

## Blackout Remembering The Things I Drank To Forget

Amazon #1 Bestseller SPECIAL OFFER \$2.99 (Regularly priced: \$3.99) Blackout: Remembering the Things I Drank to Forget by Sarah Hepola is her story and personal narrative that documents her experiences as a blackout alcoholic that she was trying to recover from. This book is a summary and analysis of different adventures and chronicles of the 25 year journey and battle. The story is filled with candidly portrayals of her previous life. It is stunningly truthful and direct most of the time. Hepola's story is one filled with true stories no matter how embarrassing and controversial at times. It is one of the only true and inspiring stories on alcoholic addiction and recovery. This summary and review of the story is from the beginning to the end and encompasses all parts of her life and offers an in depth review. The beginning of the story reveals Hepola's introduction to alcohol and the catalyst for her addiction. Meanwhile the second half of the story focuses on her downfall and struggles as well as her painful recovery. Sarah Hepola is a writer and editor who has written for many famous publications in the magazine and internet industry, She is currently an editor for Salon.com. Disclaimer: Please Note That this is a Summary & Analysis of the Original book. Read more....

'Extraordinary... Writing with warmth and wit' Independent 'It's such a savage thing to lose your memory, but the crazy thing is, it doesn't hurt one bit. A blackout doesn't sting, or stab, or leave a scar when it robs you. Close your eyes and open them again. That's what a blackout feels like.' For Sarah Hepola, alcohol was 'the gasoline of all adventure'. She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as an enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. THE NEW YORK TIMES BESTSELLER A memoir of unblinking honesty and poignant, laugh-out-loud humour, BLACKOUT is the story of a woman stumbling into a new adventure-the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent themselves or struggled in the face of necessary change. It's about giving up the thing you cherish most-but getting yourself back in return. A raw, vivid and ultimately uplifting memoir of addiction and recovery for anyone who is looking to find their way.

"Barnett's prose style is brassy and cleareyed, with echoes of Anne Lamott." --Beth Macy, The New York Times Book Review "Emotionally devastating and self-aware, this cautionary tale about substance abuse is a worthy heir to Cat Marnell's How to Murder Your Life." --Publishers Weekly (starred review) A startlingly frank memoir of one woman's struggles with alcoholism and recovery, with essential new insights into addiction and treatment Erica C. Barnett had her first sip of alcohol when she was thirteen, and she quickly developed a taste for drinking to oblivion with her friends. In her late twenties, her addiction became inescapable. Volatile relationships, blackouts, and unsuccessful stints in detox defined her life, with the vodka bottles she hid throughout her apartment and offices acting as both her tormentors and closest friends. By the time she was in her late thirties, Erica Barnett had run the gauntlet of alcoholism. She had recovered and relapsed time and again, but after each new program or detox center would find herself far from rehabilitated. "Rock bottom," Barnett writes, "is a lie." It is always possible, she learned, to go lower than your lowest point. She found that the terms other alcoholics used to describe the trajectory of their addiction--"rock bottom" and "moment of clarity"--and the mottos touted by Alcoholics Anonymous, such as "let go and let God" and "you're only as sick as your secrets"--didn't correspond to her experience and could actually be detrimental. With remarkably brave and vulnerable writing, Barnett expands on her personal story to confront the dire state of addiction in America, the rise of alcoholism in American women in the last century, and the lack of rehabilitation options available to addicts. At a time when opioid addiction is a national epidemic and one in twelve Americans suffers from alcohol abuse disorder, Quitter is essential reading for our age and an ultimately hopeful story of Barnett's own hard-fought path to sobriety.

