

## Sober Ever After A Memoir

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.

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

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. . . “Wildly entertaining. . .An unabashed account of getting clean and getting a life.” --Steve Geng Sacha Z. Scoblic is a writer living in Washington, D.C. A former editor at The New Republic and Reader's Digest, she has written about everything from space camp to pulp fiction and was a contributor

to The New York Times's online series "Proof: Alcohol and American Life." She currently blogs about addiction at [TheFasterTimes.com](http://TheFasterTimes.com). Her sobriety date is June 15, 2005.

"This dramatic memoir recaptures William Seabrook's experiences during an eight-month stay at a Westchester mental hospital in the early 1930s. Seabrook, who was a renowned journalist, voluntarily committed himself for acute alcoholism. His account offers an honest, self-critical look at addiction and treatment in the days before Alcoholics Anonymous and other modern programs. William Seabrook is most famous for introducing the word Zombie to Western culture"--

Craig Beck was a successful and functioning professional man in spite of a 'two bottles of wine a night' drinking habit. For 20 years, he struggled with problem drinking, all the time refusing to label himself an alcoholic because he did not think he met the stereotypical image that the word portrayed. Discover why all 'will-power' based attempts to stop drinking will fail (exactly as they are destined to do). Slowly Craig discovered the truth about alcohol addiction, and one by one, all the lies he had previously believed started to fall apart. For the first time, he noticed that he genuinely did not want to drink anymore. In this book, he will lead you through the same remarkable process. No need to declare yourself an alcoholic. A permanent cure, not a lifetime struggle. No group meetings or expensive rehab. No humiliation, no pain and 100% no 'will-power' required. Treats the source of the problem, not the symptoms. Where do you turn for hope when you already have the answer--but the answer isn't working? As a long-time Christian, Heather Kopp never expected to become an out-of-control alcoholic who kept private stashes of booze all over the place--tucked behind books in her study, zipped into a special compartment in her oversized purse, at the back of her closet stuffed inside her boots. Even as her career and marriage teetered on the brink, Kopp couldn't get a grip, desperately hiding the true extent of her drinking from the rest of the world--her husband included. During the day she wrote books about God and prayer and family. At night she'd locked herself in her bathroom to guzzle chardonnay. For her, as for many Christians who struggle with addiction, overwhelming shame and confusion only made things worse. Why wasn't her faith enough to save her? Why didn't repentance, Bible reading and prayer work? Where was God? Meanwhile, as she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. She feared for his life, yet she couldn't stop drinking long enough to help him--or find a way out for herself. Until the day everything changed. Engaging, funny and bracingly honest, Kopp shares her remarkable journey into darkness...and back to the light again. Her story reveals the unique challenges and spiritual conundrums Christians face when they become ensnared in an addiction, and the redemption that's possible when we finally reach the end of ourselves. If you love Jesus but shop too much, drink too much, eat too much, crush on men who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, **SOBER MERCIES** is for you. As you follow Kopp's sincere, stumbling journey toward freedom and a deeply satisfying relationship with God, you'll find renewed hope--and practical steps of recovery--for your own journey.

Are you looking for scientific answers for you or your loved one's drinking problem? Have you struggled to take your drinking habit seriously and are ready for a change? Are you ready to break free from the terrible physical, social, and psychological effects

of alcohol dependency? If you answered yes to any of these questions, keep reading. We all know how dangerous alcohol abuse is, with its potential to destroy every aspect of our lives. Despite that, alcohol dependency is extremely common. In fact, there are more people dependent on alcohol than all illicit drugs combined. Why is that? Naturally, it's easy to ignore the dangers of alcohol abuse when drinking is considered normal. After all, a nightly drink or two after work or spending weekends at a bar with friends seems ordinary and harmless. That is until you notice your quality of life is deteriorating, and you can't seem to put the bottle down. And suddenly, you realize you've lost control. Sound familiar? The good news is, you can improve your drinking habits and prevent or overcome alcohol addiction with the help of science. If you want power over your drinking, you'll find all the information you need to get started right here. In this guide, you'll discover: How this one brain chemical causes alcohol addiction and how to use it for good instead Whether a glass of red wine is actually good for you (the truth may surprise you!) 5 types of alcoholism: find out which group you or a loved one fit into and how to break free How this one simple habit can prevent alcohol addiction (anyone can do this without giving up alcohol completely) ...and much, much more! Alcohol dependency is debilitating and can ruin your entire life. All it takes is that first step. Arm yourself with the truth about alcohol today by clicking "Add to Cart" right now!

