



*May feature —*

## *Getting Sober*

*A Practical Guide to Making It  
Through the First 30 Days*

*By Kelly Madigan Erlandson*

**"Honest, direct, comprehensive, and practical."** —Bestselling author Mary Pipher

**"Kelly Madigan Erlandson's book will help many who are beginning their trudge on the road to happy destiny."** —Christopher Kennedy Lawford, author of *Symptoms of Withdrawal: A Memoir of Snapshots and Redemption*

Hailed as "a thoughtful and comprehensive guide to those early, crucial days of sobriety," this groundbreaking book is different from anything else on the market. As an alcohol and drug counselor for more than 20 years who has helped thousands into recovery, the author does not focus on trying to diagnose the problem; instead, she compassionately guides the reader through the first 30 days of sobriety—the most crucial part of recovery.

Kelly Madigan Erlandson has worked since 1985 at the Independence Center, a comprehensive, hospital-based treatment center. She is also an accomplished poet and essayist whose work has appeared in literary magazines and anthologies such as *Best New Poets 2007* and *Prairie Schooner*, and many others. She has been awarded the Nebraska Arts Council's Distinguished Artist Award in nonfiction.

**Available from the Christ Unity Bookstore — "lower level" in the Unity Café.**