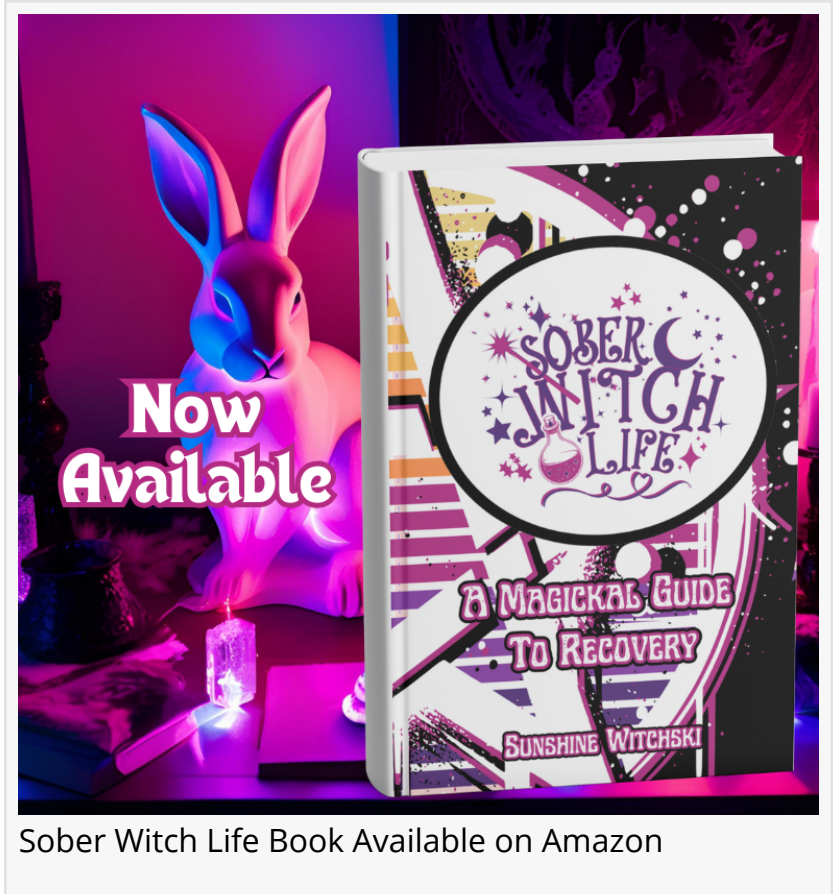


'THE SOBER WITCH LIFE' BECOMES FIRST RECOVERY BOOK FOR WITCHES

New book blends addiction recovery with witchcraft, ritual, and personal transformation.

DETROIT, MI, UNITED STATES, April 2, 2025 /EINPresswire.com/ -- A historic offering has emerged at the intersection of spirituality, witchcraft, and recovery. The [Sober Witch Life: A Magickal Guide to Recovery](#) by Sunshine Witchski is now available—and marks a groundbreaking moment as the first published book written specifically for individuals who identify as witches and are seeking recovery. Combining deeply personal storytelling with spiritual recovery practices, the book offers a path to sobriety that integrates magick, ritual, and soul-aligned healing.



Sober Witch Life Book Available on Amazon

A MISSING RESOURCE FOR SPIRITUAL SEEKERS IN RECOVERY

This release answers a long-standing call from witches and spiritual practitioners who have searched for a recovery resource that honors both their sobriety and their sacred path. While traditional 12-step models often overlook practices like intuition, energy work, and spellcraft, The Sober Witch Life offers a holistic and deeply affirming alternative. It recognizes that many spiritual seekers feel disconnected from conventional recovery methods and provides a transformative guide rooted in personal empowerment and ritual-based healing.