Our relationship with alcohol can be complicated, to say the least. Most of Western civilization has glorified the experience into the upper echelons of social agreements, yet millions of us struggle with the substance. For the married, entrepreneurial man, things are more difficult. As pressures mount from our home, family relationships, and business demands, addictions are rampant. Addiction to alcohol, substances, and finding ourselves addicted to a professional prison of our own creation.

NEW YORK TIMES BESTSELLER "I come from a family forged by tragedies and bound by a remarkable, unbreakable love," Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

The intimate, gorgeous, garish confessions of Joshua Mohr—writer, father, alcoholic, addict Her teeth marks in the wood are some of my favorite things. Every now and again she rips the pick out of my hand and tosses it inside the guitar . . . I hold it over my head, hole down, shaking it back and forth, the pick rattling around in there. And as it ricochets from side to side, I always think about pills. Maybe the pick has turned into oxy. Or Norco, codeine, Demerol. Maybe it's a pill and when it falls out I can gobble it up. After years of hard-won sobriety, while rebuilding a life with his wife and young daughter, thirty-five-year-old Joshua Mohr suffers a stroke—his third, it turns out— which uncovers a heart condition requiring surgery. Which requires fentanyl, one of his myriad drugs of choice. This forced "freelapse" should fix his heart, but what will it do to his sobriety? And what if it doesn't work? Told in stunning, surreal, time-hopping vignettes,

## Read Free Sober Ever After A Memoir

Model Citizen is a raw, revealing portrait of an addict. Mohr shines a harsh spotlight into all corners of his life, throwing the wild joys, tragedies, embarrassments, and adventures of his past into bold relief. Pulsing with humanity and humor, revealing the immediacy of an addict climbing out of the murky pit of his past, Model Citizen is a darkly beautiful, incisive confession.

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

How I Quit Drinking And how You Can Too

Memoir Synopsis "That evening I wanted to go to a teenage party, and I wanted to drink alcohol, the grownup beverage of choice, the potion glamorized on TV and in movies, the stuff the older cool kids were drinking every weekend. I wanted to be cool. I wanted to fit in. Whatever it took." She was attractive, popular and determined to grow up in a hurry. How would she have known that at age thirteen, during her first teenage drinking party, her life would play out in such a way that it would rule her life decisions going forward? The handsome boys and pretty girls were guzzling a certain punch, and she wanted to be like them. Tentatively, she ladled the jungle juice from the punch bowl and had her first sip of alcohol. She wanted more. It couldn't have come at a better time. This is what she'd been searching for - relief. Instant relief. Getting drunk becomes her rite of passage as she careens through junior and senior high school caving in to peer pressure for her need to feel accepted. Through secretarial school and early jobs, her



