



Sobering Up: How to Stop Drinking Without Following the Alcoholics Anonymous 12 Steps (AA Alternative for Drinkers includes info on The Sinclair Method)

Dan Holster

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AMAZON BESTSELLING BOOK!

More than 25 million Americans suffer from the disease of addiction. Yet instead of being told to call a doctor, alcoholics are told to call God. Despite all the advancements in modern medicine, why are we still primarily treating substance abuse with Alcoholics Anonymous, a program so outdated it was first introduced before Penicillin was even on the market?

For 4 years Dan Holster tried to follow the Alcoholics Anonymous path to the letter. He tried to work the 12 Steps and read The Big Book in hopes that Bill Wilson's program would lead him to sobriety and recovery. But instead it left him frustrated - frustrated by a program that he found to be overtly religious, simple-minded, and utterly impractical for anyone who wasn't a "true believer." Dan knew he had to stop drinking and sober up. But he also knew that prayer and the A.A. 12 Steps weren't going to be the thing to free him from his alcohol abuse.

So Dan decided to do something A.A. had long advised: Take what you need and leave the rest. By using only the parts of Alcoholics Anonymous that he found helpful and ignoring the others, Dan was able to craft his own path to sobriety.

Sobering Up is Dan's How to Guide to Stop Drinking without following the Alcoholics Anonymous program and 12 steps religiously. It provides practical options and alternatives to the 12 Steps.

There is hope and help out there -- even if you don't subscribe to every (or any) part of A.A.

UPDATE: This book has been revised to include information about The Sinclair Method.

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