

Unwasted My Lush Sobriety Sacha Z Scoblic

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A Happier Hour

Sara liked to drink. Sara was a writer, and drinking seemed to be an element of the identity. As a writer, she searched for the story that would define who she was, and her drinking was a part of her. She drank socially at first, with friends or family, at parties, or festivals. She drank at home sometimes, a glass of wine or two. It was when the two glasses of wine turned into two bottles of wine, when her blacked-out drunken behavior began destroying her marriage, when she began combining her drinking with pills - prescribed or otherwise - this is when Sara began to realize she had a problem. It wasn't until she hit her last rock bottom that she understood her story. If she were to continue drinking, her marriage would be over. She knew she had to quit. So she did. Sara quickly learned that sobriety wasn't easy. She had never realized before what a focal point alcohol had been in her life. This new world she was in felt strange and unnatural. Sometimes the daily battle felt impossible. But inside the struggle she found words. One day, she threw on her husband's oversized Nike sweatshirt, drove her daughter to school, and came home to write. The words just poured out of her. Now she had a story. Despite the struggles she faced and still faces, Sara has remained sober. This is her story.

As Needed for Pain

She never drove or worked drunk, never injured herself or someone else, never woke up next to a strange man, was fired, went bankrupt, or became homeless because of her drinking. But for years Jenna Hollenstein worried that she was using alcohol for the wrong reasons. Though it didn't cause her to spiral out of control, drinking seemed to be detracting from her life in subtler ways: missed opportunities, unaddressed fears, challenges not taken, relationships not cherished, and creativity unexplored. Rather than a series of dramatic events often associated with alcoholism, her decision to stop drinking was based on years of introspection, pros and cons lists, and conversations with friends, family, and a wise therapist. Though she never "hit bottom," Hollenstein eventually realized that drinking was not enhancing her life: it was distracting her from it.

Wasted

"One of the best Addiction books of all time" - BookAuthority

How to Murder Your Life

In the vein of Mary Karr's *Lit*, Augusten Burroughs' *Dry* and Sarah Hepola's *Blackout*, *As Needed for Pain* is a raw and riveting—and often wryly funny—addiction memoir from one of New York media's most accomplished editors which explores his never-before-told story of opioid addiction and the drastic impact it had on his life and career. Dan Peres wasn't born to be a media insider. As an awkward, magic-obsessed adolescent, nothing was further from his reality than the catwalks of Paris or the hallways of glossy magazine publishers. A gifted writer and shrewd cultural observer, Peres eventually took the leap—even when it meant he had to fake a sense of belonging in a new world of famed fashion designers, celebrities, and some of media's biggest names. But he had a secret: opiates. Peres's career as an editor at *W* magazine and *Details* is well known, but little is known about his private life as a high-functioning drug addict. In *As Needed for Pain*, Peres lays bare for the first time the extent of his drug use—at one point a 60-pill-a-day habit. By turns humorous and gripping, Peres's story is a cautionary coming-of-age tale filled with unforgettable characters and breathtaking brushes with disaster. But the heart of the book is his journey from outsider to insecure insider, what it took to get him there, and how he found his way back from a killing addiction. *As Needed for Pain* offers a rare glimpse into New York media's past—a time when print magazines mattered—and a rarefied world of wealth, power, and influence. It is also a brilliant, shocking dissection of a life teetering on the edge of destruction, and what it took to pull back from the brink.

How to lead a happier, healthier, and alcohol-free life

Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family—all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

Mommy Doesn't Drink Here Anymore

From the New York Times bestselling author and former beauty editor Cat Marnell, a "vivid, maddening, heartbreaking, very funny, chaotic" (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at *Lucky*, one of the top fashion magazines in America—and that's all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a "doctor shopper" who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who

would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell's amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors' offices and mental hospitals, Marnell "treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist" (The New York Times Book Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can't say no. Combining "all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer's true-life journey to recover her former health, happiness, ambitions, and identity" (Harper's Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

Running with Scissors

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.

Let's Take the Long Way Home

Conflict is an unavoidable aspect of living. The principles of aikido are uniquely suited to everyday conflict resolution because it is a martial art based on avoiding attack. Its nondefensive, prosocial stance offers new options for dealing with conflict and can help break habits such as bullying and intimidation.

Sober As F***

"*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.