twenties are a blur. Quicker than she can take a tequila shot in a Mexican caf, change her lovers weekly, and party with the dregs of society, as well as the socialites and future executives - Nancy finds a lifestyle that seems to work for her. She continues on and drinks and uses cocaine through the snows of Aspen, the desert heat of Scottsdale, the California coast and her Pennsylvania homelands, only to find herself alone and desperate in her quest for love and her own identity. Milk, she decides, has a longer shelf life than her romantic interludes. Surfer Boy, Boston Boy, Blondie Boy. Her big question becomes, who is going to marry her? As she approaches her early 30's, she thinks getting married will fix her. "I am sitting on my couch finishing up a second bottle of Two Buck Chuck, watching Sarah Jessica Parker on "Sex and the City," crying and wondering why I'm still single. I understand why Sarah is single. She spends too much money on shoes, and no one wants to marry a shoe whore. She had the perfect man too. She was a fool to let Aidan get away. Ever since high school the perennial question from my parents and friends was always the same, "Are you going to marry him?" It never occurred to Nancy to blame her loneliness on her beverages of choice. She'd kept her career going. She wasn't an alcoholic. In fact, she relished hearing confessions of real alcoholics so she could assure herself that they--and not she--had a problem. Hello, Black Kettle? This is Pot calling! Terribly alone after receiving her second DUI at age 37, Nancy experiences a moment of clarity. She's been looking for answers everywhere but the place she least wants to examine: the mirror. What glares back at her is over twenty-four years of living life in the fast lane, zooming by all the red flags. "Sitting in the jail cell I thought about hitting bottom. I could stop digging now. My life couldn't get any worse....How could years of my free-wheeling lifestyle as a partier, mainly a social drinker, bring me to this place?" Compelled by a judge, Nancy walks into an Alcoholics Anonymous meeting and begins the hellacious journey of rethinking her life to finally find what she'd been searching for - her true self. Now sober for over ten years, married and with a thriving career, Nancy wants to tell other young women what she wishes someone had told her.

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.

Erica C. Barnett had her first sip of alcohol when she was thirteen, and quickly developed a taste for drinking to oblivion with her friends. In her late twenties, her addiction became inescapable. By the time she was in her late thirties, she had run the gauntlet of alcoholism. With brave and vulnerable writing, Barnett expands on her own story to confront the dire state of addiction today, the rise of alcoholism in women, and the lack of rehabilitation options available. *Quitter* is essential reading for our age and an ultimately hopeful story of Barnett's own hard-fought path to sobriety.

For swimming champion Nancy Stearns Bercaw, the pool was a natural habitat. But on land, she could never shake the feeling of being a fish out of water. Starting at age two, Nancy devoted her life to swimming, even qualifying for the 1988 Olympic Trials in the fifty-meter freestyle event. But nearly two decades later, when she hung up her cap and goggles, she was confronted with a different kind of challenge: learning who she was out of the lanes. In this honest, intimate memoir, Nancy reflects on her years wandering the globe, where tragic events and a lost sense of self escalate her dependence on booze. Thirty-three years after her first sip of alcohol, the swimmer comes to a stunning realization while living with her husband and son in Abu Dhabi—she's drowning in the desert. Nancy looks to the Bedouin people for the strength to conquer one final opponent: alcohol addiction.

*How I Quit Drinking (and how you can too)* is a practical, helpful (and sometimes humorous) guide from an award winner blogger, who ploughed her own sober path and made it through!

The instant New York Times bestseller *Lust*: 1. intense sexual desire or appetite 2. a passionate or overmastering desire or craving 3. ardent enthusiasm; zest; relish. *Wonder*: 1. something strange and surprising; a cause of surprise, astonishment, or admiration 2. the emotion excited by what is strange and surprising; a feeling of surprised or puzzled interest, sometimes tinged with admiration 3. a miraculous deed or event; remarkable phenomenon From the beloved #1 New York Times bestselling author comes an intimate look at the driving forces in one man's life. With Augusten's unique and singular observations and his own unabashed way of detailing both the horrific and the humorous, *Lust and Wonder* is a hilariously frank memoir that his legions of fans have been waiting for. His story began in *Running with Scissors*, endured through *Dry*, and continues with this memoir, the capstone to the life of Augusten Burroughs. Funny, sweet, alarming, and ultimately, moving and tender, *Lust & Wonder* is an experience of a book that will resonate with anyone who has loved and lost and loved again.

