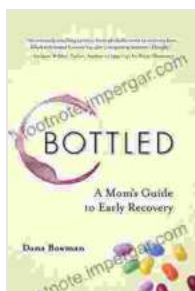


The Bottled Mom Guide to Early Recovery: Your Essential Guide to the First Year of Sobriety

If you're a mom who's struggling with addiction, you're not alone. Millions of women struggle with substance use disorders, and many of them are mothers. It can be difficult to ask for help, but it's important to remember that you're not alone. There are resources available to help you get sober and rebuild your life.



Bottled: A Mom's Guide to Early Recovery by Dana Bowman

★★★★☆ 4.5 out of 5

Language : English
File size : 1023 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 252 pages



The Bottled Mom Guide to Early Recovery is your essential guide to the first year of sobriety. This book will help you navigate the challenges of early recovery and provide you with the tools you need to build a strong foundation for your new life.

In this book, you'll learn about:

- The different stages of early recovery

- The challenges you're likely to face
- The tools you need to overcome those challenges
- How to build a support system
- How to take care of yourself

The Bottled Mom Guide to Early Recovery is written by a mom who's been there. She knows the challenges you're facing, and she's here to help you succeed.

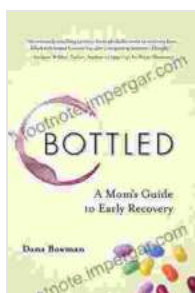
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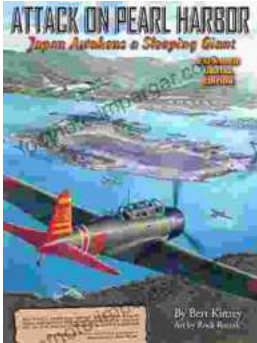


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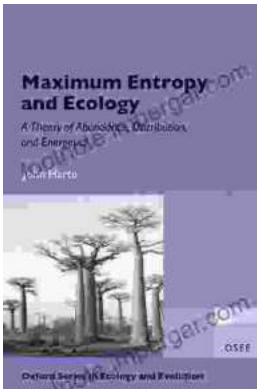
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