



Young Sober and Free: Experience, Strength, and Hope for Young Adults

Shelly Marshall

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Real teens tell the real story about getting sober and staying sober in this edgy, winning interpretation of the *Twelve Steps of Alcoholics Anonymous*. *Shelly Marshall* lets her teen contributors speak for themselves (and their words are not sugarcoated), while expertly augmenting the personal stories with discussions about time-honored Twelve Step recovery principles. *Young, Sober, and Free*, first published in 1978, aided the recovery of countless young addicts and alcoholics. This second edition of *Young, Sober, and Free*, featuring four new stories from teens, is sure to inspire many more.

Key features and benefits features first-person stories of overcoming addiction by teens presents strategies for getting sober and staying sober excellent resource for teens, parents, and professionals

About the author- *Shelly Marshall* has dedicated 33 years to working with young addicts. An acclaimed trainer, author, and researcher, she is recognized internationally as an expert in adolescent recovery and her research has been published in four international journals. She lives in Ruthville, Virginia.

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Diane McCarthy:

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