

Thank you for being a vital part of our Soberman's Estate Community! I am writing this to you on Christmas/Hannukah Eve. As we prepare for the New Year, I pause to recognize and Thank my Soberman's Estate Family. We now have 34 Team Members that care for an average of 8 clients. Below is a photo taken last week at our annual Soberman's Estate Holiday Party.



I Thank you dearly Soberman's Estate Family for Blessing the lives of our clients and for Blessing my Life. Our hearts are full of Thankfulness and Gratitude as we journey into the new year.

Mr. Ari Wohl is a Graduate Student of the Walter Cronkite School of Journalism and he created the following non narrative video which is a vulnerable overview of my personal and professional journey.



I am Recovered not Cured of Alcoholism. My Sobriety date is May 25, 1998. As of this writing, I have 26 years of continuous abstinence from alcohol. I have recovered in that I no longer suffer from the symptoms or consequences of drinking, although I am not cured any more than the diabetic is cured from diabetes – I utilize the Soberman’s Estate Toolbelt each day to enjoy life without alcohol. I was addicted to alcohol and my body was dependent on it – is there a



difference between Addiction and Dependence – learn more in our [Addiction VS Dependence Blog](#).

I recall a past experience of a man admitting into treatment, and it was obvious that he was remarkably intelligent, very funny, and highly successful, yet he had very low self-worth. This lack of self-love was obvious to us as we have seen this countless times over the years. Alcohol is a depressant, isolation is a symptom of alcoholism, the consequences of our drinking often results in regrets, remorse, guilt, and shame so it's no wonder underneath a sometimes-confident mask lies low self-esteem and low self-worth. At Soberman's Estate we teach men to have a better life for the rest of their lives and one of the ways we teach this is by teaching Self-Compassion. *We love our clients until they learn to love themselves.* Many of our Alumni share that Self Compassion is one of the vital tools in their Soberman's Estate Sobriety Toolbelt.

Please share this newsletter, as our intention is for these blogs, such as this month's blog on "Reflecting on Sobriety" and "Rewriting your story in the new year" will help others.

We wish you Good Health, Happiness, Joy and Serenity in 2025!

Sincerely,

Mitch Prager

Founder and CEO of Soberman's Estate