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by Rebecca Weller : **A Happier Hour**

ISBN : #0994602308 | Date : 2016-08-02

Description :

PDF-fa383 | When Rebecca Weller's pounding, dehydrated head woke her at 3am, yet again, she stared at the ceiling, wondering why the hell she kept doing this to herself. At 39 years of age - and a Health Coach, no less - she knew better than to down several bottles of wine per week. Her increasingly dysfunctional relationship with alcohol had to stop, but after decades of social drinking, she was terrifie... *A Happier Hour*

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