



**"I wish there had been a book like
this when I was getting sober."**

—CHRISTOPHER KENNEDY LAWFORD

GETTING SOBER

**A PRACTICAL GUIDE TO
MAKING IT THROUGH
THE FIRST 30 DAYS**

KELLY MADIGAN ERLANDSON, LADC

Getting Sober A Practical Guide To Making It Through The First 30 Days

AN Whitehead



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