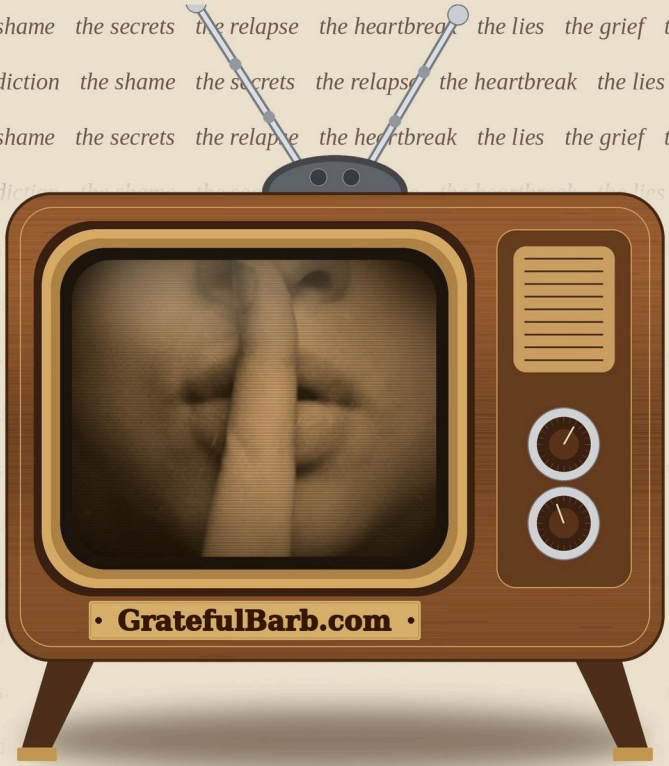
WE'RE ALL RECOVERING FROM SOMETHING



MY SOAP OPERA TO SOBRIETY

by Grateful Barb

MEMOIR WRITING PROMPTS INCLUDED

$16.95 U.S. / $22.99 CANADA

On March 3, 2024, Barbara had a plan for dying, but woke up in a hospital bed to her worst nightmare: she had survived. Spending a drunken afternoon writing her obit, plans for a memorial service, and even providing passwords to her deepest, darkest secrets, she blacked out from the booze before getting to the two vials of pills. She calls it the biggest ‘God Wink’ of her life. Looking back, she saw a pattern she could not ignore: three crises, almost exactly ten years apart, each lived like a soap opera, with an “uninvited roommate” in her head narrating every scene.

We’re All Recovering from Something: My Soap Opera to Sobriety follows a former Philadelphia TV newsroom insider and award-winning journalist through early sobriety as she leaves a 36-year marriage and starts over with plenty of AHA moments and plot twists along the way. Long story short: she survived, and thrived. Honest, funny, and hopeful, it is written for anyone carrying a story they haven’t told yet. Reading it is like cozying up with a hot cup of humble soup for the recovering soul. The added bonus of writing prompts might help you come clean with your story.

WRITING PROMPT

Barbara calls the day she survived the biggest ‘God Wink’ of her life. Write about a moment when something unexpected stopped you in your tracks. What did it change in you?

ABOUT THE AUTHOR



Wearer of Many Hats

Grateful Barb is an award-winning print and broadcast journalist who went on to serve as a spokesperson for Pennsylvania's environmental agency, left as a whistleblower, and launched her own communications firm. In her first book, *Cowboy Mission: The Best Sermons Are Lived…Not Preached*, she captured her father's stories of horsin' around in his youth and added her own tall tales in the saddle. She then went on to ghostwrite a half dozen books before settling in to write this moving memoir of not only surviving, but thriving. As little Barbie, she used to get in trouble for telling stories, but as a professional storyteller with the Patchwork Storytelling Guild, she takes to the stage at the University of Pennsylvania to speak her truth with first-person narratives.

Today, as "Grateful Barb," she is a sobriety speaker, the founder of The Joy Club, and a certified Laughter Yoga Leader who leads "Writing for Recovery" and "Speaking Your Truth" workshops. She lives in the activist-laden Mt. Airy section of Philadelphia with her person, whom she calls "Phil my cup," and their two cats, Yogi and Matty. Currently living a chapter titled "My Big, Beautiful, BADASS Life," she is learning to stop trying to steal the pen and trust the ultimate AUTHOR!

WRITING PROMPT

Barbara is living a chapter she calls "My Big, Beautiful, BADASS Life." What would you title the chapter you're living right now? Write its opening page.

www.GratefulBarb.com