

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....

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.

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.

"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.

Set against the unexplained stroke of the author's newborn daughter, this stunning, unflinchingly honest memoir is a thought-provoking reflection on uncertainty in medicine and in life. Growing up as the daughter of a dedicated surgeon, Elizabeth L. Silver felt an unquestioned faith in medicine. When her six-week-old daughter, Abby, was rushed to the Neonatal Intensive Care Unit with sudden seizures, and scans revealed a serious brain bleed, her relationship to medicine began to change. The Tincture of Time is Silver's gorgeous and haunting chronicle of Abby's first year. It's a year of unending tests, doctors' opinions, sleepless nights, promising signs and steps backward, and above all, uncertainty: The mysterious circumstances of Abby's hospitalization attract dozens of specialists, none of whom can offer a conclusive answer about what went wrong or what the future holds. As Silver explores what it means to cope with uncertainty as a patient and parent and seeks peace in the reality that Abby's injury may never be fully understood, she looks beyond her own story for comfort, probing literature and religion, examining the practice of medicine throughout history, and reporting the experiences of doctors, patients, and fellow caretakers. The result is a brilliant blend of personal narrative and cultural analysis, at once a poignant snapshot of a parent's struggle and a wise meditation on the reality of uncertainty, in and out of medicine, and the hard-won truth that time is often its only cure. Heart-wrenching, unflinchingly honest, and beautifully written, The Tincture of Time is a powerful story of parenthood, an astute examination of the boundaries of medicine, and an inspiring reminder of life's precariousness.

A Memoir of Panic and Addiction

A Memoir

Blackout by Sarah Hepola | Summary & Analysis

A Personal Story of One Woman's Journey to Overcome Alcoholism

Remembering the things I drank to forget

Remembering the Things I Drank to Forget by Sarah Hepola - Summary & Analysis

Remembering the Things I Drank to Forget by Sarah Hepola: Summary & Analysis

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*

"I have never read a more heartfelt account of a women's battle with alcohol and its devastation." -- Reviewer The biggest demons live inside of us. Faith Smith has always had a problem with alcohol. At first, she didn't believe it was an issue, but slowly her life begins to unravel. Her job as a teacher hangs in the balance, her marriage begins to crumble, and she realizes that she's putting her addiction before even her own children. Faith knows she has to do something to regain control of her life. But her demons won't abandon her so easily. Struggling with mood swings and losing control of her mind, Faith must summon all of her courage to find the light at the end of the tunnel. But with her relationships collapsing beneath the weight of her alcoholism, is it too late for Faith to salvage her life? Told with a gritty realism that reflects the real daily struggles of people suffering from alcoholism, Surviving Hell is a gripping and thought-provoking story about one woman's fight against her inner demons.

We forget our passwords. We pay too much to go to the gym. We think we'd be happier if we lived in California (we wouldn't), and we think we should stick with our first answer on tests (we shouldn't). Why do we make mistakes? And could we do a little better? We human beings have design flaws. Our eyes play tricks on us, our stories change in the retelling, and most of us are fairly sure we're way above average. In Why We Make Mistakes, journalist Joseph T. Hallinan sets out to explore the captivating science of human error—how we think, see, remember, and forget, and how this sets us up for wholly irresistible mistakes. In his quest to understand our imperfections, Hallinan delves into psychology, neuroscience, and economics, with forays into aviation, consumer behavior, geography, football, stock picking, and more. He discovers that some of the same qualities that make us efficient also make us error prone. We learn to move rapidly through the world, quickly recognizing patterns—but overlooking details. Which is why thirteen-year-old boys discover errors that NASA scientists miss—and why you can't find the beer in your refrigerator. Why We Make Mistakes is enlivened by real-life stories—of weathermen whose predictions are uncannily accurate and a witness who sent an innocent man to jail—and offers valuable advice, such as how to remember where you've hidden something important. You'll learn why multitasking is a bad idea, why men make errors women don't, and why most people think San Diego is west of Reno (it's not). Why We Make Mistakes will open your eyes to the reasons behind your mistakes—and have you vowing to do better the next time.