INSTANT NEW YORK TIMES BESTSELLER “If you’re a fan like I am this is definitely the book for you.” —Pete Davidson, actor, producer, and cast member on Saturday Night Live “Danny’s incredible life story shows that even though we may fall down at some point in our lives, it’s what we do when we stand back up that really counts.” —Robert Rodriguez, creator of Spy Kids, Desperado, and Machete Discover the full, fascinating, and inspirational true story of Danny Trejo’s journey from crime, prison, addiction, and loss—it’s “enough to make you believe in the possibility of a Hollywood ending” (The New York Times Book Review). On screen, Danny Trejo the actor is a baddie who has been killed at least a hundred times. He’s been shot, stabbed, hanged, chopped up, squished by an elevator, and once, was even melted into a bloody goo. Off screen, he’s a hero beloved by recovery communities and obsessed fans alike. But the real Danny Trejo is much more complicated than the legend. Raised in an abusive home, Danny struggled with heroin addiction and stints in some of the country’s most notorious state prisons—including San Quentin and Folsom—from an early age, before starring in such modern classics as Heat, From Dusk till Dawn, and Machete. Now, in this funny, painful, and suspenseful memoir, Danny takes us through the incredible ups and downs of his life, including meeting one of the world’s most notorious serial killers in prison and working with legends like Charles Bronson and Robert De Niro. An honest, unflinching, and “inspirational study in the definition of character” (Kevin Smith, director and actor), Trejo reveals how he managed the horrors of prison, rebuilt himself after finding sobriety and spirituality in solitary confinement, and draws inspiration from the adrenaline-fueled robbing heists of his past for the film roles that made him a household name. He also shares the painful contradictions in his personal life. Although he speaks everywhere from prison yards to NPR about his past to inspire countless others on their own road to recovery and redemption, he struggles to help his children with their personal battles with addiction, and to build relationships that last. Redemptive and painful, poignant and real, Trejo is a portrait of a magnificent life and an unforgettable and exceptional journey. Surrounded by alcohol and alcoholic strangers and alcoholic relatives her entire childhood, Amber never stood a chance. But for a long time she was an overachiever and a functional alcoholic. None of her relatives suspected a thing because in her family, the men were the alcoholics, not the women. After her dad died of the disease, she spiraled completely out of control -- 'Leaving Las Vegas drunk,' as she puts it. She hit rock bottom seven years ago, joined AA and has been completely sober since. The book spans from her first drink at the age of seven to a year following her sobriety. By telling the tale of alcoholism and recovery through a seemingly light, entertaining, child-like read -- and illustrated throughout with crude stick figures in crayon - Sober Stick Figure draws the reader into Amber's hard fought journey with wit and poignancy.

"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.

Veronica Valli's new book, *Get Sober, Get Free - Your Practical Guide* is the follow up to her hugely successful *Why You Drink and How to Stop*. *Get Sober, Get Free* is for anyone who would like to understand their drinking and develop strategies to stay alcohol free. It's a practical handbook for achieving sustainable sobriety. Veronica understands there is much more to sobriety than just putting down the drink - first we need to understand why we abused alcohol in the first place. Sobriety is about the freedom to be who you were meant to be. Divided into three sections - Honesty, Reality, Freedom - the book takes you through a series of specifically designed questions that will enable you to understand why you abuse alcohol and help you to create your own plan to stay sober. This practical guide will give you the tools and information you need to finally get sober and get free! *Get Sober, Get Free - Your Practical Guide* is an essential tool in your sobriety toolbox.

**\*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\*

Whether you drink it or not, alcohol is likely a potent part of your life: our culture is saturated in it. Ask any woman you know to tell you a drinking story, and she'll come up with one—in fact, she may even come up with five. With friends and with coworkers, at date night and at ladies' night, and on special occasions ranging from Valentine's Day to the Super Bowl, we encounter alcohol—yet when it comes to discussing the nature of our relationship with drinking, few of us do so honestly and openly. In *Drinking Diaries*, editors Leah Odze Epstein and Caren Osten Gerszberg take women's drinking stories out of the closet and into the light. Whether it's shame, sober sex, and relapsing, or college drinking, bonding, and comparing the benefits of pot vs. booze, no topic related to alcohol is off limits in this illuminating anthology. With contributions from celebrated writers including Jacquelyn Mitchard, Daphne Merkin, Kathryn Harrison, Ann Hood, Ann Leary, Pam Houston, Jane Friedman, Elissa Schappell, Asra Nomani, Priscilla Warner, Rita Williams, and Joyce Maynard, *Drinking Diaries* is a candid look at the pleasures and pains of drinking, and the many ways in which it touches women's lives.

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.

