

WHAT IF YOU NEVER SUFFERED A HANGOVER EVER AGAIN?



WHAT IF EVERY MORNING YOUR COFFEE TASTED LIKE HEAVEN, NOT SICKNESS?
AND YOU REMEMBERED KISSING YOUR KIDS GOODNIGHT THE NIGHT BEFORE?
AND YOU SMILED A LOT MORE AND WERE ANXIOUS A LOT LESS?
AND YOU WENT TO BED WHEN YOU WERE ACTUALLY, NATURALLY TIRED AND SLEPT PEACEFULLY THROUGH THE NIGHT?

This is what getting sober, at its core, is all about: you, developing your own personal peace of mind, heart, and spirit. It's about building into your life the dedicated time, effort, and energy required to make space for the feelings of confusion and fear around drinking to be brought to light and cared for, instead of shamed or hidden.

terribly lonely place for a long time. I know what it takes to get and stay sober because I am also in long-term recovery. And I wouldn't trade my sobriety for the world. I know you have what it takes, too.

If drinking is harming you in any way, you can stop. When you are ready to put in the deeply transformational work of recovery, I would be honored to support you as you build a sober life that celebrates the best of who you are. One that nurtures and grows all the peace and happiness you deserve.

If you are drinking more than you would like to be but don't know how to stop, *it's not your fault*. Alcohol is a toxic, psychoactive, and **dependence-producing substance**. According to the 2021 National Survey on Drug Use and Health, 12.4 million women ages 18 and older suffer from Alcohol Use Disorder (AUD).

Heartbreakingly, many women suffer through the pain of drinking alone, unsure, and scared, without knowing where to turn or how to even begin to face what can be an overwhelmingly frustrating and difficult problem to try to solve alone. Oftentimes, we fall into a category of drinking known as "gray area drinking." Gray area drinkers are not (yet) clinically dependent on alcohol but rely heavily and regularly on alcohol in attempts to self-soothe and/or self-medicate.

I know firsthand because I struggled with my drinking this way for 20+ years before I quit. I share this because, if you are reading this and it resonates (even if part of you wishes it didn't), I want you to know that I get it. I was in that

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