



Seeds of Sobriety: Practical Daily Readings for Alcoholics and Addicts

Liz Purcell

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See what folks are saying about Seeds of Sobriety:

"For every alcoholic/addict uneasy with religious programs, Seeds of Sobriety is must reading."
-Jim Christopher, Founder and Executive Director, SOS International (Secular Organizations for Sobriety/Save Our Selves), Hollywood, California

"Seeds of Sobriety is jam-packed with powerful tools for staying sober."
-Barry Solof, M.D., Fellow, American Society of Addiction Medicine, Regional Chief of Addiction Medicine, Kaiser Permanente, Los Angeles, California

As desirable as any of these might be in themselves, you needn't work any x-step program, believe in a higher power, or maintain a state of serenity to stay sober. So says Liz Purcell, author of *Seeds of Sobriety: Practical Daily Readings for Alcoholics and Addicts*. The main emphasis of *Seeds of Sobriety* is on the alcoholic/addict's need to prioritize their sobriety each day. *Seeds of Sobriety* also gives hints on coping with different issues--without drinking or using.

Liz Purcell is a freelance writer and long-time sober alcoholic. She is also a member of SOS International, also known as Secular Organizations for Sobriety or Save Our Selves.

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From reader reviews:

Rafael Runyan:

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a publication. The book Seeds of Sobriety: Practical Daily Readings for Alcoholics and Addicts it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too expensive but this book has high quality.

James Rodriguez:

The book untitled Seeds of Sobriety: Practical Daily Readings for Alcoholics and Addicts contain a lot of information on the idea. The writer explains your girlfriend idea with easy means. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the item. The book was compiled by famous author. The author will take you in the new period of literary works. You can actually read this book because you can keep reading your smart phone, or gadget, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice examine.

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