



Getting Them Sober: Vol 4 : Separations and Healings

Toby Drews

Download now

Read Online ➔

[Click here](#) if your download doesn't start automatically

Getting Them Sober: Vol 4 : Separations and Healings

Toby Drews

Getting Them Sober: Vol 4 : Separations and Healings Toby Drews

If you're in the process of separating// getting a divorce ----- OR thinking about it ----- this book describes the usually-not-spoken-about HIDDEN issues that the non-alcoholic spouse is confronted with--- when going through this with an alcoholic.

Chapters titles include ----

- * Everybody blames the family
- * Don't try to make sense out of their nonsense
- * Knowing that it's hard to lose an alcoholic, helps us to calm down and keep us on the recovery path
- * The irregular behavior of the alcoholic keeps us attached
- * The alcoholic does not exist separately from the alcoholism
- * Excited misery keeps us attached to the alcoholic
- * Our need to caretake keeps us attached to the alcoholic
- * Facing our illusions ends their power to hurt us
- * Quick ways to detach
- * "I had to stop 'being so strong' so I could get the help I needed"
- * Remember the facts
- * It's YOUR decision whether or not to separate----- it's not your counselor's decision
- * Perfectionism
- * Courage to change the things we can
- * "I was able to decide to leave, even though he was sober and I was physically ill"
- * Share your story with discretion
- * What are examples of crazymaking that counselors should inherently know in order for us to trust their advice-giving?
- * "How counseling helped me decide"
- * "But he looks so good since we're separated. Maybe he's not an alcoholic?"
- * "But he's drinking less since we're separated. Can he be getting better?"
- * "I can't stop being angry with him!"
- * "When I see my alcoholic husband and he's nice to me, I get upset!"
- * "I can't forgive him"
- * "My denial, my compassion, and my guilt pulled me down into it with him, again"
- * "I've dropped the divorce proceedings six times, now"
- * "I feel guilty because I think I didn't do enough to make him want to be sober"
- * "I left a sober alcoholic"
- * "If I give up obsession, do I have to give up hope?"
- * "How can I help him after we're separated?"
- * What are the real problems about dating again?
- * Answering your legal questions about alcoholism, divorce, children, and court-ordered evaluations
- * Intervention

TOBY DREWS' OTHER BOOKS-----

"Getting Them Sober, volume one" ----- Hundreds of practical and effective suggestions for sobriety

and recovery. With over a million copies sold, largely by word-of-mouth----- this book is endorsed by Dr. Norman Vincent Peale, by 'dear Abby' (who said "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 the family of the still-drinking alcoholic."

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 Your Children Sober" (for parents of children ages 9 to 59 who have addiction problems)

"Sex & the Sober Alcoholic"

"Get Rid of Anxiety and Stress"

"Getting Them Sober Action Guide"

ABOUT THE AUTHOR ----

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

Her AOL-lauded website --- www.GettingThemSober.com ---- is chock-full of help for families of alcoholics and addicts.

Toby Drews can be contacted at tdrews3879@aol.com

 [Download Getting Them Sober: Vol 4 : Separations and Healings ...pdf](#)

 [Read Online Getting Them Sober: Vol 4 : Separations and Healings ...pdf](#)

Download and Read Free Online Getting Them Sober: Vol 4 : Separations and Healings Toby Drews

Download and Read Free Online Getting Them Sober: Vol 4 : Separations and Healings Toby Drews

From reader reviews:

Raymond Blalock:

The guide untitled Getting Them Sober: Vol 4 : Separations and Healings is the guide that recommended to you to study. You can see the quality of the e-book content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The article author was did a lot of study when write the book, and so the information that they share to your account is absolutely accurate. You also can get the e-book of Getting Them Sober: Vol 4 : Separations and Healings from the publisher to make you more enjoy free time.

Jose Scott:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Getting Them Sober: Vol 4 : Separations and Healings can be good book to read. May be it can be best activity to you.

Julio Rico:

A lot of people always spent all their free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a publication. The book Getting Them Sober: Vol 4 : Separations and Healings it is extremely good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book features high quality.

Alexander Ray:

Getting Them Sober: Vol 4 : Separations and Healings can be one of your beginning books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to put every word into delight arrangement in writing Getting Them Sober: Vol 4 : Separations and Healings however doesn't forget the main place, giving the reader the hottest as well as based confirm resource data that maybe you can be certainly one of it. This great information can certainly drawn you into completely new stage of crucial thinking.

**Download and Read Online Getting Them Sober: Vol 4 :
Separations and Healings Toby Drews #F09A7Y1D8XC**

Read Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews for online ebook

Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews books to read online.

Online Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews ebook PDF download

Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews Doc

Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews Mobipocket

Getting Them Sober: Vol 4 : Separations and Healings by Toby Drews EPub