



## Getting Them Sober You Can Help

*Toby Rice Drews*

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### ABOUT THE BOOK --

Hundreds of practical and effective suggestions for sobriety and recovery. Over a million copies sold -- this book is endorsed by Dr. Norman Vincent Peale, by 'dear Abby' ("this book should be read by everyone"), and by Melody Beattie (author of Codependent No More) who said "'Getting Them Sober' is the BEST book for families of the still-drinking alcoholic."

From the Introduction to the book --- "While the alcoholic lies passed out, anesthetized, the family goes through the years of his drinking --- stark, raving sober. They believe lies, expect miracles, have him locked up, bail him out, wish he were dead, and pray that he gets home safely. If the spouse of the alcoholic changes his or her behavior, as outlined in this book, the alcoholic has an 80 percent better chance to get sober."

### CHAPTER TITLES INCLUDE---

- \* No more taking the blame for someone else's drinking!
- \* Be gentle with yourself
- \* Don't worry about whether he's really an alcoholic
- \* Don't pour out the booze
- \* Learn to relax
- \* Don't be afraid of losing him because you're changing
- \* Stop arguing with him (it works!)
- \* Do one thing every day just for yourself
- \* Use tough love
- \* Don't ride with him when he's drunk
- \* Confront him!
- \* Walk away from abuse
- \* Accept yourself
- \* Don't believe "Drunk Is Fun!"
- \* Tell your families? Only if you want to!
- \* Mean what you say and say what you mean
- \* Deal with his arrogance!
- \* Don't change your address!
- \* Hide the car keys?
- \* You have the right to get sick too!
- \* Learn about blackouts
- \* Try to remember it's a disease
- \* Let the crises happen
- \* No more lying to his boss!
- \* Start to get help---- Even though he's the alcoholic
- \* Stay with him or leave him "Just for today"
- \* Break out of your isolation
- \* Stop asking permission!
- \* Act as if you love you

- \* Put him in the back of your mind
- \* Don't feel guilty when you're mad!
- \* Forget his bad mouth
- \* Don't say you're changing----just do it
- \* Stop telling him how to get sober (don't talk to brick walls, either)
- \* Don't get scared when he threatens to drink
- \* Wipe out saying, "you've been drinking again!"
- \* Don't expect him to be sober
- \* Stop checking the bars
- \* Don't beg him to stay
- \* Don't be scared that he will leave if he gets well
- \* Getting Help
- \* Sex and alcoholism
- \* A Quick Test--- Are you an alcoholic?
- \* Reflection Guide
- \* Resource Directory

#### TOBY DREWS' OTHER BOOKS ON KINDLE--

The other books in this award-winning series are "Getting Them Sober, volume 2" (more on total family healing) ---- "Getting Them Sober, volume 3" (half the book details the 350 secondary diseases // disorders to alcoholism) --- "Getting Them Sober, volume 4" (hidden issues before and after separation/divorce in alcoholism) ---- "Getting Your Children Sober" (for parents of children aged 9 to 59 who have addiction problems) --- "Sex and the Sober Alcoholic" --- "Answering the Crazymaking" ---- and "Get Rid of Anxiety and Stress"

#### ABOUT THE AUTHOR ----

Toby Rice Drews trains counselors, writes, and offers phone consultations to family members worldwide.

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#### **Anthony Jarrard:**

People live in this new day time of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both day to day life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we ask again, what kind of activity do you have when the spare time coming to you of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, the actual book you have read is actually Getting Them Sober You Can Help.

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