



Glass Half Full: A Positive Journey to Living Alcohol-Free (- Addiction Recovery series Book 3)

Lucy Rocca

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Glass Half Full by Lucy Rocca, best-selling author of The Sober Revolution.

In April 2011, Lucy Rocca woke up in a hospital bed with no memory of how she had ended up there. After accepting that her drinking had spiralled out of control, she made the decision there and then to never touch alcohol again. However, the early days were a challenge, and Lucy began recording her journey in a blog as a way of helping herself move forward to a happy and sober future.

For someone who defined herself by her love of drinking for over twenty years, letting go of the booze crutch was initially a challenge, but over time, Lucy began to realise how much happier she was living alcohol-free. Glass Half Full is the story of her journey from hopelessly devoted wine fiend to sober and truly happy for the first time in her adult life.

As the founder of Soberistas.com, Lucy's blog also provides motivational and inspirational support for those seeking an alcohol-free life.

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