



# First Year Sobriety: When All That Changes Is Everything

*Guy Kettelhack*

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## **First Year Sobriety: When All That Changes Is Everything** Guy Kettelhack

The first in a series of three recovery guides for the first three years of sobriety, *First-Year Sobriety* uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences, all are united in the process of giving life without alcohol or other drugs a chance.

These are people who are alternately amazed, appalled, delighted, depressed, illuminated, disturbed, or simply thrown by their first days, weeks, and months of sobriety. Kettelhack explores the challenges all seem to face: learning to break through loneliness, isolation, and fear; finding ways to deal with anger, depression, and resentment; and learning how to deal with a new and sometimes overwhelming happiness.

Guy Kettelhack has written seven books on recovery. He is completing a Master's degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City.

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