



# First Year Sobriety: When All That Changes Is Everything

*Guy Kettelhack*

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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.

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Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled First Year Sobriety: When All That Changes Is Everything can be great book to read. May be it might be best activity to you.

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