Aikido in Everyday Life

The Tenth Anniversary Edition of the New York Times bestselling book that has sold over half a million copies in paperback. "I was addicted to "Bewitched" as a kid. I worshipped Darren Stevens the First. When he'd come home from work and Samantha would say, 'Darren, would you like me to fix you a drink?' He'd always rest his briefcase on the table below the mirror in the foyer, wipe his forehead with a monogrammed handkerchief and say, 'Better make it a double.'" (from Chapter Two) You may not know it, but you've met Augusten Burroughs. You've seen him on the street, in bars, on the subway, at restaurants: a twentysomething guy, nice suit, works in advertising. Regular. Ordinary. But when the ordinary person had two drinks, Augusten was circling the drain by having twelve; when the ordinary person went home at midnight, Augusten never went home at all. Loud, distracting ties, automated wake-up calls and cologne on the tongue could only hide so much for so long. At the request (well, it wasn't really a request) of his employers, Augusten lands in rehab, where his dreams of group therapy with Robert Downey Jr. are immediately dashed by grim reality of fluorescent lighting and paper hospital slippers. But when Augusten is forced to examine himself, something actually starts to click and that's when he finds himself in the worst trouble of all. Because when his thirty days are up, he has to return to his same drunken Manhattan life—and live it sober. What follows is a memoir that's as moving as it is funny, as heartbreaking as it is true. Dry is the story of love, loss, and Starbucks as a Higher Power.

Smashed

****From the Sunday Times Bestselling Author**** Life-affirming - THE TELEGRAPH Wonderful - INDEPENDENT She made it her mission to learn how to be default happy rather than default disgruntled - RADIO 4 - WOMAN'S HOUR Take a leaf out of Gray's book and be kinder to yourself by appreciating life just as it is - IRISH TIMES This book came to me in an hour of need - during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand - SADIE FROST Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomena conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to

take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all. PRAISE FOR CATHERINE GRAY'S WRITING: "Uplifting and inspiring" The Evening Standard "Not remotely preachy" The Times "Jaunty, shrewd and convincing" The Telegraph "Admirably honest, light, bubbly and remarkably rarely annoying" The Guardian "An empathetic, warm and hilarious tale from a hugely likeable human" The Lancet Psychiatry

Dry

A powerful book on addiction recovery by a doctor who overcame addiction himself, the renowned founder and president of The Hills Treatment Center in Los Angeles Howard Samuels is one of the world's leading drug and alcohol addiction experts who runs the prestigious The Hills Treatment Center in Los Angeles. Decades ago, from the age of sixteen until he was thirty-two, Dr. Samuels had his own intense struggle with addiction to cocaine and heroin. Using his own compelling story as inspiration as well as case studies of his patients from all walks of life, Dr. Samuels shows how readers can recover from alcoholism and drug addiction by following this 12-step program to happiness and fulfillment in sobriety. This self-help book provides hope, inspiration, and prescriptive advice for those who want to recover as well as guidance for friends and family members seeking help for someone they love. Written from the unique perspective of a recovering addict who has helped thousands of people overcome addiction to alcohol and drugs Shares with readers for the first time in book form The Hills' world-renowned treatment program Tells Samuels' personal recovery story as the son of a prominent politician and businessman among the rich and famous in New York and Washington Contains a groundbreaking prescriptive program showing how to work each of the 12 steps Examines the cause of addictions, relapses, and fallback addictions Contains important information for family and friends of those struggling with addiction, including steps for intervention and healing The author appears regularly on TV

We Are the Luckiest

Susan Laurie was a hopeless alcoholic. She had resigned herself to an early death as she simply could not stop drinking, despite multiple attempts at Alcoholics Anonymous, hypnotherapy, counselling sessions, and stints in rehab. Something that had started so innocently was now killing her, and it had already stripped her of every ounce of dignity and self-respect and the respect of everyone around her. Frightened and alone, she had one final desperate search for something- or someone- that could help her. This is her story of conquering alcoholism forever, and it is essential reading for anyone concerned about their drinking or the drinking of someone they care about.

Unwasted

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!

A Drinking Life

A Pulitzer Prize-winning author of *A Strong West Wind* traces her close friendship with the late fellow writer Caroline Knapp, describing their shared experiences with sobriety, a love of dogs and Caroline's battle with cancer. Reprint.

My Fair Junkie

In *Alcohol Explained 2* William Porter develops his insight into the alcohol phenomenon, and provides the tools you need to retake control of your life for good.

