



100 Resources

For Your First 100 Days

Podcasts

- ❖ A Sober Girls's Guide Podcast
- ❖ Addiction Unlimited
- ❖ Busy Getting Sober Podcast
- ❖ Courage to Change
- ❖ Dopey
- ❖ Hello Someday
- ❖ Keepin it Friel
- ❖ Life In Recovery
- ❖ Love Sober
- ❖ Positive Recovery MD
- ❖ Recovery Elevator
- ❖ Recovery Happy Hour
- ❖ Rehab Confidential
- ❖ Seltzer Squad
- ❖ She Recovers
- ❖ Sober Curious
- ❖ Sober Speak
- ❖ Soberful
- ❖ That Sober Guy
- ❖ The Addicted Mind
- ❖ The Bubble Hour
- ❖ The Funky Brain Podcast
- ❖ The One Day At A Time Podcast
- ❖ The Recovery Diaries
- ❖ The Way Out
- ❖ This Naked Mind

Books

- ❖ [A Course In Miracles](#)
- ❖ [A New Earth: Awakening Your Life's Purpose](#) - Eckart Tolle
- ❖ [A New Pair of Glasses](#) - Chuck Chamberlan
- ❖ [Save Your Own Damn Life: A Do It Yourself Self Help Book](#)
- ❖ [Addicted to the Monkey Mind: Change the Programming That Sabotages Your Life](#)
- ❖ [Aiming High: How a Prominent Sports and Celebrity Agent Hit Bottom at the Top](#), by Darren Prince
- ❖ [Alcoholics Anonymous](#)
- ❖ [Breaking The Habit of Being Yourself](#), Dr. Joe Dispenza
- ❖ [Cold Turkey: How to Quit Drinking by Not Drinking](#), by Mishka Shubaly
- ❖ [Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#), Brene Brown
- ❖ [Drinking: A Love Story](#), by Caroline Knapp
- ❖ [Erica Barnett, Author of Quitter: A Memoir of Drinking, Relapse, and Recovery and How She Got Her Last Day One](#)
- ❖ [Gifts of Imperfection](#), Brene Brown
- ❖ [Girl Walks Out of a Bar: A Memoir](#), Lisa Smith
- ❖ [If Not You, Then Who? Harness Your Strengths To Shift From Addiction To Abundance](#), by Jesse Harless
- ❖ [In The Realm of Hungry Ghosts](#), Dr Gabor Mate
- ❖ [Last Call: A Memoir](#), Nancy Carr
- ❖ [Love Yourself Sober: A Self Care Guide to Alcohol-Free Living](#)
- ❖ [Sober Curious: The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol](#)
- ❖ [My Fair Junkie, A Memoir of Getting Dirty and Staying Clean](#) by Amy Dresner
- ❖ [Power of Now](#) - Eckhart Tolle
- ❖ [Quit Like a Woman: The Radical Choice to Not Drink in a Culture Obsessed with Alcohol](#), Holly Whitaker

Books

- ❖ [Radical Self-Acceptance](#), Tara Brach
- ❖ [Recovery, Freedom From Our Addictions](#) by Russel Brand
- ❖ [Return to Love](#) - Marianne Williamson
- ❖ [Seat of the Soul](#) - Gary Zukav
- ❖ [Stroke of Sobriety: The essential daily guide to embracing the suck of sobriety in your first year](#)
- ❖ [Secret Life of a Hollywood Sex & Love Addict: A Seductively Wild Ride to Self-Love](#), by Brianne Davis
- ❖ [Super Attractor: Methods for Manifesting a Life Beyond Your Wildest Dreams](#)
- ❖ [The Irreverent Grief Guide: How to F*cking Survive Months 1-3](#)
- ❖ [The Miracle Morning for Addiction Recovery: Letting Go of Who You've Been for Who You Can Become](#) Hal Elrod, Joe Polish, Anna David
- ❖ [The Road Less Traveled: A New Psychology of Love, Values, and Spiritual Growth, 25th Anniversary Edition](#)
- ❖ [The Sober Diaries: How One Woman Stopped Drinking and Started Living](#) by Claire Pooley
- ❖ [The Sober Lush: A Hedonist's Guide to Living a Decadent, Adventurous, Soulful Life - Alcohol Free](#)
- ❖ [The Unexpected Joy of Being Sober, Discovering a Happy, Healthy, Wealthy Alcohol-Free Life](#), by Catherine Gray
- ❖ [This Naked Mind, Control Alcohol, Find Freedom, Discover Happiness and Change Your Life](#) by Annie Grace
- ❖ [Trancending Trauma](#), Beverly Sartain
- ❖ [Untamed](#), Glennon Doyle
- ❖ [We Are the Luckiest: The Surprising Magic of a Sober Life](#), Laura McKowen
- ❖ [You Are Not Alone: How to get your life back when there is a drug or alcohol problem](#)

FB Recovery Groups Resources

- ❖ [Sober Evolution](#)
- ❖ [12 steps The Solution AA \(Alcoholics Anonymous\)](#)
- ❖ [Fear is a Liar](#)
- ❖ [Transitions Daily](#)
- ❖ [The One Day At A Time Podcast](#)
- ❖ [RECOVERY IS POSSIBLE. \(it works if you work it\)](#)
- ❖ [Sober is Gangster](#)
- ❖ [The Recovery Movement](#)
- ❖ [Twelve Step Fellowship](#)
- ❖ [Clean and sober that's what's up](#)
- ❖ [Sober Nation Addiction Support](#)
- ❖ [AA](#)
- ❖ [Chicago Hope Dealers](#)
- ❖ [SoberJourney](#)
- ❖ [Women in Recovery](#)
- ❖ [Recovery is the new black](#)
- ❖ [The Designated Driver ~ Addiction Recovery Radio](#)
- ❖ [Sober Pay It Forward](#)
- ❖ [Sober And Serious](#)
- ❖ [Sobriety and beyond / Recovery Quotes](#)
- ❖ [Recovery 2.0 Global community](#)
- ❖ [Sober Squad](#)
- ❖ [Parenting Sober](#)
- ❖ [Sober Friends](#)
- ❖ [Addiction SUCKS Stigma KILLS Break The Silence](#)
- ❖ [ROCKSTAR RECOVERY](#)
- ❖ [Sober Is The New High](#)
- ❖ [Sobriety 101](#)
- ❖ [Sisters in Sobriety](#)