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as a way of coping. The Sober Revolution looks at women and their relationships with alcohol, exploring the myths behind this socially acceptable yet often destructive habit. Rather than continuing the sad spiral into addiction it helps women regain control of their drinking and live happier, healthier lives. Sarah Turner,

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Lucy Rocca, 38, lives in Sheffield, South Yorkshire, with her partner and two daughters. She is the co-author of The Sober Revolution; Women Calling Time on Wine O ' clock and Your 6 Week Plan. Her...

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