What makes one person a social drinker and another an alcoholic? How is it that some can drink for years and not become addicted, whilst others seem to freefall in a matter of months straight into the abyss of alcoholism? Can you feel the point of 'alcoholic no-return' racing towards you, or does it approach with stealth, drawing you in and then like a Venus Fly Trap, snap shut over your unsuspecting

head tightening its grip as you struggle to escape? This book is about my struggle and ultimate survival. In writing this book I hope to reach out to those that are suffering and lost and give them the hope and inspiration to fight their demons and go on to live happier lives.

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — “chicken or fish,” “Daisy Duke,” “football jinx,” “mom jeans,” “sexual napalm...” and more. *Open Book* is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

‘I’m the binge-drinking health reporter. During the week, I write about Australia’s booze-soaked culture. At the weekends, I write myself off.’ Booze had dominated Jill Stark’s social life ever since she had her first sip of beer, at 13. She thought nothing could curb her love of big nights. And then came the hangover that changed everything. In the shadow of her 35th year, Jill made a decision: she would give up alcohol. But what would it mean to stop drinking in a world awash with booze? This lively memoir charts Jill’s tumultuous year on the wagon, as she copes with the stress of the newsroom sober, tackles the dating scene on soda water, learns to watch the footy minus beer, and deals with censure from friends and colleagues, who tell her that a year without booze is ‘a year with no mates’. In re-examining her habits, Jill also explores Australia’s love affair with alcohol, meeting alcopop-swigging teens who drink to fit in, beer-swilling blokes in a sporting culture backed by booze, and marketing bigwigs blamed for turning binge drinking into a way of life. And she tracks the history of this national obsession: from the idea that Australia’s new colonies were drowning in drink to the Anzac ethos that a beer builds mateship, and from the six o’clock swill that encouraged bingeing to the tangled weave of advertising, social pressure, and tradition that confronts drinkers today. Will Jill make it through the year without booze? And if she does, will she go back to her old habits, or has she called last drinks? This is a funny, moving, and insightful exploration of why we drink, how we got here, and what happens when we turn off the tap.

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.

**NEW YORK TIMES BESTSELLER** • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

#1 New York Times Bestseller Oprah's Bookclub 2016 Selection "Riveting...a worthy investment...this book has real wisdom." —New York Times Book Review "A book with so much painful truth packed into its pages that every person who's ever married or plans to marry should really give it a read." —Chicago Tribune "Provocative....I adore her honesty, her vulnerability, and her no-nonsense wisdom, and I know you will, too." —Oprah Winfrey "This memoir isn't really about Glennon rebuilding her relationship with her husband; it is about Glennon rebuilding her relationship with herself. Utterly refreshing and...badass." —Bustle.com The highly anticipated new memoir by bestselling author Glennon Doyle tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. *Love Warrior* is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing

## Read Free Sober Ever After A Memoir

memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. *Love Warrior* is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships and a more abundant, authentic life.

Wine is a normal part of life, isn't it? It is usual for thirty-somethings to collapse in the evening with a glass or two of something sophisticated to diffuse the stress of the day and calm their buzzing brains, whether they be professionals, mothers, wives or homemakers. Rachel was no different. She juggled her many roles and responsibilities well and rewarded herself with wine at the end of each day; after all, she deserved it. But, gradually her wine intake began to increase each night and soon it had gone from being a little treat to an absolute necessity. As wine invaded more and more areas of her life, it became harder to cope. In turn it meant she drank more wine, firmly believing it was the cure, never considering for a moment that it could be the problem. Eventually, when wine was dictating everything she did and did not do, Rachel realised her life was unmanageable and that something had to change. However, as soon as she attempted to restrict or moderate her drinking, she seemed to want it even more. Her best intentions fell quickly by the way side after the first bottle was opened and the first drink took control, compelling her to have more. Drinking would continue until there was none left or Rachel 'fell asleep'. The following day consisted of a hangover, depression, overeating, remorse, worry, despair and self-hatred, until the time came around when the next bottle could be opened and these awful feelings could be blotted out. This pattern of trying and failing to control her wine drinking brought Rachel to acknowledge that it was not possible to do so, and she decided that she had to remove alcohol from her life forever. Despite being sick and tired of the drinking-hangover-drinking cycle of failure, giving up was not easy and it was only after a few more failed attempts that Rachel managed to do so. This book details her life in that first year of going alcohol-free. It describes in detail how her everyday pursuits became challenging and changing. Her outlook on the whole point of life turned on its axis when alcohol was removed, leaving her with a whole different sense of self and being. The changes that occurred were astounding and beyond anything she believed could be possible. She thought that removing alcohol from her life was all about giving up; she had never considered what she might gain. *I am Rachel. This is my story.*