NEW YORK TIMES BESTSELLER • The heart-wrenching, uplifting tale about a woman named Cupcake “[Cupcake] Brown’s confessional . . . memoir is one you can’t easily put down. Her life is nothing short of a miracle.”—Chicago Sun-Times There are shelves of memoirs about overcoming the death of a parent, childhood abuse, rape, drug addiction, miscarriage, alcoholism, hustling, gangbanging, near-death injuries, drug dealing, prostitution, and homelessness. Cupcake Brown survived all these things before she'd even turned twenty. And that's when things got interesting. . . Orphaned by the death of her mother and left in the hands of a sadistic foster parent, young Cupcake Brown learned to survive by turning tricks, downing hard liquor, and ingesting every drug she could find while hitchhiking up and down the California coast. She stumbled into gangbanging, drug dealing, hustling, prostitution, theft, and, eventually, the best scam of all: a series of 9-to-5 jobs. A Piece of Cake is unlike any memoir you'll ever read. Moving in its frankness, this is the most satisfying, startlingly funny, and genuinely affecting tour through hell you'll ever take. Praise for A Piece of Cake “[Brown] reflects now with insight and honesty on her experiences. . . . An engaging account . . . of a remarkable life filled with pain and wisdom, hope and redemption.”—San Francisco Chronicle “Dazzles you with the amazing change that is possible in one lifetime.”—Washington Post

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.

Drinking

Seven Steps to Managing Your Memory

Idyll Banter

Remembering the Things I Drank to Forget.

The Tincture of Time

Unwasted:

Summary of Blackout

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.

“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

'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. 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. 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.

This Naked Mind

Summary & Analysis of Sarah Hepola's *Blackout*

The Still Point of the Turning World

Drink

my year without booze

Kick the Drink...Easily!

An empowering guide to living hangover free

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 live 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 brilliant study of the wages of mortal love." —The New York Times Book Review What does it mean to be a success? To be a good parent? To live a meaningful life? Emily Rapp thought she knew the answers when she was pregnant with her first child. But everything changed when nine-month-old Ronan was diagnosed with Tay-Sachs disease, a rare and always-fatal degenerative disorder. He was not expected to live beyond the age of three. Rapp and her husband were forced to re-evaluate everything they thought they knew about parenting and to learn to parent without a future. Even before the book's publication, Rapp set the Internet ablaze with her New York Times op-ed piece about parenting a terminally ill child. An immediate bestseller, *The Still Point of the Turning World* is Rapp's memorial to her lost son and an inspiring and exquisitely moving reminder to love and live in the moment. 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.

Some secrets are best left forgotten. When Allie Castillo wakes up after a terrible car accident, with head injuries and zero recollection of who she is or what happened, one thing haunts the edges of her mind: the crash may not have been an accident. Her body still bruised, she returns to a life she doesn't recall, to a house that's unfamiliar, and to a family that doesn't feel like her own. School is another minefield--her boyfriend wants his girl back, her best friend wants to carry on their old partying ways, and the mysterious guy at the back of the classroom wants nothing more than to unlock the door to her forgotten memories. As Allie learns about her notorious past, she grows

to dislike who she was pre-accident. She's determined to change, determined not to repeat the same mistakes. But when her life is put in jeopardy once more, Allie realizes that her only chance at survival is to remember who she used to be--even if that means abandoning who she wants to become.

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! for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

Weekly Excursions to a Very Small Town
Remembering the Things I Drank to Forget
Lit LP

Why We Make Mistakes

A Hedonist's Guide to Living a Decadent, Adventurous, Soulful Life--Alcohol Free

Remembering the Things I Drank to Forget by Sarah Hepola Summary: Summary and Analysis of Sarah Hepola's Blackout: Remembering the Things I Drank to Forget

A Memoir of Drinking, Relapse, and Recovery

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.

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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 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 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 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.

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*

A 11-Minute Summary of Blackout

Portrait of an Addict as a Young Man

The Intimate Relationship Between Women and Alcohol

Essays

Quitter

The Endless Follies and Tiny Triumphs of a Giant Disaster

The Sober Lush

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.

As you age, you may find yourself worrying about your memory. Where did I put those car keys? What time was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much (or, perhaps, what type) of memory loss is to be expected as one gets older and what should trigger a visit to the doctor. Seven Steps to Managing Your Memory addresses these key concerns and more, such as... · What are the signs that suggest your memory problems are more than just part of normal aging? · Is it normal to have concerns about your memory? · What are the markers of mild cognitive impairment, dementia, Alzheimer's, and other neurodegenerative diseases? · How should you convey your memory concerns to your doctor? · What can your doctor do to evaluate your memory? · Which healthcare professional(s) should you see? · What medicines, alternative therapies, diets, and exercises are available to improve your memory? · Can crossword puzzles, computer brain-training games, memory aids, and strategies help strengthen your memory? · What other resources are available when dealing with memory loss? Seven Steps to Managing Your Memory is written in an easy-to-read yet comprehensive style, featuring clinical vignettes and character-based stories that provide real-life examples of how to successfully manage age-related memory loss.