Sober Is the New Black

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

Sober Mercies

Not Alcoholic, But is an account of my 36 year relationship with alcohol, some of it good, some bad, and how my final year of drinking led to my decision to quit. Even now, several years sober, I still don't think of myself as alcoholic. Why? Because I was able to put controls around my drinking - controls that saved me from losing my job, my partner, my friends - controls that allowed me to have a lot of fun, much of the time. But the simple fact is: my life is so much better now, without the soaring highs and lows, the terrible self-loathing on the 'morning after' the constant looking out for the next drink, the unpredictability of my moods. I can't believe my luck in not having to suffer all of that any more, or my luck that I don't crave the roller-coaster life that I once led. This book is about my journey to a new existence; one without alcohol. It's for anyone who wants to explore what life is like on the other side and how to get there without fuss - seen from the perspective of one who once enjoyed a drink or two. There's no psychobabble in this book, no gimmickry, no tricks of the mind. Just some honest soul searching which anyone can benefit from. If you're looking for a well written, honest, easy-read, then you've definitely found it here

Alcohol Explained 2

A bravely honest and brilliantly comic account of 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.

The Dry Challenge

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.

Drinking

Now including an excerpt from *Lust & Wonder*, a new memoir coming in March 2016. *Running with Scissors* is the true story of a boy whose mother (a poet with delusions of Anne Sexton) gave him away to be raised by her psychiatrist, a dead-ringer for Santa and a lunatic in the bargain. Suddenly, at age twelve, Augusten Burroughs found himself living in a dilapidated Victorian in perfect squalor. The doctor's bizarre family, a few patients, and a pedophile living in the backyard shed completed the tableau. Here, there were no rules, there was no school. The Christmas tree stayed up until summer, and Valium was eaten like Pez. And when things got dull, there was always the vintage electroshock therapy machine under the stairs. *Running with Scissors* is at turns foul and harrowing, compelling and maniacally funny. But above all, it chronicles an ordinary boy's survival under the most extraordinary circumstances.

Drinking to Distraction

A twenty-four-year-old survivor of alcoholism recounts her journey from teen experimentation to binge drinking, a process during which she endured depression, rage, sexual exploitation, and troubled relationships before making the decision to heal, in a personal memoir that also offers insight into youth alcohol abuse. Reprint.

The Unexpected Joy of the Ordinary

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 Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her yeras 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

Between Breaths

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

Unwasted:

Not Alcoholic, But

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.

This Naked Mind

Hamill, a journalist and author from Brooklyn, reflects on how drinking influenced the first half of his life.

Blackout

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.

Kick the Drink Easily!

Trend journalist, on-air host, and lifestyle expert Hilary Sheinbaum explores the incredible life-changing benefits of abstaining from alcohol for one month and provides a comprehensive guide to help you tackle Dry January, Sober October, and other booze-free challenges. For many people, the holidays bring too much fun, too much food, and too much booze. January can be the perfect time to embrace the new you—and it all starts with taking a break from the bottle . . . but this challenge isn't limited to the month of January. The Dry Challenge is ideal for anyone who wants to complete a dry month challenge, giving up all forms of alcohol—wine, beer, spirits and cocktails, including no shots, no low ABV cocktails, and absolutely no champagne toasts—for thirty-one days. Whether you're thinking of participating in Dry January, Sober October, or want to choose a time of your own, this book walks you step-by-step through one drink-free month, from making a plan to sharing the news with friends and family (and what to do when someone tries to sabotage it) to getting back on track if you slip up and have a drink (or two). Hilary Sheinbaum covers essential topics and provides informative tips such as: "What You'll Gain When You Lose the Booze" + other positive side effects—money and time saved, and a deep dive into the health benefits of living a month without booze. "Sober Month Support Squad"—how to enlist friends for support and combat social pressures from our current drinking culture. Fun non-boozy activities everyone can participate in, dating (without drinks), "zero-proof" drink recipes, how to throw a nonalcoholic shindig, and the new sober nightlife trend. With interactive activities from prompts to checklists to recipes, The Dry Challenge is the ultimate guide to stay booze free for one month. Cheers to a whole new you!

From Rock Bottom to Sober Forever

A Mother Shares the Story of Her First Year of Sobriety A real woman's memoir and her story of recovery in hopes that she inspires other mothers to maintain sobriety. A mom who turned to alcohol. With three children under five, a set of twins and a newborn, Rachell Brownell wanted to feel like an adult again. So she turned to three bottles of white wine a night. The good, the bad, and the ugly of getting clean. Through wit and honesty, Brownell lets readers into her world of addiction, but also towards hope. Through examples of community, wisdom, and support, this book provides a map for anyone trying to get through the early stages of recovery. Inspiration for the first year of recovery. Learn how a couple of glasses of wine lead to a big problem. Understand how mommy cocktail groups and the desire to feel like "more than a mommy" can lead to addiction. In Mommy Doesn't Drink Here

Anymore you will find: The good, the bad, and the ugly of parenting The truth about the first year of recovery Hope for a light at the end of the tunnel Mommy Doesn't Drink Here Anymore is one woman's recollection of the pressures of motherhood, addiction, and the first year of sobriety. Without preaching, Brownell lets you into her heart-wrenching and inspiring story. If you learned from books like The Happier Hour, Drunk Hour, or Quit Like a Woman, then you'll want to read Mommy Doesn't Drink Here Anymore.

