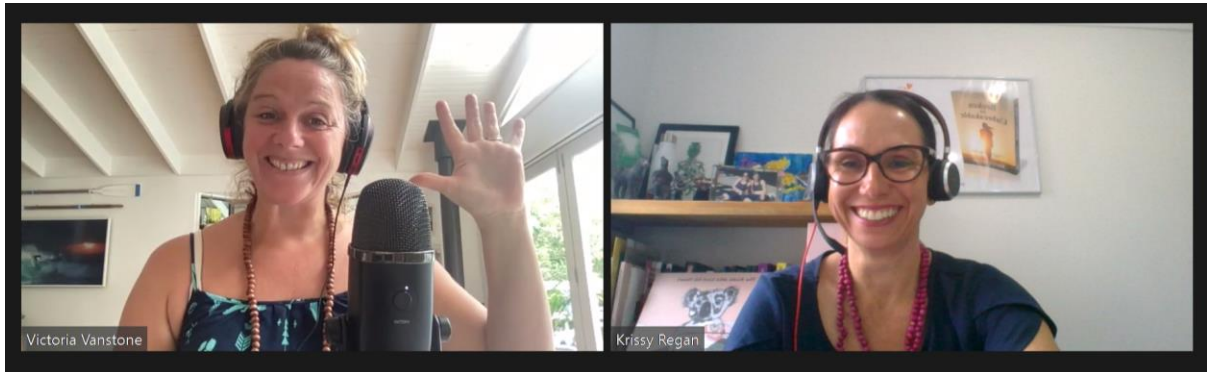




Insightful interview with Victoria Vanstone talking about alcohol-free living, being a mum and recognising when a relationship with alcohol is unhealthy.

Watch Now; <http://bit.ly/VictoriaDrunkMummySoberMummy>



The Questions I put to Victoria were as follows;

- You have become a successful blogger and soon to be author about being an Alcoholic Mum – how hard was it for you to acknowledge that out-loud?
- At what stage did you realise that your relationship with alcohol was potentially unhealthy?
- Do you think there is a difference between people who want to drink every day and people who need to drink every day?
- What is your motivation for staying sober?
- Was heavy drinking normalised for you growing up?

You can view Victoria’s work here;

<https://www.facebook.com/drunkmummysobermummy>

<https://www.instagram.com/drunkmummysobermummy/>

<https://www.drunkmummysobermummy.com/>

<https://www.facebook.com/groups/thesobersocial>



Victoria Vanstone is a British-born mum who lives on The Sunshine Coast in Australia with three noisy children, a very patient husband and a confused dog. She has been writing about her journey to sobriety and motherhood for the past 3 years and has written a book on sober parenting, that she hopes will be published by the end of 2021.

Victoria is now an advocate of alcohol-free living. When she isn't at her computer, you can find her crying alone in the shower or hiding from her children at a local cafe with a peppermint tea and a large slice of chocolate brownie.