
Drinking A Love Story

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Drinking

A Love Story *Dial Press*

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

Drinking: A Love Story *Dial Press Trade Paperback*

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

Pack of Two

The Intricate Bond Between People and Dogs *Dial Press*

At the age of 36, Caroline Knapp, author of the acclaimed bestseller Drinking: A Love Story, found herself confronted with a monumental task: redefining her world. She had faced the loss of both her parents, given up a twenty-year relationship with alcohol, and, as she writes, "I was wandering around in a haze of uncertainty, blinking up at the biggest questions: Who am I without parents and without alcohol? How to form attachments, and where to find comfort, in the face of such daunting vulnerability?" An answer materialized in the most unlikely form: that of a dog. Eighteen months to the day after she quit drinking, Knapp stumbled upon an eight-week-old puppy at a local animal shelter, took her home, and named her Lucille. Now two years old, Lucille has become a central force in Knapp's life: "In her," she writes, "I have found solace, joy, a bridge to the world." Caroline Knapp has been celebrated as much for her fresh insight into emotional and psychological issues as she has been for her gifts as a writer. In Pack of Two, she brings the same perception and talent to bear on the rich, complicated terrain of human-animal relationships. In addition to mining her own experience with Lucille, Knapp speaks to a wide variety of dog people—from animal behaviorists and psychologists to other owners whose dogs have deeply affected their lives—about this emotionally complex, sometimes daunting, often profoundly healing alliance. Throughout, she explores the shift in canine roles from working partners to intimate companions and looks, too, at how this new kinship, this wordless bond, becomes a template for what we most desire ourselves.

Let's Take the Long Way Home

A Memoir of Friendship *Random House Trade Paperbacks*

NEW YORK TIMES BESTSELLER They met over their dogs. Gail Caldwell and Caroline Knapp (author of *Drinking: A Love Story*) became best friends, talking about everything from their love of books and their shared history of a struggle with alcohol to their relationships with men. Walking the woods of New England and rowing on the Charles River, these two private, self-reliant women created an attachment more profound than either of them could ever have foreseen. Then, several years into this remarkable connection, Knapp was diagnosed with cancer. With her signature exquisite prose, Caldwell mines the deepest levels of devotion, and courage in this gorgeous memoir about treasuring a best friend, and coming of age in midlife. *Let's Take the Long Way Home* is a celebration of the profound transformations that come from intimate connection—and it affirms, once again, why Gail Caldwell is recognized as one of our bravest and most honest literary voices.

Appetites

Why Women Want *ReadHowYouWant.com*

What looks like a consciously altruistic effort to encapsulate one woman's entire life into lessons for the benefit of womankind may be just that: after divulging every gruesome detail of her spiral into anorexia and subsequent self-discoveries in this memoir, Knapp died of lung cancer last June at age 42. Similar in tone to her previous *Drinking: A Love Story*, this work is candid and persuasive enough to reach many women with analogous problems. But it's more than one woman's tragic story; multitudinous interviews with women with eating disorders, excerpts from classic feminist texts and sociological statistics lend credence and categorize the book under cultural studies as much as self-help. Knapp hypothesizes that the feminists who came after the revolutionary 1960s, herself included, were stifled rather than empowered by the overwhelming choices before them. They gained "the freedom to hunger and to satisfy hunger in all its varied forms." Unfortunately, writes Knapp, size-obsessed fashion magazines and other social messages contradict a woman's right to desire, contributing to the rise in eating disorders and other illnesses. Knapp observes an aspect of the backlash against the feminist movement: when "women were demanding the right to take up more space in the world," they were being told by a still patriarchal society "to grow physically smaller." Though Knapp admits it's "easier to worry about the body than the soul," she hopes creating a dialogue about anorexia will enable all women to nourish both.