Blackout Remembering the Things I Drank to Forget Grand Central Publishing

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.

Learn About One Woman's Struggle With Alcohol 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 Alcohol 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

I'll Tell You in Person

Lush

And Other Subjects of Discussion

A Parent's Memoir of (Medical) Uncertainty

A Piece of Cake

Girl Walks Out of a Bar

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!

'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.

"Daum is her generation's Joan Didion." —Nylon Nearly fifteen years after her debut collection, *My Misspent Youth*, captured the ambitions and anxieties of a generation, Meghan Daum returns to the personal essay with *The Unspeakable*, a masterful collection of ten new works. Her old encounters with overdrawn bank accounts and oversized ambitions in the big city have given way to a new set of challenges. The first essay, "Matricide," opens without flinching: People who weren't there like to say that my mother died at home surrounded by loving family. This is technically true, though it was just my brother and me and he was looking at Facebook and I was reading a profile of Hillary Clinton in the December 2009 issue of *Vogue*. Elsewhere, she carefully weighs the decision to have children—"I simply felt no calling to be a parent. As a role, as my role, it felt inauthentic and inorganic"—and finds a more fulfilling path as a court-appointed advocate for foster children. In other essays, she skewers the marriage-industrial complex and recounts a harrowing near-death experience following a sudden illness. Throughout, Daum pushes back against the false sentimentality and shrink-wrapped platitudes that surround so much of contemporary American experience and considers the unspeakable thoughts many of us harbor—that we might not love our parents enough, that "life's pleasures" sometimes feel more like chores, that life's ultimate lesson may be that we often learn nothing. But Daum also operates in a comic register. With perfect precision, she reveals the absurdities of the New Age search for the "Best Possible Experience," champions the merits of cream-of-mushroom-soup casserole, and gleefully recounts a quintessential "only-in-L.A." story of playing charades at a famous person's home. Combining the piercing insight of Joan Didion with humor reminiscent of Nora Ephron's, Daum dissects our culture's most dangerous illusions, blind spots, and sentimentalities while retaining her own joy and compassion. Through it all, she dramatizes the search for an authentic self in a world where achieving an identity is never simple and never complete.

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.

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

How one woman stopped drinking and started living. By New York Times Bestseller

Blackout

A Love Story

The Sober Girl Society Handbook

How We Look Without Seeing, Forget Things in Seconds, and Are All Pretty Sure We Are Way Above Average

High Sobriety

Guts

The actress best known for her work on "3rd Rock from the Sun" traces the story of her career and the personal difficulties that challenged her after "3rd Rock" ended.

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.

**Voted an Independent best self-care book for 2021* *Voted one of Heat's best self-help books to help you reach your full potential* If you've ever woken up feeling anxious, or cringing with embarrassment, about something you did or said whilst drunk the night before, this book may just change your life. Whichever way you look at it, it's hard to avoid how alcohol really makes us feel: terrible. After years of partying and hangovers started taking a toll on her mental health, Millie Gooch gave up alcohol and has never looked back. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can. Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so that you can lead your most fulfilling life. It's time to join the Sober Girl Society: 'I LOVE this book already, just received today and I can't put it down!' 'I recommend this to anyone; whether they want to stop drinking permanently, or even would just like to cut down on their drinking.' 'I love how relatable and non-preachy this book is.' 'Approaches what can be a tricky and confusing subject for many with humour and wit.' 'Perfect for those reconsidering their relationship with alcohol. Brilliant book.'*

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.

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.

Nasty Women

Remembering the Things Drank to Forget by Sarah Hepola Summary and Analysis

Feminism, Resistance, and Revolution in Trump's America

My Lush Sobriety

Surviving Hell

Control Alcohol, Find Freedom, Discover Happiness & Change Your Life

Between Breaths

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

Drunk Mom

The Unspeakable

Nothing Good Can Come from This

What's Normal, What's Not, and What to Do About It

Parched

The Sober Diaries