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*Mrs D is Going Within: How a Frantic,
Sugar-Bingeing ...*

Mrs D is Going Within. by. Lotta Dann

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(Goodreads Author) 4.08 · Rating details · 133 ratings · 13 reviews.

Despite outward appearances, three years after getting sober Lotta is struggling. She's often on edge, battles to cope with the busyness and constant upheavals of life, and is eating sugar like crazy to deal with tough emotions.

Mrs D is Going Within by Lotta Dann - Goodreads

She wrote her way sober with the help of an anonymous blog called 'Mrs. D Is Going Without', which started out small but slowly turned into something incredibly popular and powerful. Her bestselling memoir Mrs. D Is Going Without was published 3 years after she stopped drinking. Since its release Lotta has spent her days parenting and running a busy household,

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promoting recovery through her blogs and social media accounts, and managing the Living Sober website.

Mrs D is Going Within: How a Frantic, Sugar-Bingeing ...

Mrs D is Going Within How a Frantic, Sugar-Bingeing, Internet-Loving, Recovering-Alcoholic Housewife Found Her Zen by Lotta Dann and Publisher Allen & Unwin (atlantic).

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In Mrs D Is Going Within Lotta outlines the practices she developed and strategies she worked on to start

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establishing herself as an emotionally robust woman. GENRE Biographies & Memoirs

?Mrs D is Going Within on Apple Zen Books

After “going without” now Mrs. D is “going 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.

Lotta Dann: Mrs D Is Going Within

I loved Mrs D is Going Without. This follow-up is much less based on her recovery from alcohol specifically, in fact she hardly mentions it. Using fewer references to her blog, this book delves into the hurdles and frustrations

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of trying mindfulness, yoga, and other things for her 'toolbox' of coping with the rollercoaster of life without alcohol.

Mrs D is Going Within: Dann, Lotta.
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Mrs D is Going Within - Kindle edition by Dann, Lotta ...

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 although I wouldn't call myself a super gym-bunny I am there and I am doing it,

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and it is having a big impact on my mental health (and hopefully soon my body!).

Mrs D Is Going Without. Mrs D Is Going Within

Not sure what this is about.. maybe because I've got some tricky stuff going down with some relationships in my personal life (not Mr D no way!), maybe because I'm heading into menopause, maybe because I'm running a busy household & raising 3 sons, maybe because I'm working two part-time jobs, or maybe because I'm about to release my 3rd book which I'm a bit nervous about (getting feisty about ...

Mrs D Is Going Without

Mrs D is Going Within by Lotta Dann.
I've gone from an alcohol addiction to

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a reading addiction. I have finished Lotta Dann's second book Mrs D is Going Within. One book per day. I wonder if I have an addictive personality? I would, wouldn't you say so? I love reading and when you have a good book it is hard to put it down.

Mrs D is Going Within | Moderately Sober

Read "Mrs D is Going Within How a frantic, sugar-binging, internet-addicted, recovering-alcoholic housewife found her Zen" by Lotta Dann available from Rakuten Kobo. Despite outward appearances, three years after getting sober Lotta is struggling to deal with life in the raw. It's beco...

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6 This is a really tricky time of year for
us sober people. There are numerous
parties and social events...

Mrs D's Blog – Living Sober

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Mrs D is going within. [Lotta Dann] --
Lotta Dann should have it all sorted.
She's quit a dysfunctional drinking
habit, has written a bestselling memoir
and has launched a website to help
others get sober.

*Mrs D is going within (eBook, 2017)
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