Drinking with Men

A Memoir *Penguin*

NPR "Best Books of 2013" BookPage Best Books of 2013 Library Journal Best Books of 2013: Memoir Flavorwire 10 Best Nonfiction Books of 2013 A vivid, funny, and poignant memoir that celebrates the distinct lure of the camaraderie and community one finds drinking in bars. Rosie Schaap has always loved bars: the wood and brass and jukeboxes, the knowing bartenders, and especially the

sometimes surprising but always comforting company of regulars. Starting with her misspent youth in the bar car of a regional railroad, where at fifteen she told commuters' fortunes in exchange for beer, and continuing today as she slings cocktails at a neighborhood joint in Brooklyn, Schaap has learned her way around both sides of a bar and come to realize how powerful the fellowship among regular patrons can be. In *Drinking with Men*, Schaap shares her unending quest for the perfect local haunt, which takes her from a dive outside Los Angeles to a Dublin pub full of poets, and from small-town New England taverns to a character-filled bar in Manhattan's TriBeCa. Drinking alongside artists and expats, ironworkers and soccer fanatics, she finds these places offer a safe haven, a respite, and a place to feel most like herself. In rich, colorful prose, Schaap brings to life these seedy, warm, and wonderful rooms. *Drinking with Men* is a love letter to the bars, pubs, and taverns that have been Schaap's refuge, and a celebration of the uniquely civilizing source of community that is bar culture at its best.

Drink

The Intimate Relationship Between Women and Alcohol *Harper Collins*

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.

A Drinking Life

A Memoir *Back Bay Books*

This bestselling memoir from a seasoned New York City reporter is "a vivid report of a journey to the edge of self-destruction" (New York Times). !--StartFragment-- As a child during the Depression and World War II, Pete Hamill learned early that drinking was an essential part of being a man, inseparable from the rituals of celebration, mourning, friendship, romance, and religion. Only later did he discover its ability to destroy any writer's most valuable tools: clarity, consciousness, memory. In *A Drinking Life*, Hamill explains how alcohol slowly became a part of his life, and how he

ultimately left it behind. Along the way, he summons the mood of an America that is gone forever, with the bittersweet fondness of a lifelong New Yorker. !--EndFragment--"Magnificent. A Drinking Life is about growing up and growing old, working and trying to work, within the culture of drink." -- Boston Globe

Unwasted:

My Lush Sobriety *Kensington Publishing Corp.*

"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

Blackout

Remembering the Things I Drank to Forget *Grand Central Publishing*

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 Recovering

Intoxication and Its Aftermath *Little, Brown*

INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." -- Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting grace." -- Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience--the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

The Sober Revolution

Calling Time on Wine O'Clock *Accent Press Ltd*

Do you count down the minutes to wine o'clock? You are not alone. When it comes to alcohol, plenty of people find it hard to exercise moderation and become stuck in a vicious cycle of blame, guilt and addiction. If you want to take back control and stop being defined by alcohol now is the time to join The Sober Revolution. In this empowering book, addictions counsellor Sarah Turner and life coach Lucy Rocca examine women's relationship with alcohol and offer insight and advice into overcoming this addiction. The Sober Revolution explores the myths behind this socially acceptable yet often destructive habit and, through personal accounts of alcohol abuse and its impacts on relationships,

careers and finances, you are invited to examine your own relationship with alcohol and its impact on your life. Read it now. Regain control and lead a happier, healthier life. Call time on wine o'clock forever. Lucy Rocca is the founder of Soberistas.com, the social networking site for women who have successfully kicked the booze or would like.

Between Breaths

A Memoir of Panic and Addiction *Grand Central Publishing*

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.

Not Drinking Tonight

A Guide to Creating a Sober Life You Love *Hachette Go*

In this honest discussion of mental health, the founder of Therapy for Women explores our reasons for drinking alcohol—and the benefits of taking a break. When “retired party girl” and popular therapist Amanda White admitted she was an alcoholic, it wasn’t because she’d done something outrageous while under the influence, like land herself in jail or get married in Vegas. It was because she realized three things: 1. Alcohol was making her life worse. 2. Moderation wasn’t helping. 3. She could not be a therapist if she continued to use alcohol to numb her life. Something needed to change—not just her relationship with alcohol, but her relationship with herself. Choosing not to drink can be daunting. It’s everywhere in our culture, our socializing, and our destressing. And it can seem black or white: you drink, or you don’t (and if you don’t, people ask why). That’s where Not Drinking Tonight comes in. Judgement-free and relatable, Amanda helps you unpack your relationship with alcohol by showing you how to: Find out why you drink. Whether it’s a glass of wine after work or a weekly bar crawl, your drinking habits can be the result of everything from biology to trauma. Heal your relationship with alcohol. Understand how your relationships have been affecting your life, and learn how to set boundaries and create true self care. Build the sober life you love. Learn what comes next—how to maintain your social life, navigate sex and relationships, and love yourself. Not Drinking Tonight isn’t a program to stop drinking. It’s the first book to help you address the root issues that cause you to reach for a drink, and create a life you love—one that is not

perfect, but is messy and real and one you are fully present for.