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



## Read Free Sober Ever After A Memoir

wants inspiration, this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol.

"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.

Are you worried you might be drinking too much? Fed up of hangovers, hangxiety and feeling below par? Bored of booze culture at home, at work, as a parent? Do you have a sneaking suspicion that alcohol might be standing between you and your best life? Are you wondering if there's another way? Julia Carson found out, quite unexpectedly, that there really is, when she had her last drink of mummy-juice wine in February 2017 and then embarked on a rollercoaster journey of self-discovery in sobriety. *Sober Positive* is both the story of her journey over the last two years and a detailed road map for anyone else looking for their own way out of the alcohol maze. You may not believe this now, but it is entirely possible to stop drinking and be completely happy. To achieve true freedom from alcohol. To be sober positive. In this book you will learn how to change your mindset about alcohol, how to assemble your own personal sobriety toolbox and how to cope with sober firsts like social events, holidays and Christmas. You will gain insight into why you might be struggling with alcohol and how you can address other compulsive behaviours which may arise in early sobriety. You will develop detailed strategies for self-care and be guided through the deeper work needed to support your physical and mental wellbeing and truly thrive as a non-drinker. You will be helped to navigate changing relationships with partners, children and friends and learn some surprising truths about our best friend booze. So, if you're drinking too much and it's making you miserable, why not take a chance on being sober and happy? You might just find your best life along the way. Julia did and this book contains everything she has learned in the past two years that helped her get there.

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

## Read Free Sober Ever After A Memoir

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.

A real-life portrayal and uplifting memoir of one woman's near-death struggle with alcoholism. Denise beautifully tells her story of where the depths of alcoholism led her, and her inspiring story of finally finding hope and strength to overcome her underlying issues, and no longer needing a substance to numb her life. Going on to work with and navigate thousands of people away from the entrapment and pain that mental health and addiction create, Denise shares not only her story, but the stories of the journeys of a number of her clients. "Poured me a glass of Life" is a journey of life, death, and rebirth. It shares inspirational hope and strength which is thought provoking, keeping you captivated, and profoundly emotionally moved with every single page.

"The memoir of the life of one of the most beloved baseball players of his generation, a raw, compelling story of baseball, family, fame, addiction, loss, and a champion's resilience"--

"A documentary filmmaker and daughter of the late, great New York Times columnist David Carr celebrates and wrestles with her father's legacy in a raw, redemptive memoir."--O: The Oprah Magazine "A breathtaking read . . . a testimony equal parts love and candor. David would have had it no other way."--Ta-Nehisi Coates, bestselling author of *Between the World and Me* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY GLAMOUR AND MARIE CLAIRE Dad: What will set you apart is not talent but will and a certain kind of humility. A willingness to let the world show you things that you play back as you grow as an artist. Talent is cheap. Me: OK I will ponder these things. I am a Carr. Dad: That should matter quite a bit, actually not the name but the guts of what that name means. A celebrated journalist, bestselling author (*The Night of the Gun*), and recovering addict, David Carr was in the prime of his career when he suffered a fatal collapse in the newsroom of The New York Times in 2015. Shattered by his death, his daughter Erin Lee Carr, at age twenty-seven an up-and-coming documentary filmmaker, began combing through the entirety of their shared correspondence--1,936 items in total--in search of comfort and support. What started as an exercise in grief quickly grew into an active investigation: Did her father's writings contain the answers to the question of how to move forward in life and work without her biggest champion by her side? How could she fill the space left behind by a man who had come to embody journalistic integrity, rigor, and hard reporting, whose mentorship meant everything not just to her but to the many who served alongside him? *All That You Leave Behind* is a poignant coming-of-age story that offers a raw and honest glimpse into the multilayered relationship between a daughter and a father. Through this lens, Erin comes to understand her own workplace missteps, existential crises, and relationship fails. While daughter and father bond over their mutual addictions and challenges with sobriety, it is their powerful sense of work and family that comes to ultimately define them. This unique combination of Erin Lee Carr's earnest prose and her father's meaningful words offers a compelling read that shows us what it means to be vulnerable and lost, supported and found. It is a window into love, with all of its fierceness and frustrations. "Thank you, Erin, for this beautiful book. Now I am going to steal all of your father's remarkable advice and tell my kids I thought of it."--Judd Apatow

