

[DOC] Drinking A Love Story

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Drinking-Caroline Knapp 1999-08-02 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-Caroline Knapp 2005 The author provides a candid memoir of her twenty-year love affair with alcohol, explaining how and why she became an alcoholic and her struggle to live without an alcoholic crutch.

Appetites-Caroline Knapp 2010-10-08 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.

Let's Take the Long Way Home-Gail Caldwell 2011 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.

Pack of Two-Caroline Knapp 2010-08-10 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. From the Trade Paperback edition.

Drunkard-Neil Steinberg 2008 An alcoholic columnist describes his struggles through the rehabilitation process, an effort that was marked by his realization about the shortfalls of short-term outpatient programs, his efforts to rebuild his family, and his realizations about the impact of alcoholism throughout the world. 25,000 first printing.

A Drinking Life-Pete Hamill 2008-12-14 Hamill, a journalist and author from Brooklyn, reflects on how drinking influenced the first half of his life.

Blackout-Sarah Hepola 2015-06-23 *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*

Drink-Ann Dowsett Johnston 2013-10-01 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.

The Happiest Man on Earth-Eddie Jaku 2020-07-28 Life can be beautiful if you make it beautiful. It is up to you. Eddie Jaku always considered himself a German first, a Jew second. He was proud of his country. But all of that changed on 9 November 1938, when he was beaten, arrested and taken to a concentration camp. Over the next seven years, Eddie faced unimaginable horrors every day, first in Buchenwald, then in Auschwitz, then on the Nazi death march. He lost family, friends, his country. Because he survived, Eddie made the vow to smile every day. He pays tribute to those who were lost by telling his story, sharing his wisdom and living his best possible life. He now believes he is the 'happiest man on earth'. Published as Eddie turns 100, this is a powerful, heartbreaking and ultimately hopeful memoir of how happiness can be found even in the darkest of times. Praise for The Happiest Man on Earth 'This simple, moving account of a remarkable life offers plenty to think about and reflect on . . . Highly recommended.' Canberra Weekly 'I have never met Eddie Jaku, but having read his book I feel like I have made a new friend . . . This is a beautiful book by a truly amazing man.' Daily Telegraph 'A reminder of the power of love, kindness and hope . . . A life-affirming story, beautifully told.' Sydney Morning Herald 'Jaku's memoir can be our private celebration of evil that was ultimately vanquished.' Country Style 'His tale is compelling and particularly pertinent as we struggle to make sense of challenging times.' Weekend Post 'He acknowledges suffering but resists being defined by it, adhering instead to his philosophy of choosing a radical form of humanity, a resistance both potent and infectious.' Australian Book Review 'What an amazing, beautiful human' Magda Szubanski 'A beautiful soul' Lisa Wilkinson 'Eddie is a human diamond, and his story of survival, hope and the importance of kindness is what the world needs now.' Zoë Foster Blake

Alice K's Guide to Life-Caroline Knapp 1997 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.

New Life, No Instructions-Gail Caldwell 2015-02-03 Traces the story of the author's midlife losses of her closest companions and her decision to pursue a corrective surgery that unexpectedly restored her sense of self and her connection to her community.

Kick the Drink...Easily!-Jason Vale 2011-03-01 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!

