



## The Thinking Person's Guide to Sobriety

*Bert Pluymen*

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Answering yes to these questions sparked Pluymen's realization that life could be so much more fulfilling if he was sober. This book is Bert Pluymen's story of struggle and triumph over alcohol addiction. It also contains insightful, witty, uplifting, and wryly humorous stories of the many people Pluymen met who were also searching for sobriety. This is an informative book that will shed new light on how alcohol abuse can ruin people's lives--even if they thought it could never happen to them.



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