



# A Sober Mom's Guide to Recovery: Taking Care of Yourself to Take Care of Your Kids

*Rosemary O'Connor*

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Recovering from an addiction is tough enough, but when you throw in the tremendous responsibilities of motherhood, resisting cravings and remaining abstinent—much less enjoying the rewards of sobriety—can seem like an impossible challenge.

Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mothers face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom's Guide to Recovery* combines down-to-earth advice with the inspiring stories of recovering moms, including the author's, to offer guidance on over fifty vital topics, including stress, relapse, relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting. The result is an inspirational and practical handbook, not just for getting through the day, but for building a sense of well-being that radiates outward, allowing you to be present with your kids and loved ones, and find hope for the future.



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