Gold Diggers

A Novel *Penguin*

One of The Washington Post's 10 Best Books of 2021 * One of NPR's Best Books of 2021 * New York Times Book Review Editors' Choice * Long-listed for the Center for Fiction First Novel Prize “Dizzily original, fiercely funny, deeply wise.” —Celeste Ng, #1 bestselling author of Little Fires Everywhere “Sanjena Sathian’s Gold Diggers is a work of 24-karat genius.” —Ron Charles, The Washington Post How far would you go for a piece of the American dream? A magical realist coming-of-age story, Gold Diggers skewers the model minority myth to tell a hilarious and moving story about immigrant identity, community, and the underside of ambition. A floundering second-generation teenager growing up in the Bush-era Atlanta suburbs, Neil Narayan is funny and smart but struggles to bear the weight of expectations of his family and their Asian American enclave. He tries to want their version of success, but mostly, Neil just wants his neighbor across the cul-de-sac, Anita Dayal. When he discovers that Anita is the beneficiary of an ancient, alchemical potion made from stolen gold—a “lemonade” that harnesses the ambition of the gold’s original owner—Neil sees his chance to get ahead. But events spiral into a tragedy that rips their community apart. Years later in the Bay Area, Neil still bristles against his community's expectations—and finds he might need one more hit of that lemonade, no matter the cost. Sanjena Sathian’s astonishing debut offers a fine-grained, profoundly intelligent, and bitingly funny investigation into what's required to make it in America. Soon to be a series produced by Mindy Kaling!

The Merry Recluse

A Life in Essays *Counterpoint*

The author gathers together her most important writing from the last fifteen years to illuminate the ways in which a writer returns to the same seminal themes throughout a life.

The Sober Lush

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

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.

Girl Walks Out of a Bar

A Memoir *SelectBooks, Inc.*

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.

Drunkard

A Hard-Drinking Life *Penguin*

"A compelling read, sad and wistful and breathtakingly forthright."—Chicago Magazine Chicago Sun-Times columnist Neil Steinberg loved his job, his wife, and his two young sons. But he also loved to drink. *Drunkard* is an unflinchingly honest account of one man's descent into alcoholism and his ambivalent struggle to embrace sobriety. Sentenced to an outpatient rehab program, Steinberg discovers that twenty-eight days of therapy cannot reverse the toll taken by decades of hard drinking. As Steinberg claws his way through recovery, grieves the loss of the drink, and tries to shore up his faltering marriage, he is confronted by the greatest test he has ever faced, and finds himself in the process. Steinberg's gripping memoir is a frank and often painfully funny account of the stark-yet-common realities of a disease that affects millions.

Parched

A Memoir *Chamberlain Brothers*

Chronicles the twenty years the author spent as an alcoholic, detailing her early drinking as a young teenager, descent into a lifestyle of dive bars, and the life-saving intervention of her family which enabled her to overcome her addiction.

What We Talk About When We Talk About Love *Vintage*

In his second collection, including the iconic and much-referenced title story featured in the Academy Award-winning film *Birdman*, Carver establishes his reputation as one of the most celebrated short-story writers in American literature—a haunting meditation on love, loss, and companionship, and finding one's way through the dark.

Drinking Diaries

Women Serve Their Stories Straight Up *Seal Press*

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

Alice K's Guide to Life

One Woman's Quest for Survival, Sanity and the Perfect New Shoes

Meet Alice K., thirty-something new-products editor at Green Goddess magazine -- modern, successful, elegant, desirable, and absolutely riddled with anxiety. The problem is that behind the lip gloss, the sixteen black skirts, and the fabulous shoes, Alice is convinced she is a fake and that somebody is going to find out. The first book by bestselling author Caroline Knapp (*Drinking: A Love Story* and *Pack of Two: The Intricate Bond Between People and Animals*), Alice K.'s *Guide to Life* is a hilarious and essential view of modern living with broad popular appeal.

