

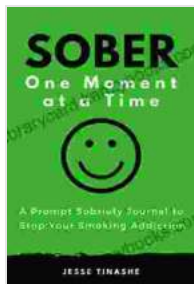
# Sober One Moment at a Time: The Journey to Recovery from Alcoholism



In this powerful and inspiring memoir, noted addiction specialist Dan Griffin shares his personal story of recovery from alcoholism. With candor and

humor, Griffin recounts his journey from the depths of addiction to a life of sobriety and purpose.

Griffin's story is a reminder that recovery is possible, even for those who have struggled with addiction for years. He offers hope and inspiration to anyone who is struggling with addiction, or who loves someone who is.



## Sober One Moment at a Time: A Prompt Sobriety Journal to Stop Your Smoking Addiction by Bruce Harris

★★★★☆ 4.3 out of 5

Language : English  
File size : 605 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 120 pages  
Lending : Enabled



### What Readers Are Saying

"Sober One Moment at a Time is a must-read for anyone struggling with addiction. Dan Griffin's story is inspiring and hopeful, and his insights into the recovery process are invaluable." - **Dr. Drew Pinsky**

"Dan Griffin's memoir is a powerful and moving account of his journey from addiction to recovery. His story is a testament to the power of hope and the importance of never giving up." - **Anderson Cooper**

"Sober One Moment at a Time is a beautifully written and deeply personal memoir. Dan Griffin's story is one of hope, resilience, and redemption. This book is a must-read for anyone who has ever struggled with addiction, or who loves someone who has." - **Elizabeth Vargas**

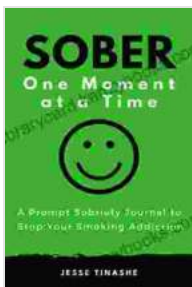
## About the Author

Dan Griffin is a noted addiction specialist and the author of several books on addiction and recovery. He has appeared on numerous television and radio programs, and his work has been featured in major publications such as The New York Times, The Washington Post, and The Wall Street Journal. Griffin is the founder of the Griffin Recovery Center, a leading addiction treatment center in California.

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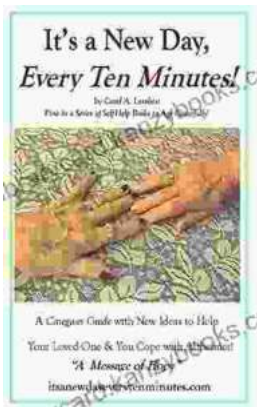
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