Anna K-Jenny Lee 2020-03-03 A national indie bestseller! Meet Anna K: every happy teenage girl is the same, while every unhappy teenage girl is miserable in her own special way... At seventeen, Anna K is at the top of Manhattan and Greenwich society (even if she prefers the company of her horses and dogs); she has the perfect (if perfectly boring) boyfriend, Alexander W.; and she has always made her Korean-American father proud (even if he can be a little controlling). Meanwhile, Anna's brother, Steven, and his girlfriend, Lolly, are trying to weather an sexting scandal; Lolly's little sister, Kimmie, is struggling to recalibrate to normal life after an injury derails her ice dancing career; and Steven's best friend, Dustin, is madly (and one-sidedly) in love with Kimmie. As her friends struggle with the pitfalls of ordinary teenage life, Anna always seems to be able to sail gracefully above it all. That is...until the night she meets Alexia “Count” Vronsky at Grand Central. A notorious playboy who has bounced around boarding schools and who lives for his own pleasure, Alexia is everything Anna is not. But he has never been in love until he meets Anna, and maybe she hasn't, either. As Alexia and Anna are pulled irresistibly together, she has to decide how much of her life she is willing to let go for the chance to be with him. And when a shocking revelation threatens to shatter their relationship, she is forced to question if she has ever known herself at all. Dazzlingly opulent and emotionally riveting, Anna K: A Love Story is a brilliant reimagining of Leo Tolstoy's timeless love story, Anna Karenina—but above all, it is a novel about the dizzying, glorious, heart-stopping experience of first love and first heartbreak.

This One Is Mine-Maria Semple 2008-12-04 Violet Parry is living the quintessential life of luxury in the Hollywood Hills with David, her rock-and-roll manager husband, and her darling toddler, Dot. She has the perfect life--except that she's deeply unhappy. David expects the world of Violet but gives little of himself in return. When she meets Teddy, a roguish small-time bass player, Violet comes alive, and soon she's risking everything for the chance to find herself again. Also in the picture are David's hilariously high-strung sister, Sally, on the prowl for a successful husband, and Jeremy, the ESPN sportscaster savant who falls into her trap. For all their recklessness, Violet and Sally will discover that David and Jeremy have a few surprises of their own. THIS ONE IS MINE is a compassionate and wickedly funny satire about our need for more--and the often disastrous choices we make in the name of happiness.

The Recovering-Leslie Jamison 2018-04-03 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.

Alcoholics Anonymous-Alcoholics Anonymous 2012-08

You Left Early: A True Story of Love and Alcohol-Louisa Young 2018-06-28 'Extraordinarily powerful' Emma Thompson There are a million love stories, and a million stories of addiction. This one is transcendent.

Open Book-Jessica Simpson 2020-02-04 The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, Open Book is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. Open Book is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture cliché's — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans," "sexual napalm..." and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

Drinking Diaries-Caren Osten Gerszberg 2012-09-04 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.

The Sober Diaries-Clare Pooley 2017-12-28 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.

Every Love Story Is a Ghost Story-D. T. Max 2013 Profiles the life of the influential and tormented literary figure, drawing on conversations with family and friends as well as hundreds of unpublished letters, manuscripts, and audio recordings to offer insight into his authentic writing style and his 2008 suicide.

Heineken in Africa-Olivier van Beemen 2019-08-01 For Heineken, "rising Africa" is already a reality: the profits it extracts there are almost 50 per cent above the global average, and beer costs more in some African countries than it does in Europe. Heineken claims its presence boosts economic development on the continent. But is this true? Investigative journalist Olivier van Beemen has spent years seeking the answer, and his conclusion is damning: Heineken has hardly benefited Africa at all. On the contrary, there are some shocking skeletons in its African closet: tax avoidance, sexual abuse, links to genocide and other human rights violations, high-level corruption, crushing competition from indigenous brewers, and collaboration with dictators and pitiless anti-government rebels. Heineken in Africa caused a political and media furor on publication in The Netherlands, and was debated in their Parliament. It is an unmissable exposé of the havoc wreaked by a global giant seeking profit in the developing world.