Drinking in America

Our Secret History *Twelve*

In *DRINKING IN AMERICA*, bestselling author Susan Cheever chronicles our national love affair with liquor, taking a long, thoughtful look at the way alcohol has changed our nation's history. This is the often-overlooked story of how alcohol has shaped American events and the American character from the seventeenth to the twentieth century. Seen through the lens of alcoholism, American history takes on a vibrancy and a tragedy missing from many earlier accounts. From the drunkenness of the

Pilgrims to Prohibition hijinks, drinking has always been a cherished American custom: a way to celebrate and a way to grieve and a way to take the edge off. At many pivotal points in our history—the illegal Mayflower landing at Cape Cod, the enslavement of African Americans, the McCarthy witch hunts, and the Kennedy assassination, to name only a few—alcohol has acted as a catalyst. Some nations drink more than we do, some drink less, but no other nation has been the drunkest in the world as America was in the 1830s only to outlaw drinking entirely a hundred years later. Both a lively history and an unflinching cultural investigation, *DRINKING IN AMERICA* unveils the volatile ambivalence within one nation's tumultuous affair with alcohol.

The Brothers Karamazov *Graphic Arts Books*

Three brothers and their relations in 19th century Russia provide the base for a sweeping epic overview of human striving, folly and hope. First published in 1880, *The Brothers Karamazov* is a landmark work in every respect. Revolving around shiftless father Fyodor Pavlovich Karamazov are the fates of his three sons, each of whom has fortunes entwined with the others. The eldest son, Dimitri, seeks an inheritance from his father and becomes his rival in love. Ivan, the second son, is so at odds with the world that he is driven near to madness, while the youngest, Alexi, is a man of faith and a natural optimist. These personalities are drawn out and tested in a crucible of conflict and emotion as the author forces upon them fundamental questions of morality, faith, reason and responsibility. This charged situation is pushed to its limit by the addition of the unthinkable, murder and possible patricide. Using shifting viewpoints and delving into the minds of his characters, Dostoevsky adopted fresh techniques to tell his wide-reaching story with power and startling effectiveness. *The Brothers Karamazov* remains one of the most respected and celebrated novels in all literature and continues to reward readers beyond expectation. With an eye-catching new cover, and professionally typeset manuscript, this edition of *The Brothers Karamazov* is both modern and readable.

Drunk

How We Sipped, Danced, and Stumbled Our Way to Civilization *Little, Brown Spark*

A "entertaining and enlightening" deep dive into the alcohol-soaked origins of civilization—and the evolutionary roots of humanity's appetite for intoxication. (Daniel E. Lieberman, author of *Exercised*) While plenty of entertaining books have been written about the history of alcohol and other intoxicants, none have offered a comprehensive, convincing answer to the basic question of why humans want to get high in the first place. *Drunk* elegantly cuts through the tangle of urban legends and anecdotal impressions that surround our notions of intoxication to provide the first rigorous, scientifically-grounded explanation for our love of alcohol. Drawing on evidence from archaeology, history, cognitive neuroscience, psychopharmacology, social psychology, literature, and genetics, Slingerland shows that our taste for chemical intoxicants is not an evolutionary mistake, as we are so often told. In fact, intoxication helps solve a number of distinctively human challenges: enhancing creativity, alleviating stress, building trust, and pulling off the miracle of getting fiercely tribal primates to cooperate with strangers. Our desire to get drunk, along with the individual and social

benefits provided by drunkenness, played a crucial role in sparking the rise of the first large-scale societies. We would not have civilization without intoxication. From marauding Vikings and bacchanalian orgies to sex-starved fruit flies, blind cave fish, and problem-solving crows, *Drunk* is packed with fascinating case studies and engaging science, as well as practical takeaways for individuals and communities. The result is a captivating and long overdue investigation into humanity's oldest indulgence—one that explains not only why we want to get drunk, but also how it might actually be good for us to tie one on now and then.

