



## **Your Six Week Plan: Join The Sober Revolution and Call Time on Wine o'clock**

*Lucy Rocca, Sarah Turner*

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If you have decided to quit drinking, 'Your 6 Week Plan' is for you. A diary specifically created for those at the beginning of their sober journey, 'Your 6 Week Plan' provides the opportunity to write your very own personalised plan for alcohol-free living.

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