

The Essential Guide to  
Eating and Cooking for a Healthy  
and Successful Recovery

# The Sober Kitchen

Recipes and Advice  
for a Lifetime of  
Sobriety

Liz Scott

Foreword by Robert L. DuPont, M.D.

President, Director, National Institute on Drug Abuse



# Sober Kitchen Recipes And Advice For A Lifetime Of Sobriety

**Robert R. Redfield**



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