By opening up her story and her inner thoughts she has given me permission to accept and love the journey I am going through. Although drinking is not my primary vice, Bex's raw story encourages me to let go of anything that has been holding me back. We all have addictions whether they are visible or not and following Bex on her journey has given me the inspiration to work towards letting go of mine. It has also reminded me that I don't need an "excuse" to stop drinking. Although drinking may not be my grandest addiction it is something I am tired of, but as a 25 year old my world seems to be full of it. I am ready to stop hiding behind the false confidence that drinking creates and ready to find it deep within my sober self. This is all thanks to Bex's book! Truly extraordinary Bex, well done!

I saw this book by chance on a Tuesday night. Last Tuesday night. I read the book in one sitting-enthralled. It was like Bex was telling my fortune: past and present. After I finished the book I spent hours trolling the internet in search of more inspiration and registered on her website. I have not had a drink since that fateful Tuesday. I am jumping out of my glowing skin,(also feeling unsure and insecure in myself)I am absolutely flawed by the parallel universe of sobriety that exists!!! and want to be a part of that.Without Bex to kick start and support my journey, I am sure it would have not even started.

Loved Bex Weller's relatable account of letting go of her PR party girl lifestyle and identity to find a life she truly loved. A tale so many of us can relate to - any woman who has had one too many hangovers and knows deep down the party is over can take heart and inspiration in the proof that choosing to kick out the wine might just be the key to more than you ever imagined to be possible - wonderful !

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A Happier Hour Estimator's Piping Man-Hour Manual, Fifth Edition (Estimator's Man-Hour Library)
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One Hour Trading: Make Money With a Simple Strategy, One Hour Daily (Simple Setups Forex Price Action Stock Forex Trading Strategy) (Finance Business & Money Investing Decision Making)
The 1 Hour Trade: Make Money With One Simple Strategy, One Hour Daily (Langham Trading)
The 1 Hour Trade: Make Money With One Simple Strategy, One Hour Daily
The McGraw-Hill 36-Hour Course: Lean Six Sigma (McGraw-Hill 36-Hour Courses)
The McGraw-Hill 36-Hour Course Product Development (McGraw-Hill 36-Hour Courses)
Start a Credit Repair Business-(5 hour Transcribed Interview Q&A Format): 100 Million Consumers Need Your Help - (5 hour Transcribed Interview Q&A Format)
The McGraw-Hill 36-Hour Course: Finance for Non-Financial Managers 3/E (McGraw-Hill 36-Hour Courses)
The Trainable Cat: A Practical Guide to Making Life Happier for You and Your Cat
10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found a Self-Help That Actually Works
Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster!
Weelicious Lunches: Think Outside the Lunch Box with More Than 160 Happier Meals
The Secret Language of Dogs: Unlocking the Canine Mind for a Happier Pet
Dog Obsessed: The Honest Kitchen's Complete Guide to a Happier, Healthier Life for the Pup You Love
Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World
The Better Baby Book: How to Have a

Healthier, Smarter, Happier Baby The Un-Prescription for Autism: A Natural Approach for a Calmer, Happier, and More Focused Child Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier

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