Learn About One Womans Struggle With Alchohol Addiction And The Backouts She Experienced In A Fraction Of The Time It Takes To Read The Actual Book!!! Today only, get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device The book Blackout is different from other books about recovering alcoholics. This book is not just for people who are recovering from alcoholism it is also for people who know alcoholics. Sarah explains how alcohol was her way for dealing with life's problems. This caused her to grow up without actually learning how to deal with problems on her own. She views alcohol as a crutch that prevented her from dealing with emotional and spiritual issues. When a person reads Blackout they are able to get an idea into what it was like to live life in such a way. This book is also unique because it looks at alcoholism from the perspective of a woman. Sarah explains how society views women alcoholics different from men alcoholics. There are many things that an alcoholic woman has to deal with that an alcoholic man does not have to deal with including rape. Many of these issues have not been explored and Sarah is one of the first people to bring it to the attention of the public. Sarah makes sure that she is accountable and responsible for everything that happened in her life and she does not blame her situation on anyone else. Here Is A Preview Of What You'll Learn When You Download Your Copy Today \* What Happened To Sarah Durring Her Blackouts \* The Reason Why Women Have Different Experiences With Alchohol Addiction Than Men Do \* Learn Why Sarah Decided To Quit Drinking And How She Did It Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of Sarah Hepola's "Blackout" by for a special discounted price of only

\$2.99

In *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning journalist Anne Dowsett Johnston combines in-depth research with her own personal story of recovery, and delivers a groundbreaking examination of a shocking yet little recognized epidemic threatening society today: the precipitous rise in risky drinking among women and girls. With the feminist revolution, women have closed the gender gap in their professional and educational lives. They have also achieved equality with men in more troubling areas as well. In the U.S. alone, the rates of alcohol abuse among women have skyrocketed in the past decade. DUIs, “drunkorexia” (choosing to limit eating to consume greater quantities of alcohol), and health problems connected to drinking are all rising—a problem exacerbated by the alcohol industry itself. Battling for women’s dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Equally alarming is a recent CDC report showing a sharp rise in binge drinking, putting women and girls at further risk. As she brilliantly weaves in-depth research, interviews with leading researchers, and the moving story of her own struggle with alcohol abuse, Johnston illuminates this startling epidemic, dissecting the psychological, social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives.

One woman’s journey to the bottom of the bottle—and back. In this tragicomic memoir about alcoholism as spiritual thirst, Heather King—writer, lawyer, and National Public Radio commentator—describes her descent into the depths of addiction. Spanning a decades-long downward spiral, King’s harrowing story takes us from a small-town New England childhood to hitchhiking across the country to a cockroach-ridden “artist’s” loft in Boston. Waitressing at ever-shabbier restaurants, deriving what sustenance she could from books, she became a morning regular at a wet-brain-drunks’ bar—and that was after graduating from law school. Saved by her family from the abyss, King finally realized that uniquely poetic, sensitive, and profound though she may have been, she was also a big-time mess. Casting her lot with the rest of humanity at last, she learned that suffering leads to redemption, that personal pain leads to compassion for others in pain, and, above all, that a sense of humor really, really helps.

Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

The road to sobriety is hard, and I don't intend to sugar coat any part of it for you. In this book I will take it back to the beginning. My life was that of a hardcore weekend binge drinker, one blackout night after another. I welcome you into my rock bottom moments, my losing all control, and my putting my life back together, piece by piece. *Sober as F\*\*\** is a personal memoir of my first two years of sobriety, but it is not only about becoming sober from alcohol. I was forced to face and accept many sobering realities about myself along the way when I put down the bottle. Everything in my life had to be broken down to nothing in order to rebuild it from the ground up. I would have to acknowledge my unhealthy relationships with men, come to terms with depression and anxiety, and to realize that I had been drowning all of my issues and emotions away, one swig of vodka at a time. In the beginning of my sobriety, I looked for support in many places. All of the books and stories I found never fit what mine looked like. So this one is for all the people out there with stories like mine, looking for reassurance that there can be a light at the end of the tunnel. I was so desperate to find that kind of reassurance during my journey, so I hope my story can be that for you. To the millennial weekend binger, to the young woman so desperate to feel love, to the one losing all hope that things can get better ... This one is for you.

An honest, upfront, engaging account of a suburban housewife's journey from miserable wine-soaked boozier to self-respecting sober lady.

Bill Clegg had a thriving business as a literary agent, a supportive partner, trusting colleagues, and loving friends when he walked away from his world and embarked on a two-month crack binge. He had been released from rehab nine months earlier, and his relapse would cost him his home, his money, his career, and very nearly his life. What is it that leads an exceptional young mind want to disappear? Clegg makes stunningly clear the attraction of the drug that had him in its thrall, capturing in scene after scene the drama, tension, and paranoid nightmare of a secret life--and the exhilarating bliss that came again and again until it was eclipsed almost entirely by doom. He also explores the shape of addiction, how its pattern--not its cause--can be traced to the past. *Portrait of an Addict as a Young Man* is an utterly compelling narrative--lyrical, irresistible, harsh, honest, and beautifully written--from which you simply cannot look away.

