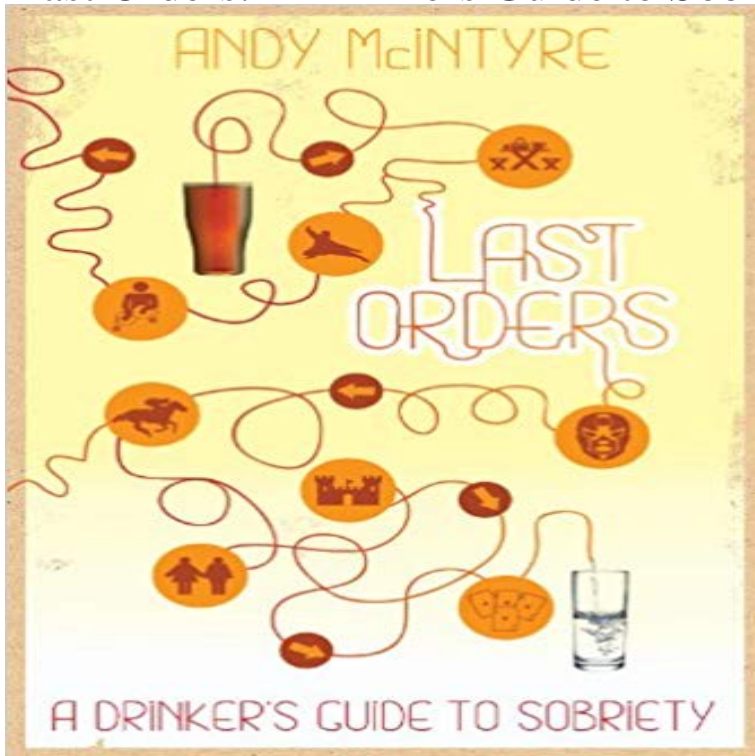


## Last Orders: A Drinkers Guide to Sobriety



Cutting down on getting wasted doesn't have to mean hermit-like seclusion or terminal boredom; my experience was in fact quite the opposite! A music industry A&R man and committed member of Generation-X, Andy knew virtually nothing beyond pubs, clubs, gigs and parties. Drinking heavily just went with the territory. Then, in the depths of a 16-day drink and drug bender of Bacchanalian proportions, he accepted a bet to go completely tee-total. For an entire year. Last Orders: A Drinkers Guide to Sobriety began as a things to do when sober handbook, but evolved into a humorous and deeply personal account of what giving up drink is like socially, emotionally and physically, and a commentary on attitudes to drinking within the work-hard-play-hard culture of the 21st Century. In a non-preachy, accessible style it covers:

- How to maintain and improve your social life
- How to be fun and sober: discovering the real you
- Alternative uses of leisure time, covering dozens of activities
- Benefits to your health, wealth and work
- The real roots and costs of heavy drinking
- Finding love
- Discovering a satisfying and fulfilling overall quality of life

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