Homesick

A Memoir of Family, Food, and Finding Hope *Simon and Schuster*

This startlingly plainspoken and unflinching first-person account by the niece of fashion icon Ralph Lauren details a wrenching struggle with anorexia and bulimia -- and speaks powerfully to a widespread failure by the medical community to understand eating disorders. With captivating blue eyes and dark hair, Jenny Lauren looked as though she'd stepped out of one of the glossy ads for which her uncle is famous. It was not long, however, before Jenny found herself in a world where it was easy to see herself as less than perfect. As a young dancer, she felt insecure that her muscular frame did not seem to measure up to the slim figures of the other girls. She was ten years old when she first starved herself. Although there were brief periods of recovery, Jenny spent much of her teens and early twenties bingeing, purging, and compulsively exercising. In 1997, her body finally broke down after years of relentless ravaging; her small intestine herniated. She could barely walk. But physician after physician told Jenny her ailments were largely in her head. Eventually Jenny's condition was connected to her eating disorder and the resulting strain on her digestive system, but it was too late -- irreparable damage appeared to have been done. Although *Homesick* centers around Jenny's struggle with an eating disorder, as well as the dramatic surgery she was forced to undergo as a consequence, it is a much larger story that focuses on universal issues: the intricacies of family ties, the pressures of society, the search for selfhood, and ultimately, the power of finding hope. From the New York fashion shows to the art galleries of Santa Fe, from the Mayo Pain Management Clinic in Minnesota to the healing sanctuaries in Brazil, Jenny takes the reader on a cinematic odyssey to self-discovery. With flashes of wit and a knowing beyond its young writer's years, *Homesick* is a riveting and emotionally complex story of pain and tentative, hard-won recovery.

Wasted

A Memoir of Anorexia and Bulimia *Harper Collins*

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one

woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

Alcoholics Anonymous

The Story of How More Than One Hundred Men Have Recovered from Alcoholism

Food

A Love Story *Crown*

“What are my qualifications to write this book? None really. So why should you read it? Here's why: I'm a little fat. If a thin guy were to write about a love of food and eating I'd highly recommend that you do not read his book.” Bacon. McDonalds. Cinnabon. Hot Pockets. Kale. Stand-up comedian and author Jim Gaffigan has made his career rhapsodizing over the most treasured dishes of the American diet (“choking on bacon is like getting murdered by your lover”) and decrying the worst offenders (“kale is the early morning of foods”). Fans flocked to his New York Times bestselling book *Dad is Fat* to hear him riff on fatherhood but now, in his second book, he will give them what they really crave—hundreds of pages of his thoughts on all things culinary(ish). Insights such as: why he believes coconut water was invented to get people to stop drinking coconut water, why pretzel bread is #3 on his most important inventions of humankind (behind the wheel and the computer), and the answer to the age-old question “which animal is more delicious: the pig, the cow, or the bacon cheeseburger?”

Sober Curious

The Blissful Sleep, Greater Focus, Limitless Presence, and Deep Connection Awaiting Us All on the Other Side of Alcohol *HarperCollins*

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a “problem” with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

Drinking

A Love Story

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.

Quitter

A Memoir of Drinking, Relapse, and Recovery *Viking*

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.

