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# Sober Curious The Blissful Sleep Greater Focus Limitless Presence And Deep Connection Awaiting Us All On The Other Side Of Alcohol By Ruwarrington Harperaudio

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**'the rise of the sober curious industry mel magazine**

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**'what does it mean to be sober curious verywell mind**

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**'sober curious choosing sobriety for focus presence and**

June 2nd, 2020 - *sobriety can be a conscious lifestyle choice available to everyone invested in their overall well being one that leads to greater joy clarity confidence and connection join ruby warrington author of sober curious the blissful sleep greater focus limitless presence and deep connection awaiting us all on the other side of alcohol for a series of interactive sessions in which you'*

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May 14th, 2020 - title sober curious the blissful sleep greater focus and deep connection awaiting us all on the other format paperback product dimensions 240 pages 8 x 5 31 x 0 54 in shipping dimensions 240 pages 8 x 5 31 x 0 54 in published february 4 2020 publisher harpercollins language english'

**'what to know about rising sober curious movement gma**

**May 25th, 2020 - a so called sober curious movement that s been gaining in popularity focuses on eliminating alcohol for health sleep and wellness reasons and its founder encourages people to participate by asking them to imagine what it s like to live hangover free ruby warrington author of the book sober curious the blissful sleep greater focus limitless presence and deep connection awaiting us"sober curious the blissful sleep greater focus**

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and more of us are finding harder to ignore whether we have a problem with alcohol or not after all we yoga we green juice'

*'sober curious taking a break from booze is trendy npr*

*June 1st, 2020 - instagram accounts like sober girl society and sober nation have tens of thousands of followers as does ruby warrington author of the book sober curious the blissful sleep greater focus'*

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**'nonalcoholic drinks are on the rise thanks in part vox**

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