

"Quit-Lit"

Title	Author	Released	Kindle Unlimited	Audible Plus	Link to Buy
Addicted to the Monkey Mind: Change the Programming that Sabotages You	JF Benoist	August 29, 2018	No	No	Amazon
Alcohol Explained	William Porter	December 12, 2017	No	Yes	Amazon
Alcohol Explained 2	William Porter	May 4, 2020	No	No	Amazon
Alcohol Lied to Me	Craig Beck	January 16, 2014	Yes	No	Amazon
Alcoholics Anonymous: The Big Book	Bill W.	March 20, 1939	No	No	Amazon
Atomic Habits	James Clear	October 16, 2018	No	No	Amazon
Beautiful Boy: A Father's Journey Through His Son's Addiction	David Sheff	January 6, 2009	Yes	No	Amazon
Between Breaths: A Memoir of Panic and Addiction	Elizabeth Vargas	September 13, 2016	No	Yes	Amazon
Beyond Addiction: How Science and Kindness Help People Change	Jeffrey Foote	August 6, 2014	No	No	Amazon
Blackout: Remembering the Things I Drank to Forget	Sarah Hepola	June 23, 2015	No	No	Amazon
Cold Turkey: How to Quit Drinking by Not Drinking	Mishka Shublay	April 30, 2020	No	Yes	Amazon
Dopamine Nation	Anna Lembke	January 3, 2023	No	No	Amazon
Drink: The Intimate Relationship Between Women and Alcohol	Ann Dowsett Johnston	October 1, 2013	No	No	Amazon
Drink? The New Science of Alcohol and Your Health	David J. Nutt	December 22, 2020	No	No	Amazon
Drinking Games	Sarah Levy	January 3, 2023	No	No	Amazon
Drinking: A Love Story	Caroline Knapp	October 19, 2012	No	Yes	Amazon
Drunk Mom	Jowita Bydlowska	November 5, 2014	No	Yes	Amazon
Dry: A Memoir	Augusten Burroughs	June 20, 2003	No	No	Amazon
Easy Way to Control Alcohol	Allen Carr	September 30, 2013	No	No	Amazon
Empowering Your Sober Self: The Lifelong Approach to Addiction	Martin Nicholas	January 6, 2015	No	No	Amazon
Friends, Lovers, and the Big Terrible Thing	Matthew Perry	November 1, 2022	No	No	Amazon
Girl Walks Out of a Bar	Lisa F. Smith	December 13, 2016	No	Yes	Amazon
Glorious Rock Bottom	Bryony Gordon	August 8, 2020	No	No	Amazon
Happy Ending	David Rat	October 10, 2012	No	No	Amazon
In the Realm of Hungry Ghosts: Close Encounters with Addiction	Gabor Mate M.D.	July 24, 2018	No	No	Amazon
Lit	Mary Karr	January 26, 2010	No	No	Amazon
Mommy Doesn't Drink Here Anymore	Rachael Brownell	August 1, 2009	No	No	Amazon
Mrs. D is Going Without	Lotta Dann	October 1, 2014	No	Yes	Amazon
My Fair Junkie: A Memoir of Getting Dirty and Staying Clean	Amy Dresner	September 12, 2017	No	No	Amazon
Ninety Days: A Memoir of Recovery	Bill Clegg	April 10, 2012	No	No	Amazon
Not Drinking Tonight	Amanda E White	January 4, 2022	No	No	Amazon
Nothing Good Can Come From This	Kristi Coulter	August 7, 2018	No	No	Amazon
Only the Devil Tells the Truth	Jake Parent	November 10, 2014	Yes	No	Amazon
Push Off From Here	Laura McKowen	March 7, 2023	No	No	Amazon
Quit Like A Woman	Holly Whitaker	December 31, 2019	No	No	Amazon
Quitter: A Memoir of Drinking, Relapse, and Recovery	Erica C. Barnett	July 7, 2020	No	No	Amazon
Recovery: Freedom from Our Addictions	Russell Brand	October 3, 2017	No	No	Amazon
Smashed: Story of a Drunken Girlhood	Koren Zailckas	May 19, 2005	No	No	Amazon
Sober Curious	Ruby Warrington	December 31, 2018	No	No	Amazon
Sober on a Drunk Planet: 3 Sober Steps	Sean Alexander	November 26, 2022	No	No	Amazon
Sober on a Drunk Planet: Giving Up Alcohol	Sean Alexander	April 9, 2022	Yes	Yes	Amazon
Sober Stick Figure: A Memoir	Amber Tozer	July 26, 2016	No	No	Amazon
Soul Recovery	Ester Nicholson	February 10, 2015	Yes	No	Amazon
Sunshine Warm Sober: Unexpected Sober Joy That Lasts	Catherine Gray	June 10, 2021	No	No	Amazon
Teenage Degenerate	S.C. Sterling	January 1, 2016	Yes	No	Amazon
The Addiction Manifesto	Jerry Weaver	April 7, 2018	No	No	Amazon
The Alcohol Experiment	Annie Grace	December 31, 2018	No	No	Amazon
The Benefits of Sobriety	Justin Delarosa	February 19, 2023	Yes	No	Amazon
The Biology of Desire: Why Addiction is Not a Disease	Marc Lewis	July 14, 2015	No	No	Amazon
The Craving Brain: Science, Spirituality, and the Road to Recovery	W. Anderson Spickard Jr.	November 21, 2000	No	No	Amazon
The Easy Way to Stop Drinking	Allen Carr	December 1, 2017	No	No	Amazon
The Forever Fight: On Drugs, Alcohol, and the Cycle of Addiction	K.J. Gordon	July 21, 2016	Yes	No	Amazon
The Happy Addict: How to be Happy in Recovery from Alcoholism and Drug Abuse	Beth Burgess	March 19, 2014	No	No	Amazon
The Joey Song: A Mother's Story of Her Son's Addiction	Sandra Swenson	May 11, 2017	No	No	Amazon
The Recovering	Leslie Jamison	April 3, 2018	No	No	Amazon
The Sober Christian	Amber Leone Murphy	May 3, 2023	No	No	Amazon
The Sober Diaries	Clare Pooley	December 28, 2017	No	No	Amazon
The Sober Lush	Amanda Eyre Ward	June 2, 2020	No	No	Amazon
The Sober Revolution	Sarah Turner	August 29, 2013	No	No	Amazon
The Unexpected Joy of Being Sober	Catherine Gray	December 18, 2018	No	No	Amazon
The Urge: Our History of Addiction	Carl Erik Fisher	January 25, 2022	No	No	Amazon
The Weight of Air: A Story of the Lies about Addiction and the Truth About Recovery	David Posey	July 6, 2021	Yes	No	Amazon
This Naked Mind	Annie Grace	January 2, 2018	No	No	Amazon
Untamed	Glennon Doyle	March 10, 2020	No	No	Amazon
Unwasted: My Lush Sobriety	Sacha Zimmerman Scott	June 26, 2018	No	Yes	Amazon
We All Fall Down: Living With Addiction	Nic Sheff	April 13, 2012	No	No	Amazon
We Are The Luckiest	Laura McKowen	January 25, 2022	No	No	Amazon
Why Don't They JUST QUIT?	Joe Herzanek	Jan 28, 2016	No	No	Amazon
Writers on the Edge: 22 Writers Speak about Addiction and Dependency	Diana Raab	January 13, 2012	No	No	Amazon
Beyond Belief: Agnostic Musings for 12 Step Life	Joe C	January 21, 2013	No	No	Amazon