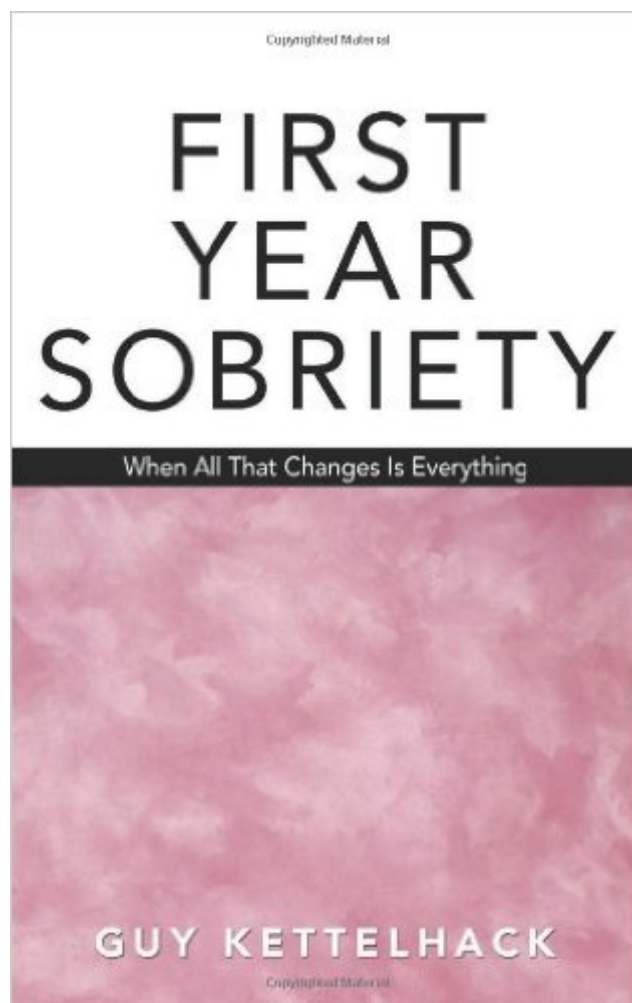


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# First Year Sobriety: When All That Changes Is Everything



## Synopsis

The first in a series of three recovery guides for the first three years of sobriety, *First-Year Sobriety* uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences, all are united in the process of giving life without alcohol or other drugs a chance. These are people who are alternately amazed, appalled, delighted, depressed, illuminated, disturbed, or simply thrown by their first days, weeks, and months of sobriety. Kettelhack explores the challenges all seem to face: learning to break through loneliness, isolation, and fear; finding ways to deal with anger, depression, and resentment; and learning how to deal with a new and sometimes overwhelming happiness. Guy Kettelhack has written seven books on recovery. He is completing a Master's degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City.

## Book Information

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## Customer Reviews

I found this to be a very useful addition to AA literature for people who are making their first serious attempt at getting sober and staying sober. The author understands the challenges that alcoholics/addicts face and presents interesting case studies of people who have faced the struggles and the victories of a newly sober person in this crazy world. The book is written in a language that alcoholics will understand and resonate with. It's filled with examples of how an

alcoholic/addict thinks, feels, and acts like during those first fragile years. Read it and share it with other alcoholic/addicts.

Excellent book for people with either short or long term sobriety. The content is very realistic and I believe that anyone will find a story or two in here that will relate to them. Has helped me much. Also a good book to hold onto for future reference.

Within my first three years of sobriety I read this along with the second and third year edition. They were extremely accurate and helped me to deal with the trials and tribulations of sobriety at the time. I would recommend these titles to anyone who desires to be knowledgeable and gain understanding about the process of recovery they are engaged in.

I bought and read this book over a year ago (and am still sober), and am just now getting around to reviewing it. There is one thing that still sticks with me from this book that I think about nearly every day: There is nothing wrong with whatever you are doing or feeling while you are sober. That is to say, it's OK if I am spending my weekend sitting on the couch watching soccer, or if I decide to go out and eat junk food, or if I am lonely, or angry. I am not a failure or a loser if I think or act one way or the other in sobriety. I could be doing exciting, thrilling things as a drinker, but I know deep down that I would come back home feeling empty and hopeless. The only way I will learn how to successfully manage life will be as a sober person, and it doesn't matter how long it takes or how I do it. It's the only option I have, and I am OK with that.

This book was surely a good addition to my recovery library. During my early recovery, I am reading as much as I can. I need to learn all that I can about this challenging time of early recovery. No one ever told me in rehab that I was going to have all these....FEELINGS! Alcohol really and truly made me numb for quite some time. I did not realize this until I got sober and began to feel again. As the feelings flooded in, I began to think that I was crazy-sober or not. This book helped me to realize that everything I was/am going through is normal. It is all OKAY. Many, many other people who have gone before me have felt the same exact feelings. This book speaks to the reader as casually as a speaker at a meeting will speak. It is easy to "get"...easy to understand and I breathed a sigh of relief everytime I could identify myself in the pages. Thank God for all of the written materials dealing with the subject of recovery. I devour these books. I recommend that you do too. Good buy.

My first year of recovery has been a real roller coaster of emotions. This book has helped me make sense of them. It made me feel not so alone. I'd highly recommend it, to anyone in their first year of sobriety.

Being in first month of sobriety, this was a very helpful book. I was disappointed at first when I saw how long ago it was written (1992) and thought it might be outdated but of course it wasn't as what people went through to get sober 20 years ago is the same as today. I haven't attended any AA meetings as of yet and it does strongly recommend that but it isn't preachy. Goes over a lot of the early problems and encounters of sobriety - from love, family, job and yourself. Glad I bought it as I even underlined a few things that will be good to go back to. Would highly recommend and hope I will be reading Second Year Sobriety next year.

I am just starting a recovery program. This book, suggested by a friend, is eye opening. I can relate to it and it is a good starting point. It arrived earlier than expected. Packaged as expected.

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