

SOBER ALLEY

**DIY SOBRIETY
THROUGH PERSONAL
DEVELOPMENT
& SELF-CARE**



ABOUT SOBER ALLEY

Sober Alley is a lifestyle website focused on positive sobriety -- *enjoyably* reducing alcohol consumption without the help of AA or traditional recovery methods.

This is achieved by making life changes in 5 key areas: mental health, positive mindset, personal development, interpersonal relationships & self-care.

Popular topics of focus in addition to practical steps for quitting drinking include intermittent fasting, diet & exercise, gratitude/affirmations and personal finance/making money online.

OPPORTUNITIES

Private Advertising
Speaking Engagements
Sponsored Posts
Brand Ambassadorship
Product Reviews
Giveaways
Freelance Writing

CONTACT

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Instagram: @soberalley

Facebook: soberalley.com/fitgroup

YouTube: soberalley.com/youtube

For serious inquiry

hello@soberalley.com

STATS & DEMOGRAPHICS

100,000+ Monthly Pageviews
50,000+ Unique Monthly Users
4200+ Subscribers
92% Women, 70% Aged 25-45
70% USA, 11% Canada & UK
3,800+ Pinterest Followers
1,000+ Instagram Followers
200+ Facebook Group Members