FROM PERSONAL HEALING TO COLLECTIVE MOVEMENT

The book is an extension of the broader movement initiated by Sunshine Witchski—The Sober Witch Life—which includes [spiritual recovery programs](#), a mobile app, and a vibrant online community. Sunshine began supporting others on their healing path in 2020, drawing from her



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Amanda R. Howland - Author

own experiences with addiction, recovery, and witchcraft. In 2024, as she prepared the book for publication, she committed fully to serving witches in recovery. That decision became the creative and spiritual fuel behind this transformative guide.

THE WITCH'S 13 STEPS TO RECOVERY

At the heart of the book is *The Witch's 13 Steps to Recovery*—a spiritually aligned model inspired by the 12-

step tradition but designed for the witch's healing journey. These steps incorporate energetic clearing, intention-setting, ancestral connection, divine guidance, spellwork, and sacred ritual. Rather than asking readers to surrender their power, the steps invite them to reclaim it. Each step supports a deeper relationship with the self and spirit while empowering readers to transmute pain into purpose through sacred practice.

A JOURNEY ROOTED IN LIVED EXPERIENCE

Sunshine Witchski shares her personal journey recovering from alcoholism with openness and depth. Her reflections are both vulnerable and empowering—offering solidarity to those unsure of where their spirituality fits in their recovery journey. While rooted in her experience with alcohol, the book speaks to many forms of recovery—including trauma healing, codependency, emotional sobriety, and spiritual awakening. “Writing this book was part of my own recovery journey,” Sunshine shares. “Every letter, word, and punctuation helped to heal a bit of me and led me to a transformation that I'm still expressing gratitude for today.”

RITUALS, REFLECTION, AND PRACTICAL MAGICK

Each chapter includes journal prompts, tarot spreads, meditations, and shadow work exercises that help readers navigate guilt, shame, fear, and spiritual disconnection. The book also offers practical rituals for grounding, shielding, and energy realignment, along with templates for new moon intention-setting and collective healing. Readers will find guidance for using crystals, herbs, sacred symbols, and deities to support their spiritual recovery. Recipes for “Magicktails”—non-alcoholic, ritual-infused potions—provide a nourishing alternative to the energetic and social role alcohol may have played in a witch's life. Ultimately, readers are encouraged to build a personalized recovery routine that aligns with their unique spiritual identity.

A CALL FOR COLLECTIVE TRANSFORMATION

The book's closing chapter introduces a reimagined 13th Step—a powerful ritual dedicated to releasing the world from the suffering caused by addiction. This step reframes recovery not only

as personal healing but as a magickal act of global service. Witches are positioned not just as survivors, but as stewards of energetic transformation, able to channel divine power for the collective good. This perspective aligns recovery with sacred activism and invites witches to participate in healing the broader patterns of pain and addiction in the world.

VOICES OF IMPACT

Early readers are already feeling the book's resonance. "I wholeheartedly recommend *The Sober Witch Life* to anyone considering recovery—especially those drawn to witchcraft," shared Amanda R. Howland, yoga teacher and author. "This book is compassionate, insightful, and packed with actionable steps—no filler. Sunshine Witchski has clearly walked this path." One Recovery Coven member shared that reading an early version of the book helped her finally establish a daily shadow work practice after years of stalled recovery efforts. "It was the first time I felt fully seen, understood, and spiritually nourished within a recovery resource," she said.

A NEW CHAPTER FOR RECOVERY CULTURE

The Sober Witch Life: A Magickal Guide to Recovery represents a new era in the evolution of recovery resources—one that values ritual, personal sovereignty, and spiritual wholeness. As part of Sunshine's broader work—including *The Recovery Coven* and the *Sober Witch Life Mobile App*—this book positions her as a leading voice in the realm of spiritual recovery. Through her lived experience and magickal framework, she continues to help witches reclaim their healing journey. For those walking the path of sober witchcraft, this guide is both a mirror and a map.

The Sober Witch Life: A Magickal Guide to Recovery is available now in paperback, hardcover and Kindle on Amazon.

For interviews, review copies, or additional information, please contact Sunshine Witchski at press@illuminateunschool.com.

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