*Blackout* by Sarah Hepola | Summary & Analysis Preview: In her memoir, *Blackout: Remembering the Things I Drank to Forget*, Sarah Hepola examines how she drank, why she drank, how others responded to her, and the misfortunes that occurred during her journey to sobriety. Sarah grew up in Dallas, Texas, and was brought up in a household of modest chaos. Sarah's mother was the center of her small universe, but eventually decided to go back to school and become a therapist. Fights between Sarah's parents were regular and unpleasant. Her older brother, Josh, was brilliant, creating academic expectations for Sarah that she could never quite meet. Sarah began drinking small amounts of beer at the age of six, getting drunk for the first time at twelve. Sarah loved the freedom and confidence that alcohol gave her. In high school, Sarah's habits finally matched those of her peers, where accessing and consuming alcohol became a normal way to spend time... PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. Inside this Instaread Summary & Analysis of *Blackout* \* Summary of book \* Introduction to the Important People in the book \* Analysis of the Themes and Author's Style

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Witty, insightful reflections on twentysomething struggles from “a writer beyond gifted and generous” (Heidi Julavits). Flailing in jobs, failing at love, getting addicted and un-addicted to people, food, and drugs—I’ll Tell You in Person is a disarmingly frank account of attempts at adulthood and all the less than perfect ways we get there. Chloe Caldwell has an unsparing knack for looking within and reporting back what’s really there, rather than what she’d like you to see. “I couldn’t stop reading this book, and when I was finished I kept looking around to see where my awesome new friend went . . . I love this person’s life, and I love the way she writes about it—funny and blunt and chatty and truthful.” —Michelle Tea “I’ll read anything Chloe Caldwell writes. She’s a rare bird: fearless, dark, prolific, unpretentious, and truly honest.” —Elisa Albert “Her work is never less than fascinating.” —Brooklyn Magazine

A memoir of unblinking honesty and poignant, laugh-out-loud humor, Blackout is the story of a woman stumbling into a new kind of adventure -- the sober life she never wanted. For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, Blackout is the story of a woman stumbling into a new kind of adventure -- the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most -- but getting yourself back in return.

“Triumphant, moving, and wildly entertaining. This is an unabashed and completely relatable account of getting clean and getting a life.”—Steve Geng, author of Thick as Thieves The single glass of wine with dinner . . . the cold beer on a hot day . . . the champagne flute raised in a toast . . . what I’d drink if Hunter S. Thompson wanted to get wasted with me . . . these are my fantasies lately. Too bad I've gone sober. When Sacha Z. Scoblic was drinking, she was a rock star; the days were rough and the nights filled with laughter and blackouts. Then she gave it up. She had to. Here are her adventures in an utterly and maddeningly sober world—and how she discovered that nothing is as odd and fantastic as life without a drink in hand. . . “A gripping, inspiring tale that picks up where most sobriety memoirs leave off . . . This is a story for anyone trying to enact meaningful change in their lives.”—Emma McLaughlin and Nicola Kraus, #1 New York Times-bestselling coauthors of The Nanny Diaries “Hilarious and heartbreaking, Unwasted is a traveler’s guide to the perilous, wondrous land of sobriety. Scoblic’s scorched, sweet prose is the work of a writer at the top of her form.”—Jennifer Finney Boylan, New York Times-bestselling author of She’s Not There “Scoblic’s testament to life on the wagon is pertinent and raffish, marked by considerable candor and humor. A dryly witty, spirited memoir.”—Kirkus Reviews

Garnering a vast amount of attention from young people and parents, and from book buyers across the country, Smashed became a media sensation and a New York Times bestseller. Eye-opening and utterly gripping, Koren Zailckas’s story is that of thousands of girls like her who are not alcoholics—yet—but who routinely use booze as a shortcut to courage and a stand-in for good judgment. With one stiff sip of Southern Comfort at the age of fourteen, Zailckas is initiated into the world of drinking. From then on, she will drink faithfully, fanatically. In high school, her experimentation will lead to a stomach pumping. In college, her excess will give way to a pattern of self-poisoning that will grow more destructive each year. At age twenty-two, Zailckas will wake up in an unfamiliar apartment in New York City, elbow her friend who is passed out next to her, and ask, "Where are we?" Smashed is a sober look at how she got there and, after years of blackouts and smashups, what it took for her to realize she had to stop drinking. Smashed is an astonishing literary debut destined to become a classic.

Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. Girl Walks Out of a Bar is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. Girl Walks Out of a Bar is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction.

"Nothing Good Can Come from This is a book about generative discomfort, surprising sources of beauty, and the odd, often hilarious, business of being human." —Leslie Jamison, author of The Empathy Exams and The Recovering Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. Nothing Good Can Come from This is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When Kristi stopped drinking, she started noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, Nothing Good Can Come from This introduces a fierce new voice to fans of Sloane Crosley, David Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an escape hatch. There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people's conceptions of our most widely consumed drug. Jason's major argument is there is no such thing as an 'alcoholic' and that we are conditioned to accept alcohol as a 'normal' substance in today's society despite the fact that it is the major cause of many of today's social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

This bestselling memoir from a seasoned New York City reporter is "a vivid report of a journey to the edge of self-destruction" (New York Times). !--StartFragment-- As a child during the Depression and World War II, Pete Hamill learned early that drinking was an essential part of being a man, inseparable from the rituals of celebration, mourning, friendship, romance, and

religion. Only later did he discover its ability to destroy any writer's most valuable tools: clarity, consciousness, memory. In *A Drinking Life*, Hamill explains how alcohol slowly became a part of his life, and how he ultimately left it behind. Along the way, he summons the mood of an America that is gone forever, with the bittersweet fondness of a lifelong New Yorker.

!--EndFragment--"Magnificent. *A Drinking Life* is about growing up and growing old, working and trying to work, within the culture of drink." --Boston Globe

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read.

*Blackout: Remembering the Things I Drank to Forget* by Sarah Hepola is a memoir that chronicles the misadventures and dangers of the author's 25 yearlong battle with alcoholism during which time she was a regular blackout drinker. The portrait is stunningly honest and racy at times. It offers a candid glimpse into the author's world both before and after her recovery. This review follows the chronological order of the narrative with an in depth summary followed by an analysis. The first part of the book focuses on the progression of her alcoholism. The second part focuses on her recovery. Sarah Hepola is an author and editor who has written for Slate, Glamour, the New York Times, ELLE Magazine, and The Guardian. She is an editor for Salon.com. Read more.... Download your copy today! for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

The Liars' Club brought to vivid, indelible life Mary Karr's hardscrabble Texas childhood. Cherry, her account of her adolescence, "continued to set the literary standard for making the personal universal" (Entertainment Weekly). Now *Lit* follows the self-professed blackbelt sinner's descent into the inferno of alcoholism and madness—and to her astonishing resurrection. Karr's longing for a solid family seems secure when her marriage to a handsome, Shakespeare-quoting blueblood poet produces a son they adore. But she can't outrun her apocalyptic past. She drinks herself into the same numbness that nearly devoured her charismatic but troubled mother, reaching the brink of suicide. A hair-raising stint in "The Mental Marriott," with an oddball tribe of gurus and saviors, awakens her to the possibility of joy and leads her to an unlikely faith. Not since Saint Augustine cried, "Give me chastity, Lord—but not yet!" has a conversion story rung with such dark hilarity. *Lit* is about getting drunk and getting sober; becoming a mother by letting go of a mother; learning to write by learning to live. Written with Karr's relentless honesty, unflinching self-scrutiny, and irreverent, lacerating humor, it is a truly electrifying story of how to grow up—as only Mary Karr can tell it.

A compilation of essays, based on a series of weekly columns, reflects on life in a small town in New England as it explores how America has changed over the past decade.