Quit Like a Woman

The Radical Choice to Not Drink in a Culture Obsessed with Alcohol *Dial Press*

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is

possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

Drinking

A Love Story

The Tender Bar

A Memoir *Hachette Books*

Soon to be a major Amazon film directed by George Clooney and starring Ben Affleck, Tye Sheridan, Lily Rabe, and Christopher Lloyd, a raucous, poignant, luminously written memoir about a boy striving to become a man, and his romance with a bar, in the tradition of *This Boy's Life* and *The Liar's Club*. J.R. Moehringer grew up captivated by a voice. It was the voice of his father, a New York City disc jockey who vanished before J.R. spoke his first word. Sitting on the stoop, pressing an ear to the radio, J.R. would strain to hear in that plummy baritone the secrets of masculinity and identity. Though J.R.'s mother was his world, his rock, he craved something more, something faintly and hauntingly audible only in *The Voice*. At eight years old, suddenly unable to find *The Voice* on the radio, J.R. turned in desperation to the bar on the corner, where he found a rousing chorus of new voices. The alphas along the bar—including J.R.'s Uncle Charlie, a Humphrey Bogart look-alike; Colt, a Yogi Bear sound-alike; and Joey D, a softhearted brawler—took J.R. to the beach, to ballgames, and ultimately into their circle. They taught J.R., tended him, and provided a kind of fathering-by-committee. Torn between the stirring example of his mother and the lurid romance of the bar, J.R. tried to forge a self somewhere in the center. But when it was time for J.R. to leave home, the bar became an increasingly seductive sanctuary, a place to return and regroup during his picaresque journeys. Time and again the bar offered shelter from failure, rejection, heartbreak—and eventually from reality. In the grand tradition of landmark memoirs, *The Tender Bar* is suspenseful, wrenching, and achingly funny. A classic American story of self-invention and escape, of the fierce love between a single mother and an only son, it's also a moving portrait of one boy's struggle to become a man, and an unforgettable depiction of how men remain, at heart, lost boys. Named a best book of the year by *The New York Times*, *Esquire*, *The Los Angeles Times Book Review*, *Entertainment Weekly*, *USA Today*, NPR's "Fresh Air," and *New York Magazine* *A New York Times*, *Los Angeles Times*, *Wall Street Journal*, *San Francisco Chronicle*, *USA Today*, *Booksense*, and *Library Journal* Bestseller *Booksense* Pick Borders New Voices Finalist Winner of the Books for a Better Life First Book Award

The Tennis Partner *Harper Perennial*

An unforgettable, illuminating story of how men live and how they survive, from the acclaimed *New York Times* bestselling author of *Cutting for Stone* When Abraham Verghese, a physician whose

marriage is unraveling, relocates to El Paso, Texas, he hopes to make a fresh start as a staff member at the county hospital. There he meets David Smith, a medical student recovering from drug addiction, and the two men begin a tennis ritual that allows them to shed their inhibitions and find security in the sport they love and with each other. This friendship between doctor and intern grows increasingly rich and complex, more intimate than two men usually allow. Just when it seems nothing can go wrong, the dark beast from David's past emerges once again—and almost everything Verghese has come to trust and believe in is threatened as David spirals out of control.

Breaking Free from Body Shame

Dare to Reclaim What God Has Named Good *Zondervan*

You were made for more than a love/hate relationship with your body. It's one thing to know in your head that you were created in the image of God. Yet it's quite another to experience this belief in your body, against the cultural ideals of a woman's worth. And between the two lies a world of frustration, disappointment, and the shame of somehow feeling both too much and never enough in your body. Jess Connolly is a bestselling author, sought-after speaker, and trusted Bible teacher who knows this inner conflict all too well, and this book details her journey--and yours--of setting out to discover how to break free from the broken beliefs we all hold about our bodies that hold us back from our fullest life. The truest thing about you is that you are made and loved by God. And the truest thing about Him is that He cannot make bad things. This book will help you believe it with your whole self, as Jess guides you through an eye-opening, empowering process of: Renaming what the world has labeled as less-than Resting in God's workmanship Experiencing restoration where there has been injury And becoming a change agent in partnering with God to bring revival to a generation of women Far from a superficial issue, self-image is a spiritual issue, because God has named your body good from the beginning. Whether your struggle is with eating and exercise habits, stress or trauma, infertility or injury, this book makes space for you to experience God meeting you in this tender place, and ring His freedom bell over your body in a whole new way.

Don't Let Go *Penguin*

Fifteen years ago, two teenagers were mysteriously found dead by the old railroad tracks in a small affluent town in New Jersey. One of them was Nap Dumas' twin, Leo, and the other, the town's sheriff's daughter. Most people concluded it a double suicide, others, just didn't buy it. Nap has dedicated his life to finding out what really happened that summer and when his missing ex-girlfriend's fingerprints show up at a crime scene, he's thrown into a labyrinth of dark family secrets and lies. Teaming up with the now retired sheriff, the two embark on a search for the truth where they will discover that conspiracies big and small can kill.

From the Brink of the Drink: A Personal Story of Tribulations and Triumphs of Alcoholism *Brighton Publishing LLC*

This is the true story of an alcoholic woman, who at the tender age of twelve began using on alcohol. When alcoholism took hold of her, she lost everything and nearly her life. She struggled to claw

herself out of the depths of despair to rebuild her life and become sober, healthy, and happy