



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 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.

- Visit Meredith's website at sevendayssober.net
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