



SOBERISTI
soberisti.com

IRA KOIVU

FREE FROM WINE

How life changes

when you quit drinking

**!WARNING!
THIS BOOK MAY INDUCE
SPONTANEOUS SOBRIETY!**

**THIS WORK BY A FINNISH WOMAN IS POSSIBLY
THE WORLD'S FIRST SOBER CURIOUS BOOK!**

SOBERING UP FINNS SINCE 2016

Free from wine

Soberisti®

© 2024 Ira Koivu

Layout: Books on Demand

Publisher: BoD – Books on Demand, Helsinki, Finland

Manufacturer: BoD – Books on Demand, Norderstedt, Germany

ISBN: 978-952-80-3488-9

Free from wine

Cover: Saija Tynkkynen

Photo of Ira Koivu: Piia Arnould

Photo of Essi Hellén: Adile Samanetdin

Photo of Raija Lindberg: Anne-Mari Myller

Photo of Piia Sumupuu: Arto Heikkinen

First published 2016 (Viisas elämä)

Second edition 2019 (Books on Demand)

CONTENTS

| | |
|---|----|
| WE ARE FLIES | 9 |
| FOREWORD | 11 |
| IRA KOIVU: I began to drink for my loneliness..... | 17 |
| THE FIRST WEEKS SOBER..... | 22 |
| Week 1 | 22 |
| Week 2 | 22 |
| Week 4 | 22 |
| TWO MONTHS SOBER..... | 24 |
| 70 days sober | 24 |
| Checklist of reasons why I quit | 26 |
| What are the benefits of quitting? | 27 |
| 76 DAYS SOBER..... | 28 |
| 80 days sober: ski vacation | 32 |
| ESSI HELLEN: I was the one always ready to hit the bar | 34 |
| IS IT OK TO GET SOBER? | 41 |
| Some people become addicted more easily | 42 |
| The environment protects or exposes | 44 |
| A people marinated in alcohol | 45 |
| Where to draw the line: who is an alcoholic? | 46 |
| PEIKKO PITKÄNEN: I wanted to belong..... | 48 |
| THREE MONTHS SOBER..... | 55 |
| Hooked on sugar to hooked on wine?..... | 56 |
| MOST PEOPLE GET SOBER ON THEIR OWN | 58 |
| THE ALCOHOL BUBBLE | 65 |
| Facts about alcohol | 71 |
| MOTHER 'S DRINKING IS TABOO..... | 73 |
| Women hide their problem..... | 79 |

| | |
|--|-----|
| Demands on mothers are greater than on fathers | 84 |
| Women's drinking in numbers | 88 |
| More recent statistics | 89 |
| Effects of alcohol on a woman | 89 |
| PIIA SUMUPUU: I DRANK WHILE THE OTHERS | |
| SLEPT | 90 |
| FEAR IS NOT A CURE..... | 98 |
| FOUR MONTHS SOBER | 104 |
| Loneliness predisposes to addictions | 109 |
| RAIJA LINDBERG: I didn't think I could recover..... | 111 |
| THE POWER OF THOUGHT | 117 |
| SURELY YOU CAN JUST HAVE THE ONE?..... | 119 |
| What moderation? | 120 |
| FIVE MONTHS SOBER..... | 122 |
| Alcohol is untouchable | 124 |
| MARI TIIRA: I WAS THE ONE WHO | |
| MADE THE OTHERS LAUGH..... | 131 |
| SIX MONTHS SOBER | 137 |
| HOW DOES LIFE CHANGE WHEN YOU DITCH | |
| ALCOHOL? | 140 |
| Improved self-esteem | 141 |
| The steps of change..... | 143 |
| How to stay motivated..... | 143 |
| SIX YEARS SOBER..... | 146 |
| Hangover-free hangover days and self-pity days | 148 |
| Thank you..... | 153 |
| Literature and online resources | 156 |

WE ARE FLIES

Allen Carr, the famous stop-smoking guru, aptly describes the origin of alcoholism in his book *No more hangovers*.

He compares alcohol to a carnivorous plant that uses its scent to entice flies to land on it to imbibe nectar.

The top of the plant curves so gently that the fly doesn't notice that it gradually begins to slip down towards the plant's interior and base. By the time the downward slope becomes steeper, the fly is so focused on drinking that it doesn't realize that it is sinking.

When the fly has slipped down the throat of the vase-like plant, it can already see its dead fellows lying in the liquid at the bottom. But as it knows it can fly away at any time, it continues to drink.

When it has finally had enough and decides to leave, it has swelled too much to be able to fly.

The fly panics, and the more it flutters to get out, the more it becomes entangled in the sticky nectar that is constantly dragging it downwards.

It can no longer get out because the walls are now vertical. The liquid at the bottom is not nectar, but digestive acid.

When did the fly lose control?

It had to happen before it reached the bottom.

Was it at the point when it tried to leave but found it couldn't?

No.

That is when it realized it had lost control. So it must have happened earlier.

*Was it when it saw all the dead members of its species at the
bottom?*

Or was it at some point on the gentle slope?

*At either of those stages the fly could have flown away, had it
wanted to.*

But it didn't want to, because it didn't realize it was trapped.

The fly lost control the second it tasted the nectar.

*From that moment on, it was under the plant's imperceptible
control.*

Free from Wine - How life changes when you quit drinking has liberated countless Finns from alcohol since 2016.

It will revolutionize your understanding of alcohol, alcoholism, sobriety, and life without alcohol. In this book, six women share their stories with their faces and names, revealing their relationship with alcohol, and how their life changed when they quit drinking.

This edition is an updated version of the first edition released in 2016. The first edition concluded with the author, Ira Koivu, having been sober for six months. In this new edition, she shares what happened after the book's publication. The book also includes new stories and research findings.

Feedback on the book:

Journalist Ira Koivu fearlessly tackles a sensitive topic and a significant taboo of our time. Her book Free from Wine makes continuing to drink alcohol extremely challenging.

This remarkable book prompts reflection on why that deadly poison has become an accepted part of our collective lifestyle.

- Author Heikki Peltola