

THE MAINSTREET TRADING COMPANY

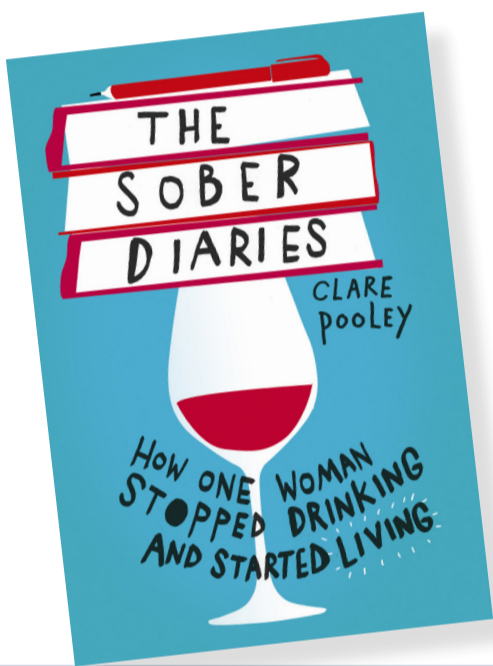
BOOKS, CAFÉ, DELI & HOME



Join us at MAINSTREET on **31st January** to meet a woman who managed to give up drink and keep her sense of humour, oh, and beat cancer and lose two stone at the same time.

THE SOBER DIARIES

by CLARE POOLEY



The Sober Diaries is a brave, honest and at times hilarious account of how one woman gave up drinking and started living. It could change your life for the better.

After partying hard through university – this was the era of the “ladette” and *Bridget Jones* – Clare Pooley went into advertising where she found herself part of another drink-fuelled culture. She embraced it and was highly successful, but, when she gave up work to concentrate on being a mother, she continued to drink – at least a bottle of wine a day – to escape boredom and tiredness.

In March 2015 Clare finally realised she had a problem. She quit drinking and started a blog called *Mummy was a Secret Drinker* under the pseudonym ‘Sober Mummy’. Within a year the blog hit over a million page views. When Clare was diagnosed with breast cancer members rallied around her; a giant, internet-enabled karmic circle.

Today Clare is booze and cancer-free, two stone lighter, more energetic, more positive and a lot more fun for her family to live with.



EVENT Clare Pooley talking about her memoir, *The Sober Diaries*
DATE Wed 31st January 7.30pm (doors open 7pm)
TICKETS £10 (includes a mocktail)
VENUE The Mainstreet Trading Company, St Boswells, TD6 0AT
TO BOOK www.ticketsource.co.uk/themaintreettrading
01835 824087 or book in-store.

PLEASE BOOK TICKETS IN ADVANCE TO AVOID DISAPPOINTMENT

KINDLY SPONSORED BY



SINCE 1797
Johnstons
of Elgin

HAWICK • ELGIN • ST ANDREWS • LONDON • NANTUCKET

CASHMERE HERITAGE CENTRE,
CLOTHING, COFFEE SHOP
AND FREE GUIDED MILL TOURS

FINEST CASHMERE
MADE IN SCOTLAND
JOHNSTONSCASHMERE.COM