

"I don't think alcohol is bad... it's just that the relationship I had with it was stealing my energy, time, and joy."

*~Meg Daly*

Sober Tranquility



## SOBER TRANQUILITY

LIVE MORE - DRINK LESS

AN ONLINE COMMUNITY FOR WOMEN  
READY TO TAKE A BREAK.

MKElifestyle



### ABOUT MEG DALY

Meg is an ICF certified coach, blogger, creator of the Tranquility Talk podcast, and founder of the Sober Tranquility online community. She is a graduate of the UW-Madison with a BS in Secondary Education and has spent over 20 years in the corporate arena. Meg works with women ready to take a break from alcohol with her 30 Day Reset. While not working, she loves spending time with her beloved dog Birdie, cooking for family and friends, scoping out farmers markets, enjoying sunrises, horseback riding, and adding to her list of "tranquility treats."

You can learn more about her at  
[www.sobertranquility.com](http://www.sobertranquility.com)

### COMPLETELY UNIQUE PERSPECTIVE..

*"I felt a sense of understanding alcohol and drinking for a completely unique perspective. I never quite felt like I "belonged" in other communities and couldn't quite put my finger on why. Being a part of the Sober Tranquility community brought me to a deeper level of understanding about my alcohol consumption and lifted a ton of shame I was putting on myself. This program uplifts you, gives you new insights other programs won't and sheds light on new aspects of drinking I never thought or heard of before. It has brought me so much sense of peace that I never thought I'd find." ~Leah*

### I WASN'T SURE I WOULD MAKE IT

*"When I was in day 7 to 10, I wasn't sure I would make it. All I was thinking about was when day 30 comes I'm buying a bottle of wine. Now I have no interest in having a drink. Your daily pep talks keep me inspired Love this journey. Please keep the daily talks coming." ~Chris*



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## CONTACT US

To discuss speaking opportunities or more information about the programs

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## SEGMENT TOPICS

- ▶ Pandemic and Drinking: Why Reaching For The Bottle During Times of Stress Is A Slippery Slope
- ▶ Anxiety & Overwhelm: Is Alcohol Calming It or Inflaming It?
- ▶ Is There Such A Thing As Moderation?
- ▶ Getting Intentional About WHY You Drink

### MY GOAL WAS TO TAKE A BREAK...

*"When I began the Sober Tranquility program, my goal was to take a break from alcohol and ultimately become a more moderate drinker. I had been struggling with daily wine drinking and was tired of the bad sleep, anxiety and hangovers. I wanted to really take a look at what fueled my habit and find out how to break it. Meg's Sober Tranquility program was awesome in helping me achieve my goals! Meg really "gets it". Her daily messages and live Facebook feeds connected drinking to my entire person with topics such as "Letting Go of Perfection", "Hurry Slowly" and "Treating Yourself with Tenderness." Throughout the program, Meg gives concrete examples of how to kick the habit and become completely sober or how to moderate and become a more mindful drinker. I can't thank Meg and Sober Tranquility enough! ~ Amy*

### I AM FEELING AMAZING..

*"I am feeling amazing this morning! Sleep is a big one for me, 3am wake up sometimes with a headache starting. Thank you so much for this! One thing I've enjoyed the last two days is the ping on my phone from you a little before 8am. Waking up with a smile and excitement to listen to your message."*

### WHAT AN AMAZING 30-DAY JOURNEY

*"Sober Tranquility has been such a gift to me ! Meg's daily tidbits, tool and stories helped support my goals and get me through any challenges. Meg's calm , soothing voice embodies tranquility .*

*What an amazing 30 day journey ! ~Laura*