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A Happier Hour



Synopsis

When Rebecca Weller's pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrified of what that might mean. How could she live a joyful existence, without alcohol? How would she relax, socialise, or celebrate - without wine? In sheer frustration, on a morning filled with regret and tears, she embarks on a 3-month sobriety experiment that becomes a quest for self-discovery, and ultimately, transforms her entire world. A heartfelt, moving, and inspiring story for anyone who has ever had to give up something they loved in order to get what they truly wanted. *A Happier Hour* is a memoir that moves beyond addiction, giving a behind-the-scenes look into what it takes to get (and stay) sober in a culture that celebrates alcohol.

Book Information

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Customer Reviews

Rebecca Weller is a Health & Life Coach, Author, and Speaker. Named one of Perth's leading Healthpreneurs by The Sunday Times Magazine, Rebecca has coached hundreds of women to get their sparkle back and create a life they love. Creator of SexySobriety.com and VeganSparkles.com, she provides one-on-one and group coaching programs, and speaks at live events. Rebecca's work has been featured by The Australian, The Huffington Post, MindBodyGreen, SBS Food, Good Health Magazine, and Elle

Quebec. Learn more at BexWeller.com.

I read this book in 2 days. It's eye opening, motivating, and REAL! If you've ever wondered if a break from alcohol would be a good thing for you, this book is a great starting place to explore the issue. No judgement, no preaching, simply one woman's story about willingness to get super honest about her behavior and brave enough to face her emotions champagne free. (Her program and insight is also what helped me break the 100 alcohol free mark!)

I absolutely loved this book! Bex has an honest, refreshing voice and it was wonderful to read her story. I've been sober for years and this reenergized me, made me think again about why I drank in the first place, and how wonderful it is to be sober. I would recommend this book to any woman struggling with drinking!

Excellent. Well thought out, well written, well communicated. I bought this for self for Christmas gift, and read it throughout day. A great resource, so personal, so raw. I commend Ms. Weller for her ability to bring such a "hush hush" topic to the forefront for women and men alike and to motivate them to not live a half-lived life. Brilliant.

Very well written, very real, and so inspiring. Inspiring enough for me to seek out an alcohol removed red wine (Edenvale). So after 10 years of being a daily drinker I now have gone to bed completely sober for two nights straight. Thank you so much xx

This quote from the book sums up everything for me "I sighed deeply. All this navel gazing was exhausting".

Bex is such a rock star! This book is an amazing story of finding oneself. Her story is so much my story and because of her, I too found sobriety and my life. She will inspire you to find your own.

Well written, inspiring, funny and smart. Makes the whole process seem more doable and creates a "why in the hell haven't I done this yet" feeling, in a very good way. Choose freedom and happiness. Making some changes for sure :)

A nicely written book. You feel the author's struggle. It's a wake up call for anyone who's ever

binged on anything (food, drugs, alcohol etc) and entered that vicious cycle and lamented the reasons why we keep doing this to ourselves?

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