



SOBER *for Good*

New Solutions for Drinking Problems—
Advice from Those Who Have Succeeded

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You can deal with any drinking problem, small or large •
You don't have to "hit bottom" • You don't have to call
yourself an alcoholic • You may not have to quit altogether . . .

Anne M. Fletcher
author of *Thin for Life*

FOREWORD BY FREDERICK B. GLASER, M.D.

Sober For Good New Solutions For Drinking Problems Advice From Those Who Have Succeeded

William R. Miller, Kathleen M. Carroll



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