\*\*\*As seen on NBC's TODAY Show\*\*\* When Loose Girl author Kerry Cohen reached her early 40s, she realized she was drinking too much. Her alcohol dependence was not obvious she was still getting her kids to school in the morning and working a full day as a clinical psychologist. But when five o'clock rolled around, she was more than ready for a glass of wine. Or maybe two. Or maybe the whole bottle. And while she may have been drinking alone, Cohen realized she was not alone in her struggle. *Lush* is a fiercely honest exploration of the nature of alcoholism and alcohol recovery among middle-aged women, and Cohen's decision to use the controversial moderation management program to curb her nightly binges. For any woman who has wondered how much wine is too much wine, Cohen provides a provocative and eye-opening look at the culture of drinking through the lens of her own experience.

"*We Are the Luckiest* is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of *Love Warrior: A Memoir* What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." --Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting grace." --Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience--the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to

such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

Spruce-up and Customize Your Kitchen Storage: Weekend Projects

A successful emergency physician full of narcissism and ego wakes up in detox, his life having burned to the ground. Dr. J.D. Remy-physician, father, husband, and medical missionary-awakens one morning to find himself in rehab for alcoholism. His destructive behavior has resulted in the loss of his marriage, children, career-and almost-his life. Faced with the challenges of rebuilding a foundation, Dr. Remy must accept that he is an alcoholic and summon the courage to tame the demons that caused such dire circumstances. Over time, he makes new connections in sobriety and rekindles friendships from his former life. With the aid of old friends and his new sober network, he navigates his program as a professional in long-term recovery. He must overcome unemployment, a devastating divorce, the estrangement of his children, social stigma, and the coronavirus outbreak. Armed with the gift of desperation, a strong twelve-step program, and his recovery "mosh-pit," he learns to accept and let go, confronting the worst of his character flaws to emerge on the other side as a better version of himself. *Ballad of a Sober Man* is a raw and realistic memoir of one man's difficult journey through recovery, as he interacts with an eclectic cast of characters, finds romance in a brave new world, and battles a global pandemic...

Blackout Remembering the Things I Drank to Forget Grand Central Publishing

This *Naked Mind* has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. *This Naked Mind* offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. *This Naked Mind* will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, *This Naked Mind* will open the door to the life you have been waiting for. "You have given me my life back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

\*A NEW YORK TIMES BESTSELLER\* For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, *BLACKOUT* is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. \*Includes Reading Group Guide\*

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keeffe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory: What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - The Pool 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of *This Naked Mind* 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.' - Eric Zimmer, host of podcast *The One You Feed* 'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - The Bookseller 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - Sasha Tozzi, Huffington Post

A sober hedonist's guide to living a decadent, wild, and soulful life--alcohol-free. In a culture where sipping "rosé all day" is seen as the epitome of relaxation, "grabbing a drink" the only way to network; and meeting at a bar the quintessential "first date," many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection

in life. Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives, to escape the ordinary and enjoy the intoxicating. Their drinking, however, had started to numb them to the present moment instead of unlocking it. Ward was introduced to Libaire when she first got sober. As they became friends, the two women talked about how they yearned to create lives that were Technicolor, beautifully raw, connected, blissed out, and outside the lines . . . but how? In *The Sober Lush*, Libaire and Ward provide a road map for living a lush and sensual life without booze. This book offers ideas and instruction for such nonalcoholic joys as: • The allure of "the Vanish," in which one disappears early from the party without saying goodbye to a soul, to amble home under the stars • The art of creating zero-proof cocktails for all seasons • Having a fantastic first date while completely sober • A primer on setting up your own backyard beehive, and honey tastings For anyone curious about lowering their alcohol consumption or quitting drinking altogether, or anyone established in sobriety who wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

*Twenty-Three Leading Feminist Writers on Protest and Solidarity* When 53 percent of white women voted for Donald Trump and 94 percent of black women voted for Hillary Clinton, how can women unite in Trump's America? *Nasty Women* includes inspiring essays from a diverse group of talented women writers who seek to provide a broad look at how we got here and what we need to do to move forward. Featuring essays by REBECCA SOLNIT on Trump and his "misogyny army," CHERYL STRAYED on grappling with the aftermath of Hillary Clinton's loss, SARAH HEPOLA on resisting the urge to drink after the election, NICOLE CHUNG on family and friends who support Trump, KATHA POLLITT on the state of reproductive rights and what we do next, JILL FILIPOVIC on Trump's policies and the life of a young woman in West Africa, SAMANTHA IRBY on racism and living as a queer black woman in rural America, RANDA JARRAR on traveling across the country as a queer Muslim American, SARAH HOLLENBECK on Trump's cruelty toward the disabled, MEREDITH TALUSAN on feminism and the transgender community, and SARAH JAFFE on the labor movement and active and effective resistance, among others.

