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stories that were not helpful.

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Having previously read The Unexpected Joy of being sober, and bought many copies for my boozy friends, I was excited to await the delivery of Catherine's new book. The Unexpected Joy of Being Sober saw me through six months alcohol-free last year and was the one book on giving up alcohol that I kept referring to again and again like a good friend.

~~The Unexpected Joy of Being Single: Gray, Catherine ...~~

Catherine Gray is an award-winning writer and editor who has

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been featured in the Guardian, Stylist, the Telegraph, Grazia, The Lancet Psychiatrist, Mr & Mrs Smith, BBC Earth, Women's Health, Stella, T2, Private Eye, Woman's Hour and BBC Breakfast.. Catherine's hit debut, The Unexpected Joy of Being Sober, was a Sunday Times top 10 bestseller. Since then she has published The Unexpected Joy of ...

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The highly anticipated follow-up to The Sunday Times bestseller The Unexpected Joy of Being Sober. Having a secret single freak-out? Feeling the red, heart-shaped urgency intensify as the years roll on by? Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single.

~~The Unexpected Joy of Being Single by Catherine Gray ...~~

Catherine's hit debut, The Unexpected Joy of Being Sober, was a Sunday Times top 10 bestseller. Since then she has published The Unexpected Joy of Being Sober Journal and the critically acclaimed Unexpected Joy of Being Single and The Unexpected Joy of The Ordinary.

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friend. When I picked up the wine glass again, it was because of confusion and sadness about my relationships. I quickly slipped back into drinking too much again.

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