

## When Jack Was King: The Alcoholics Handbook

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Writing this book was extremely emotional for me. I wrote this book between my 14th and 15th year of sobriety to help me through a very difficult time in my life. I never wanted to go this deep into how I used to be and remember all the confusion and hardship that I went through that got me to where I am today. I wrote this at a time when I desperately needed to remember how I think and why I will never drink again. I'm not an author, I never wanted to be and I wouldn't be able to write anything like this again.

The initial intention of this book was to help myself by having a thought journal of some kind so I could keep it in my pocket and keep my thinking straight. I ended up publishing it thinking maybe somebody can start thinking about the realities of their own sobriety with a little more understanding than I had 15 years ago.

In no way is anything written here meant to be considered an easy guide to sobriety or some great work of literature. This is just my experience and how I got closer to where I wanted to be. I wrote down a lot of various short thoughts and tried to keep them in organized sections so you don't have to have the attention span of a librarian when you read this. Take it for what it's worth but I'm sure you will find new thoughts or new hope in at least one statement or paragraph. We will find emotional strength and control and we will learn how to live in our hard core sobriety and thrive.

This book is helpful for family or friends who struggle to understand the alcoholic mind or have no vision of how your loved one will ever live without a bottle in their hand.

This book is only 99 cents because I can't publish it on Amazon for free. Amazon takes 65% of the 99 cents so please believe me when I say nothing here is about making money or trying to become an accomplished author with multiple five star reviews about how great I am. I don't care. This is for you.

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