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dec 10 2021 being sober means nothing is
slowing down your brain function and the
appropriate amount of dopamine is
communicating with nerve cells in your brain
the end result is a happier lifestyle in general 4
more time once you re sober it s fascinating to

reflect on how much time you really have web
sober adjective definition of sober 1 as in dry
not having one s mind affected by alcohol it s
important to stay sober if you re going to be
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dry straight clearheaded steady abstinent
abstemious cool teetotal temperate level
antonyms near antonyms drunk intoxicated
drunken tipsy inebriated alcoholic web aug 17
2018 becoming sober isn t just about
abstaining from alcohol it s a subversive
hardcore choice to take your life into your own
hands it s an invitation to stop playing small it s
an opportunity to web adjective so ber er so ber
est not intoxicated or drunk habitually
temperate especially in the use of liquor quiet
or sedate in demeanor as persons marked by
seriousness web you ve taken the big steps to
get sober now the support of family and friends
and a good plan for managing urges and stress
can make staying there easier learn more tips
for sobriety web sep 17 2022 sobriety means

not being under the influence of a substance
however the word is often used in different
ways in different contexts many 12 step
programs suggest that sobriety means total
abstinence never using the substance ever
again web sober 1 of 2 adjective so ber 'sō bər
soberer bər ər soberest b ə rɛst 1 a sparing
especially in the use of food and drink b not
drunk 2 having a serious attitude solemn web
sober verb i or t uk 'səʊ bə r us 'soʊ bə r to
become more calm and serious or to make
someone do this news of the tragedy sobered us
smart vocabulary related web 1 not drunk 2
habitually temperate esp in the use of liquor 3
quiet or sedate in demeanor a serious sober
couple 4 marked by seriousness solemnity etc a
sober occasion 5 subdued in tone as color not
flashy or showy as clothes 6 free from excess
extravagance or exaggeration sober facts

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