

**Your Six Week Plan: Join The Sober Revolution And  
Call Time On Wine O'clock By Sarah Turner, Lucy  
Rocca**

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Lucy Rocca, Sarah Turner. Your Six Week Plan: Join The Sober Revolution and Call Time on Wine o'clock. Publisher: Accent press (October 6,.

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Your Six Week Plan - Join the Sober Revolution and Call Time on Wine O'Clock (Sober Revolution) [Paperback]. by Rocca, Lucy / Turner, Sarah. 1 2 3 4 5 (0).

**Reading material | living sober**

You think that this is the worst day of your life, but you are wrong. Call one friend a day. .. Sarah Turner and Lucy Rocca, The Sober Revolution I'm 64 days sober today and I've spent a lot of that time reading and gaining confidence that this . Another one I read about 6 months ago was called "Drunk Mum" by Jowita

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The Sober Revolution: Women Calling Time on Wine O'Clock: 1 (Pape. Your Six Week Plan: Join The Sober Revolution and Call Time on Wine o'clock (Ad.

**How to quit drinking alcohol (with pictures) - wikihow**

You're probably not going to kick your habit in a week, either. Buy a planner and plan activities during the times when you would normally oppressive rule of alcohol and start fresh, just as any country in revolution. sober wallet for healthy stress relief: get a massage, visit to a day spa, join a .. Updated: 6 weeks ago.

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## **Women | rachel doesn't drink here anymore**

The last time we were together just over eight weeks ago. And those HUGE plans include bringing my partner to me. My two slips (once at two months, another at six months) helped me to fully commit to with your one wild and precious life? .. of The Sober Revolution, Women Calling Time on Wine O'clock, by Sarah

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## **Book review: the sober revolution, by lucy rocca and sarah turner**

Sober Revolution spoke to me in a way that no other alcohol self-help Rocca references the idea that 'Mummy's wine o'clock' marks the She focuses on the fact that when you stop drinking, you regain your self-esteem. I have also ordered the next book 'the 6 week plan'. . Join 1,610 other followers

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**Why we've called time on wine o'clock - independent.ie**

Lucy Rocca set up Soberistas.com in a bid to put the sexy back into for alcohol-related conditions is under 30, compared with one-in-six Tara would often go out drinking three or four times a week with her Lucy – who has written a book, The Sober Revolution: Women Calling Time on Wine O'Clock,

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Your Six Week Plan: Join the Sober Revolution and Call Time on Wine O'clock. Front Cover. Lucy Rocca, Sarah Turner. Accent Press Limited, 2013 - Self-Help

**The sober revolution - calling time on wine o'clock by lucy rocca**

The Sober Revolution – Calling Time on Wine O'clock by Sarah Turner and Eliminating poison from your life is the first step to rediscovering exactly I bought the book after joining Soberistas and I never looked at the front

**Could women finally be ready to call time on wine o'clock?**

She is the co-author of The Sober Revolution; Women Calling Time on Wine O'clock and Your 6 Week Plan. Her new book, Glass Half Full,

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Join Log in . I never drank when on call, but I made sure I could the nights before and do important things requiring concentration in the evenings; plan the calendar, Your alcohol intake will progress to keep pace with your rising tolerance, and Me time was wine o'clock and began as soon as the children were in bed

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### **Lucy rocca on mindbodygreen**

Lucy Rocca (pictured), is founder of a website, Soberistas.com. Lucy, 38, lives with her family in Sheffield, South Yorkshire, and is devoting all her spare time to try and help... by Lucy Rocca. 8/6/2013 Life Had Other Plans. New Year = New You (Happy, Sober + in Charge of Your Life) I prefer weekly newsletters.

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Join The Sober Revolution and Call Time on Wine o'clock Turner and Soberistas.com founder Lucy Rocca, 'Your Six Week Plan' allows you

### **Sarah at the sanctuary**

So, I have accomplished my six weeks, under your care and guidance and feel: Also, the biggest revolution is 'I don't like the taste of alcohol... .. I read websites, looked at stories, watched conversations on 'sober sites' whilst and giving a huge pat on the back, whereas for most of us who call time on wine o'clock, are

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