



Sober-Curious Resource List

Dry January is coming to an end, but your sober curiosity doesn't have to be.

Check out our list of top books, apps, and podcasts that will motivate and enhance your alcohol-free experience through the rest of this year and beyond!

Books



Sober Curious by Ruby Warrington: A groundbreaking book that coined the term "sober curious." Warrington explores how reducing alcohol can lead to a more meaningful life.

Quit Like a Woman by Holly Whitaker: A thought-provoking book about breaking free from alcohol culture, especially addressing its impact on women.

This Naked Mind by Annie Grace: A guide that uses psychology and neuroscience to help readers reconsider their relationship with alcohol.

The Unexpected Joy of Being Sober by Catherine Gray: A memoir offering a candid, humorous take on the benefits of sobriety.

We Are the Luckiest by Laura McKowen: A deeply personal story of recovery and the joys of living alcohol-free.

Going Dry: A Workbook by Hilary Sheinbaum: Dry lifestyle expert Hilary Sheinbaum has your back with this handy workbook of prompts and exercises to help you drink less and live more.

Apps



Reframe: A neuroscience-based app to help you cut back or quit drinking with daily goals and mindfulness exercises.

I Am Sober: Tracks your sobriety milestones and connects you with a supportive community.

Sober Grid: A social networking app for sober people, offering peer support and accountability.

Daybreak: A community-driven app offering resources and forums for those exploring sobriety.

Podcasts



The Dr. Suzette Glasner Podcast: Discusses the latest advances in addiction science, trends in alcohol and other substance use, misuse, and addiction across the lifespan, and how to use the science underlying addictive behaviors and the effects of substance use on the brain to shape our health behaviors and everyday lives.

Sober Powered: Created and hosted by Gill Tietz, a biochemist who got sober in 2019 after noticing that alcohol was taking a toll on her mental health.

The Way Out: Weekly podcast for listeners interested in discussions on self-care, taking it one day at a time, and general tips for staying strong in recovery.

The Bubble Hour: Hosted by author Jean McCarthy, this podcast offers hundreds of episodes with stories from those in sobriety and the lessons they've learned along the way.

Sober Awkward: Each episode tackles big ticket topics like navigating the awkward moments in sobriety, like sober dating and dealing with the holidays.