

A portrait of Adrienne Van der Valk, a woman with long, wavy grey hair, smiling warmly. She is wearing a dark top and has her hands clasped in front of her. She has a tattoo on her left shoulder. The background is a dark green, patterned wall.

ADRIENNE VAN DER VALK

SPEAKER / AUTHOR / EDUCATOR / COACH

ABOUT ME

Hi! I'm Adrienne. I am an...

- author
- speaker
- educator
- meditation and yoga instructor
- certified coach
- co-host of The Hangover Liberation Society podcast
- founder of the Big Sober Energy community

If you're reading this, you probably also know I've travelled a long journey with alcohol use disorder. Now, as a trauma-informed mentor and guide, I use meditation, movement, and energy mastery practices to help students create the sober lives they want and deserve.

The Big Sober Energy mentorship framework draws on my two decades of experience in social work and education, years of research on the neuroscience of addiction, my personal journey, and the inspiring successes of my students.

A FEW OTHER FACTS ABOUT ME...

I am the author of the Amazon #1 Best Seller *Big Sober Energy: Befriend Your Brain, Nurture Your Body, Embrace Your Recovery Magic*.

I am an activist who teaches, writes, and speaks about the connections between addiction and social justice.

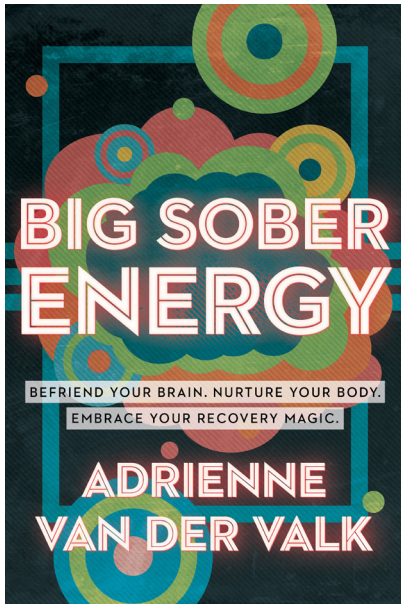
My work offers an alternative to traditional 12-Step programs for spiritual people who do not practice Christianity.

I specialize in helping women and non-binary people over 40 navigate the stresses of midlife without alcohol.

I hold a BA in sociology from Grinnell College and MS degrees in journalism and political science from the University of Oregon.

I live in Palm Springs, California, with my husband and a pit bull named Zola.

Helping people believe sustained sobriety is possible is my passion!



PRAISE FOR BIG SOBER ENERGY

“Compassionate, intelligent, relatable. Adrienne is the favorite aunt or savvy sister you always go to for advice because she is gonna tell it to you straight, without judgement, but also without sugarcoating. I love this book so much.” - Amazon review

“Adrienne is a powerful, generous storyteller and teacher, and she knows what she’s talking about. This book not only offers directly and immediately adoptable practices to radically improve the quality of your life, it also stands as evidence of the efficacy of these practices and Adrienne’s mastery of them. I think everyone should read this book whether they have a history with addiction or not.”

- Dr. Kate Tomas, founder of The Spiritual Life Upgrade

“Big Sober Energy is a smart, inviting, and unique Quit Lit entry that reads like a cool reference book. Adrienne provides richly detailed meditation practices that go beyond the basics, introspective prompts that guide readers with care and intention, and raw personal stories. It’s a book you can turn to in any stage of sobriety when you want to go inward.” - Jocelyn Snyder, author of *Recovering the Home*

amazonkindle

#1 Best Seller in Behaviour

#1 Best Seller in Teen & Young Adult Nonfiction on Substance Abuse

#1 Best Seller in Spiritual Growth

#1 Best Seller in Survival Biographies & Memoirs



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STUDENT TESTIMONIALS

“[Adrienne’s mentorship] engaged my mind and body in a new way; the concepts and perceptions we’re life changing. I fed a part of my soul with a community of support I needed so bad. I felt safe and understood.”

“Adrienne models the growth mindset that is foundational to living a full-filled life. She is deeply knowledgeable, openly shares her experiences, wisdom, and skills, and is open about learning alongside her students.”

“I heartily recommend [Adrienne] to anyone looking for a way to fundamentally shift their mindset from one of lack, insecurity, and dependence to one of empowerment and body/mind integration!”

SELECTED ARTICLES AND MEDIA APPEARANCES

[Spirituality & Health Podcast](#)

[Not Your Little Lady Podcast](#)

[“How to Become Your Own Meditation Coach”](#)

[“Mindfulness Over Merlot”](#)

[“Why Ditching Alcohol Could Lead to a Happier Menopause”](#)

[“Four Holiday Gifts Sobriety Has Given Me”](#)

CONTACT

To book a media appearance or speaking engagement, please email leanne.naramore@squarelightning.com with the subject line “Big Sober Energy Inquiry.”

To inquire about 1:1 coaching or joining a mentorship program, please email adrienne@bigsoberenergy.com with the subject line “Working Together.”

For more information, visit bigsoberenergy.com.