

When Dry January Doesn't Work: What That Might Mean—a New Simple Tool to Stay Sober And Recover From Addiction

A new recovery book for anyone who can't quit despite wanting to—offering clarity, compassion, and simple tools to take the next step.

NEW YORK, NY, UNITED STATES, January 7, 2026 /EINPresswire.com/ -- Every January, millions of people commit to Dry January—thirty-one days without alcohol—as a reset or self-check. For some, it's a simple challenge. For others, it feels impossible. They start with good intentions and end up right back where they were: pouring another drink, full of shame and confusion.

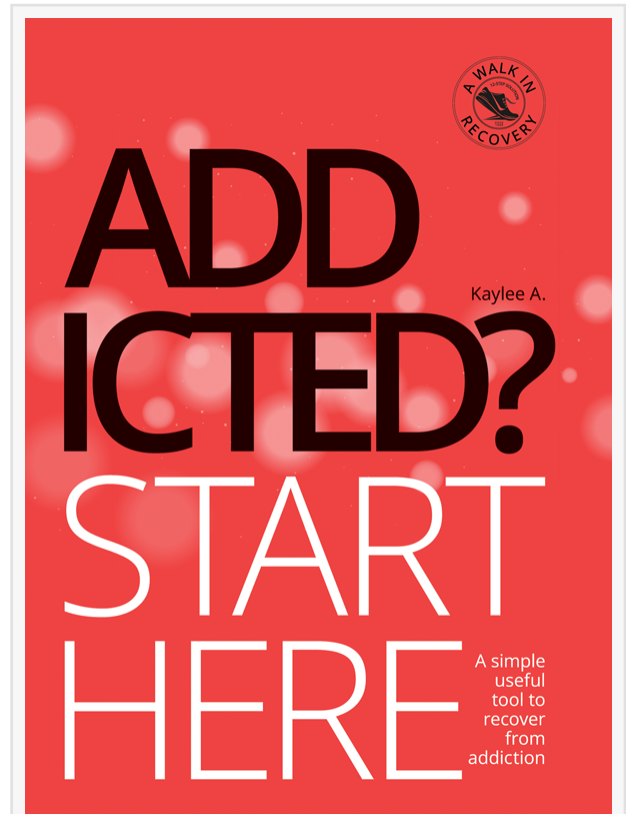
That quiet struggle—the inability to stop despite wanting to—is what inspired *Addicted? Start Here*, a new recovery book launching January 7, 2026, from Kaylee A., a recovery writer and longtime member of a Twelve Step program who maintains her anonymity in alignment with A.A.'s Eleventh Tradition. With honesty, warmth, and practical guidance, *Addicted? Start Here* serves as a bridge between curiosity and recovery—a simple, useful tool for anyone who's ever asked themselves, "Do I have a problem?"

"I almost didn't go. I almost stayed stuck. I almost missed the moment that changed everything," writes Kaylee. "I wasn't sure I had a 'real' problem. I told myself I was just checking it out... But halfway through, someone asked me to share... and the truth slipped out."

Unlike traditional self-help books, *Addicted? Start Here* isn't meant to be read cover to cover. Readers can open to any page and find something that helps: a practical solution, a helpful suggestion, or a reminder that they're not alone.

Inside, readers will find:

- Simple, practical tools for early recovery



Addicted? Start Here by Kaylee A., releasing January 7, 2026

- 35+ visuals that clarify recovery concepts
- Guidance on what addiction really is—and what to do next
- 34 solutions for guidance, courage, and “what now?”
- Real-life insight from someone who has been there, including failing Dry January, crossing lines and breaking promises

The book is inspired by the Twelve Steps of Alcoholics Anonymous but written for anyone struggling with any form of addiction—substance or behavior.

Timed with Dry January, the release aims to reach readers who are quietly questioning their habits, looking for clarity, or exploring sobriety for the first time.

Key Themes:

- When Dry January Fails: Understanding why willpower alone isn't enough.
- What Addiction Really Is: Why we can't just “try harder.”
- A Path to Recovery: Simple tools rooted in honesty, connection, and action.
- Compassion: A reminder that recovery often begins with self-acceptance and courage, not perfection.

“

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From Addicted? Start Here—A simple useful tool to recover from addiction.

“Still not sure if you're really addicted? You're not alone,” Kaylee writes. “Many of us came to recovery uncertain. We thought maybe we just needed more willpower, self-confidence, or better control.”

About the Author

Kaylee A. is a recovery writer and sponsor with nearly a decade in a Twelve Step program. Ten years ago, she attempted Dry January and couldn't get through it. That

**Open Anywhere—
34 Numbered
Solutions**

**ADDICTED?
START
HERE**

35+ Visual Tools • 34 Practical Solutions—For Day 1 or Day 100

Not Sure Where to Start? Flip to Any Page. Find Hope.

failure became the beginning of countless attempts to quit—drawing new lines, crossing them, and watching alcohol quietly hijack her life. She knows what it feels like to be scared, confused, and alone—wanting to stop, but unable to. Those experiences, combined with years in 12 Step rooms, being a single parent, and navigating high-pressure work and burnout, led her back to the core tools that saved her life. Addicted? Start Here distills those tools into simple suggestions, visuals, and steps, offering others the wisdom she wished she had at the beginning.

Book Details

- Title: Addicted? Start Here
- Tagline: A simple useful tool to recover from addiction.
- Dedication: "I'm an addict. Could you be one too?"
- Publication Date: January 7, 2026
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