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~~for KidsStitched~~

~~by Mrs D episode~~

~~14 A bad case of~~

~~the~~

~~collywobbles!!~~

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for the Special
Education

Classroom Shabby
Fall Pocket

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*Craft Along Nov
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Pick a Card

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\u0026 Birthday

u0026Wish \u25a1\u25a1\u25a1 by

Cognitive

Universe How to

Put an Adapted

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*Work Binder A
Together with
Mrs. D's Corner
Mrs D Is Going*

**Without
(Audiobook) by
Lotta Dann**

*Stitched by Mrs
D episode 13*

*Naughty Pandas
and Autumn Teddy
bear club reveal*

**WE SNEAK INTO
HACKER HALLOWEEN**

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reviews. Despite
outward
appearances,
three years
after getting
sober Lotta is
struggling.
She's often on
edge, battles to
cope with the
busyness and

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

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She wrote her way sober with the help of an

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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

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was published 3
years after she
stopped
drinking. Since
its release
Lotta has spent
her days
parenting and
running a busy
household,
promoting
recovery through
her blogs and
social media

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Within, and
managing the
Living Sober
website.

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...

In Mrs D Is
Going Within
Lotta outlines

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the practices
she developed
and strategies
she worked on to
start
establishing
herself as an
emotionally
robust woman.

GENRE
Biographies &
Memoirs

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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

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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

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based on her A
recovery from
alcohol
specifically, in
fact she hardly
mentions it.
Using fewer
references to
her blog, this
book delves into
the hurdles and
frustrations of
trying
mindfulness,

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

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Lotta:*

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*Mrs D is Going
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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

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times a week and 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!).

Mrs D Is Going

Page 31/48

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*Without: Mrs A
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

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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

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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 a
reading

addiction. I
have finished
Lotta Dann's

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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.

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Within How A

*Mrs D is Going
Within |*

Moderately Sober

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binging, interne-
t-addicted, reco-
vering-alcoholic
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her Zen" by

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appearances,
three years
after getting
sober Lotta is
struggling to
deal with life
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socialising | 6

This is a really
tricky time of
year for us

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numerous parties
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within. [Lotta
Dann] -- Lotta
Dann should have
it all sorted.
She's quit a

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dysfunctional
drinking habit,
has written a
bestselling
memoir and has
launched a
website to help
others get
sober.

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appearances,
three years

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after getting
sober Lotta is
struggling to
deal with life
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Lotta outlines
the practices
she developed
and strategies
she worked on to
start
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herself as an
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robust woman.
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