"An intense, complex and disturbing story, bravely and beautifully told. I read *Drunk Mom* with my jaw on the floor, which doesn't happen to me that often." —Lena Dunham Three years after giving up drinking, Jowita Bydlowska found herself throwing back a glass of champagne like it was ginger ale. It was a special occasion: a party celebrating the birth of her first child. It also marked Bydlowska's immediate, full-blown return to crippling alcoholism. In the gritty and sometimes grimly comic tradition of the bestselling memoirs *Lit* by Mary Karr and *Smashed* by Koren Zailckas, *Drunk Mom* is Bydlowska's account of the ways substance abuse took control of her life—the binges and blackouts, the humiliations, the extraordinary risk-taking—as well as her fight toward recovery as a young mother. This courageous memoir brilliantly shines a light on the twisted logic of an addicted mind and the powerful, transformative love of one's child. Ultimately it gives hope, especially to those struggling in the same way.

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. *Drinking* is Caroline Knapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her years at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for *Drinking* "Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold."—Los Angeles Times Book Review "Filled with hard-won wisdom . . . [a] perceptive and revealing book."—San Francisco Chronicle "Eloquent . . . a remarkable exercise in self-discovery."—The New York Times "Drinking not only describes triumph; it is one."—Newsweek

Oh, "ALCOHOL" - the heavenly drink that seems to solve everybody's problems. As you continually lose yourself in alcohol, you run the risk of losing yourself and worse, losing the ones who care about you. So, know the danger that lurks around the corner as you become dependent on it. Know your limits around alcohol. Most of all, if all seems lost, know how to break away from that dependence and claim your life back. And know about all these firsthand, from the words of the "liberated" alcoholic, "Sarah Hepola." Bern Bolo's summary offers you "Sarah Hepola"'s narrative of her early experiments with alcohol, until she becomes a full-fledged alcohol addict as an adult, the dangers brought by an alcohol addiction, and measures on how you can safely curb your alcoholism. "'I wanted the gift of forgetting. Boozy love songs and brokenhearted ballads know the torture of remembering. If drinking don't kill me, her memory will, George Jones sang, and I got it. The blackouts were horrible. It was hideous to let those nights slide into a crack in the ground. But even scarier was to take responsibility for the mess I'd made. Even scarier was to remember your own life.'" "Blackout by Sarah Hepola" will show you both the good and bad sides of drinking. But of course, excessive drinking will always be bad for you, no matter what. For her, it was an escape, a means to be functional in a complex and distressing world. She craved the comfort of alcohol for it helped her say and write the right things. Without alcohol by her side, she felt lost. She felt a strong need to be loved and accepted, and only booze gave her that. She allowed alcohol to take over her life, until so little of it was left. When she finally mustered the courage to break out of this

addiction, she began to see things in a new light. Now, she values her family and those friends who genuinely care and love her. She has also learned to cope with the harsh realities of life and deal with them head on, and not with a drink in hand. Her touching story about her battle with alcoholism will touch you and give you a newfound understanding of how lonely an alcoholic's life is. NOTE: This is a summary of "Blackout" by "Sarah Hepola," NOT the original book.

BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT, THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES. How one mother gave up drinking and started living. This is Bridget Jones Dries Out. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it Mummy Was a Secret Drinker. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Blackout: Remembering the Things I Drank to Forget by Sarah Hepola is a memoir that chronicles the misadventures and dangers of the author's 25 yearlong battle with alcoholism during which time she was a regular blackout drinker. The portrait is stunningly honest and racy at times. It offers a candid glimpse into the author's world both before and after her recovery. This review follows the chronological order of the narrative with an in depth summary followed by an analysis. The first part of the book focuses on the progression of her alcoholism. The second part focuses on her recovery. Sarah Hepola is an author and editor who has written for Slate, Glamour, the New York Times, ELLE Magazine, and The Gaurdian. She is an editor for Salon.com. Read more....Download your copy today!Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

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