Girl Walks Out of a Bar

In the tradition of *Blackout* and *Permanent Midnight*, a darkly funny and revealing debut memoir of one woman's twenty-year battle with sex, drugs, and alcohol addiction, and what happens when she finally emerges on the other side. Growing up in Beverly Hills, Amy Dresner had it all: a top-notch private school education, the most expensive summer camps, and even a weekly clothing allowance. But at 24, she started dabbling in meth in San Francisco and unleashed a fiendish addiction monster. Soon, if you could snort it, smoke it, or have sex with, she did. Smart and charming, with Daddy's money to fall back on, she sort of managed to keep it all together. But on Christmas Eve 2011 all of that changed when, high on Oxycontin, she stupidly "brandished" a bread knife on her husband and was promptly arrested for "felony domestic violence with a deadly weapon." Within months, she found herself in the psych ward--and then penniless, divorced, and looking at 240 hours of court-ordered community service. For two years, assigned to a Hollywood Boulevard "chain gang," she swept up syringes (and worse) as she bounced from rehabs to halfway houses, all while struggling with sobriety, sex addiction, and starting over in her forties. In the tradition of *Orange Is the New Black* and Jerry Stahl's *Permanent Midnight*, Amy Dresner's *My Fair Junkie* is an insightful, darkly funny, and shamelessly honest memoir of one woman's battle with all forms of addiction, hitting rock bottom, and forging a path to a life worth living.

Alive Again

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

Reading Group Guide*

The Sober Diaries

Are you worried about how much you're drinking? Trying to quit but worry about being seen as a killjoy or party pooper? This is the book for you, providing practical advice and strategies for quitting the booze and feeling great about it, while improving your life at the same time. Author Lucy Rocca, whose life was nearly ruined by the multiple bottles of wine she was consuming every evening, provides an in-depth look at how Western society has normalised binge drinking and why being sober is often associated with a boring lifestyle that so many people fear, yet how giving up alcohol can make your life incredible.

The Unexpected Joy of Being Sober

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.

Tired of Thinking About Drinking

The author, who became sober after spending most of her life as a young urban professional woman under the influence, reveals how she learned to navigate through life alcohol-free and regained her grip on reality.

My Way of Life

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. Her sobriety date is June 15, 2005.

Black Ships Before Troy

From "Grand Hotel" to "Whatever Happened to Baby Jane?," Joan Crawford played some of the finest parts Hollywood had to offer, establishing a reputation as the most spectacular diva on the silver screen. Even when the cameras quit rolling, her life never stopped being over-the-top. In *My Way of Life*, a cult classic since it was first published in the early 1970's, Crawford shares her secrets. Part memoir, part self-help book, part guide to being fabulous, *My Way of Life* advises the reader on everything from throwing a small dinner party for eighteen to getting the most out of a marriage. Featuring tips on fashion, makeup, etiquette and everything in between, it is an irresistible look at a bygone era, when movie stars were pure class, and Crawford was at the top of the heap.

Sober for Good

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

Drink

Finally someone has gone straight to the real experts: hundreds of men and women who have resolved a drinking problem. The best-selling author Anne M. Fletcher asked them a simple question: how did you do it? The result is the first

completely unbiased guide for problem drinkers, one that shatters long-held assumptions about alcohol recovery. Myth: AA is the only way to get sober. Reality: More than half the people Fletcher surveyed recovered without AA. Myth: You can't get sober on your own. Reality: Many people got sober by themselves. Myth: One drink inevitably leads right back to the bottle. Reality: A small number of people find they can have an occasional drink. Myth: There's nothing you can do for someone with a drinking problem until he or she is ready. Reality: Family and friends can make a big difference if they know how to help. Weaving together the success stories of ordinary people and the latest scientific research on the subject, Fletcher uncovers a vital truth: no single path to sobriety is right for every individual. There are many ways to get sober - and stay sober. SOBER FOR GOOD is for anyone who has ever struggled not to drink, coped with someone who has a drinking problem, or secretly wondered, "Do I drink too much?"

My Last Rock Bottom

Retells the story of the Trojan War, from the quarrel for the golden apple, and the flight of Helen with Paris, to the destruction of Troy.

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