The Sober Survival Guide - How to Free Yourself from Alcohol Forever - By Simon Chapple. Foreword by Annie Grace - Author of This Naked Mind - Control Alcohol Are you tired of thinking about drinking? Hands up if you believe any of the following about drinking alcohol to be true: I can't have fun without alcohol. Imagine going to a party without drinking! it makes me feel less anxious or depressed; it helps me sleep; I can't relax without it; it makes me entertaining to be around; it fits the lifestyle of my boozy friends; I like the taste of alcohol; it's cool and sophisticated; I'm not confident enough to talk to new people without it; it helps me deal with all the problems life throws my way; it stops me worrying about how much I'm drinking (ironic, I know). If you find yourself nodding at even one of these statements, then I know how you feel. I was a heavy daily drinker for over twenty years, I too used to believe that I couldn't live without alcohol, and that once I'd had a few drinks I was funny to be around (hilarious in fact). Are you too are tired and fed up with the routine of drinking, and want to make a change and improve your life? Or you may simply be curious about how an alcohol-free life might look for you. Could it be better? Happier? Calmer? More peaceful? Perhaps you're already on the path to changing your relationship with booze and might have read other 'sober books' or taken part in programmes to help you quit. I want you to know you can do the same as me and find complete freedom from alcohol, and that you don't have to wait for years like I did. Also, I want to reassure you that alcohol addiction is never a person's fault, and that there's no need to blame yourself for finding it hard to give up. It honestly isn't as difficult as you might think, and this book will provide the support, tactics and advice you need as you progress on your sober journey. The Sober Survival Guide is unique in that it is split into two parts. The first is designed to set you up for success and put you in a place where you can find freedom from alcohol if that's what you want. The first part of the book contains essential information for when you're in the early stages of controlling your drinking. The second part serves as a handbook as you move forward into an alcohol-free life and is where this book comes into its own. As you read it you'll see I've used my own experiences and those of the people I've worked with to help ensure you're ready for the challenges, fears, and questions that will come up in the years after quitting drinking. You'll learn how to handle the work Christmas party without a glass of bubbly in hand, the joys of sober holidays, what to do when you stop drinking but your partner won't, and a whole lot more. With this part you can dip in and out, picking the chapters that address the problems you're facing that day or week. This unique quit alcohol book also shares my own stories and personal accounts that helped me learn (sometimes the hard way), so as well as providing vital tools and tactics it will also leave you with a smile on your face and provide you with a fun and enjoyable read. Part memoir, part sober guide and 100% alcohol free - The Sober Survival Guide is perfect for anyone looking to free themselves from the grip of alcohol. Simon Chapple is the founder of Be Sober one of the largest online 'quit drinking' communities, he is also a speaker and works as a Certified Alcohol Coach working with This Naked Mind helping people change their relationship with alcohol. He has helped thousands of people quit drinking and has made it his life mission to spread the word about the benefits an alcohol-free life brings. Join Simon and the alcohol freedom revolution on Instagram @besoberandquit or visit [www.besober.co.uk](http://www.besober.co.uk) to discover more.

Non fiction self-help book. A non traditional approach to problem drinking, aimed at

## Read Free Sober Ever After A Memoir

helping the reader explore their relationship with alcohol.Offers suggestions for moving forward and making a change.

[Copyright: 947ea60d42df614346b8ba6550888755](#)