

SOBER ON THE WAY TO SANE

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So how do you stay sober during the holidays? A number of tips can help. While these tips are geared toward protecting your recovery in the.

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way to live. Stay committed to recovery one day at a time. 2 Ask for help when you need it. Call TLAP at: and use Lawyers Concerned for. Lawyers.

Related books: [Celebrating Chinua Achebe - Essays on His Life, Legacy and Works](#), [Karaoke Favorites Songbook](#), [Mercy](#), [What is Enlightenment? Theories about Knowing Yourself Beneath Your Societal Identity](#), [God and the Unseen Realm From Plato, Isaac Newton, Jean-Jacques Rousseau and Immanuel Kant](#), [Greatest Competition Bulls in the World Top 100](#).

Family time can be wonderful, but an excessive amount of it might drive you a little mad depending on your relationships with your siblings, uncles, cousins, parents, grandparents, and in-laws. Invite a sober friend or two to join you for Thanksgiving get-togethers. Becky R.

You may even want to spark up a conversation with someone, call someone on the

If you love this season, more power to you - go forth and spread some of that joy! Show related SlideShares at end.

Business is an alluring temptation that can often leave us depleted and unsatisfied.

Make it part of your plan to react with tact. When I was in early recovery, I spent a lot of time trying to explain to my sponsor that I couldn't be restored to sanity if I'd never had it.