



# A Sober Year: Daily Musings on an Alcohol-Free Life

*Meredith Bell*

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## **A Sober Year: Daily Musings on an Alcohol-Free Life** Meredith Bell

A Sober Year: Daily Musings on an Alcohol-Free Life is designed to provide daily support to those who have embarked on a sober journey. Filled with personal anecdotes, tips, revelations and encouragement, A Sober Year is a comforting companion for anyone in recovery.

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