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Within Lotta outlines the

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woman.

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Going Within

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moderated by our

Community Manager

Mrs D and a team of

member volunteers, but

is not monitored 24

hours a day. Learn more

about how user content

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unique ethos by reading

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A Frantic Sugar

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Mrs D is Going Without.

I used to be a boozy
housewife. Now I'm not.

This is my book. Lotta
Dann. AUD \$29.99.

Quantity: Download
cover. An honest,
upfront, engaging
account of a suburban
housewife's journey

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from miserable wine-soaked boozer to self-respecting sober lady.

Lotta Dann was in trouble - her fun drinking habit had

slowly morphed into ...

Housewife Found

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Mrs D (Lotta Dann) (@mrs_d_alcoholfree) • Instagram photos ...

In Mrs D Is Going Within Lotta outlines the practices she developed

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and strategies she
worked on to start

establishing herself as

an emotionally robust

woman.

Mrs D is Going Within -

Kindle edition by Lotta

Dann ...

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practices she developed

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wrote a memoir about
my transformation from
boozy housewife into
self-respecting sober
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Lotta Dann:

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Despite outward appearances, three years after getting sober Lotta is struggling.

She's often on edge,

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battles to cope with the busyness and constant upheavals of life, and is eating sugar like crazy to deal with tough emotions.

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Mrs D is Going Without Her Zen - Lotta Dann -

9781877505393 ...

Despite outward appearances three years after getting sober Lotta is struggling to deal

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with life in the raw. It's becoming abundantly clear what people mean when they say putting down the drink is just the beginning. Truth is Lotta's lifelong heavy-drinking habit has left her as a fledgling emotiona...

Mrs D is going within
(eBook, 2017)

[WorldCat.org]

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Within Lotta outlines the
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Without Lotta Dann —
2017-01-01 Biography
& Autobiography

Mrs D's Blog Archives —

Living Sober

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The latest Tweets from

Mrs D

(@MrsDalcoholfree). I

am sober. I write books

and blogs, promote

recovery & run the

community website

'Living Sober'. New

memoir 'Mrs D Is Going

Within' available now.

New Zealand

Mrs D is Going Within

by Lotta Dann -

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Goodreads

I'm not visiting here so much any more but I do write blog posts regularly at

www.livingsober.org.nz.

Our incredible recovery community is going from strength to

strength and soon we are relaunching with a whole new look! I also

post regularly on

Facebook and

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Addicted
Instagram. And also on
Twitter. Hopefully see
you there! Love, Mrs D
XXX

Recovering

Mrs D
Alcoholic
Housewife Found
Her Zen
(@MrsDalcoholfree) |
Twitter

2,950 Followers, 720
Following, 834 Posts -
See Instagram photos
and videos from Mrs D
(Lotta Dann)
(@mrs_d_alcoholfree)

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mrs_d_alcoholfree
Follow. 834 posts;

2,950 followers; 720

following; Mrs D (Lotta

Dann) Former boozer

now sober. Author (Mrs

D Is Going

Without/Within) New

book 'Wine O'Clock Is

A Crock' out 2020.

Mrs D Is Going Within

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[Lotta Dann] on
Amazon.com. *FREE*

shipping on qualifying

offers. Despite outward

appearances, three

years after getting sober

Lotta is struggling.

She's often on edge

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Recovering

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Alcoholic
Lotta Dann Book | In-
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Stock - Buy ...
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Mrs D Is Going Within I
am happy to report that
my year of exercise is
starting off well! I am
back at the gym 2-3
times a week and

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although I wouldn't call myself a super gym-bunny I am there and I am doing it, and it is having a big impact on my mental health (and hopefully soon my body!).

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within" – a journey

from alcoholism to

mindfulness. As with her

booze struggle, this is a

journey through

mindfulness that

appears to take place in

the passenger seat of a

nice car, windows up to

avoid any taint.

Mrs D is Going

Without: I used to be a

boozy housewife ...

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In Mrs D Is Going Within Lotta outlines the practices she developed and strategies she worked on to start establishing herself as an emotionally robust woman. Release date NZ May 24th, 2017

Lotta Dann: Mrs D Is

Going Within -

offthetracks.co.nz

Challenging, raw,

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heartfelt and honest.

'Mrs D is going without'

is an accessible book for

anyone wondering if

they too might have a bit

of a problem (or in

order to support a

partner going through

the same thing).

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