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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. When I picked up the wine glass again, it was because of confusion and sadness about my relationships.

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1.0 out of 5 stars Still wondering what the unexpected joy of being single is... Reviewed in the United States on July 25, 2019. Verified Purchase. This book was more about the mistakes the writer has made

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and that the joy of being single is...i guess not dating. Poorly written and long and drawn at 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 been featured in the Guardian, Stylist, the Telegraph, Grazia, The Lancet

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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 Unexpected Joy of Being Sober saw me through six months

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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?

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Oh hi! You're in the right place. Over half of Brits aged 25-44 are now single.

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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 *The Unexpected Joy of Being Single* and *The Unexpected Joy of The Ordinary*.

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

The Unexpected Joy of Being Single. ISBN-13: 9781912023813.
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Description: 272 pages ; 20 cm: Contents: The making of a love addict

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