Tuck Everlasting-Natalie Babbitt 2015-01-20 Critically acclaimed when it was first published, Tuck Everlasting has become a much-loved, well-studied modern-day classic. This anniversary edition features an in-depth interview conducted by Betsy Hearne in which Natalie Babbitt takes a look at Tuck Everlasting twenty-five years later. What if you could live forever? Is eternal life a blessing or a curse? That is what young Winnie Foster must decide when she discovers a spring on her family's property whose waters grant immortality. Members of the Tuck family, having drunk from the spring, tell Winnie of their experiences watching life go by and never growing older. But then Winnie must decide whether or not to keep the Tucks' secret—and whether or not to join them on their never-ending journey. Praise for Tuck Everlasting by Natalie Babbitt: "A fearsome and beautifully written book that can't be put down or forgotten." —The New York Times "Exciting and excellently written." —The New York Times Book Review "With its serious intentions and light touch the story is, like the Tucks, timeless." —Chicago Sun-Times "Probably the best work of our best children's novelist." —Harper's "Natalie Babbitt's great skill is spinning fantasy with the lilt and sense of timeless wisdom of the old fairy tales. . . . It lingers on, haunting your waking hours, making you ponder." —The Boston Globe "This book is as shapely, crisp, sweet, and tangy as a summer-ripe pear." —Entertainment Weekly This title has Common Core connections.

The Story Grid-Shawn Coyne 2015-05-02 WHAT IS THE STORY GRID? The Story Grid is a tool developed by editor Shawn Coyne to analyze stories and provide helpful editorial comments. It's like a CT Scan that takes a photo of the global story and tells the editor or writer what is working, what is not, and what must be done to make what works better and fix what's not. The Story Grid breaks down the component parts of stories to identify the problems. And finding the problems in a story is almost as difficult as the writing of the story itself (maybe even more difficult). The Story Grid is a tool with many applications: 1. It will tell a writer if a Story ?works? or ?doesn't work. 2. It pinpoints story problems but does not emotionally abuse the writer, revealing exactly where a Story (not the person creating the Story/the Story) has failed. 3. It will tell the writer the specific work necessary to fix that Story's problems. 4. It is a tool to re-envision and resuscitate a seemingly irredeemable pile of paper stuck in an attic drawer. 5. It is a tool that can inspire an original creation.

Sober Stick Figure-Amber Tozer 2016-06-02 Surrounded by alcohol and alcoholic strangers and alcoholic relatives her entire childhood, Amber never stood a chance. But for a long time she was an overachiever and a functional alcoholic. None of her relatives suspected a thing because in her family, the men were the alcoholics, not the women. After her dad died of the disease, she spiraled completely out of control -- 'Leaving Las Vegas drunk,' as she puts it. She hit rock bottom seven years ago, joined AA and has been completely sober since. The book spans from her first drink at the age of seven to a year following her sobriety. By telling the tale of alcoholism and recovery through a seemingly light, entertaining, child-like read -- and illustrated throughout with crude stick figures in crayon - Sober Stick Figure draws the reader into Amber's hard fought journey with wit and poignancy.

Stray-Stephanie Danler 2020-05-19 From the bestselling author of Sweetbitter, a memoir of growing up in a family shattered by lies and addiction, and of one woman's attempts to find a life beyond the limits of her past. Stray is a moving, sometimes devastating, brilliantly written and ultimately inspiring exploration of the landscapes of damage and survival. After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history. Lucid and honest, heart-breaking and full of hope, Stray is an examination of what we inherit and what we don't have to, of what we have to face in ourselves to move forward, and what it's like to let go of one's parents in order to find peace--and a family--of one's own.

Parched-Heather King 2006-09-05 One woman's journey to the bottom of the bottle--and back. In this tragicomic memoir about alcoholism as spiritual thirst, Heather King--writer, lawyer, and National Public Radio commentator--describes her descent into the depths of addiction. Spanning a decades-long downward spiral, King's harrowing story takes us from a small-town New England childhood to hitchhiking across the country to a cockroach-ridden "artist's" loft in Boston. Waitressing at ever-shabbier restaurants, deriving what sustenance she could from books, she became a morning regular at a wet-brain-drunks' bar--and that was after graduating from law school. Saved by her family from the abyss, King finally realized that uniquely poetic, sensitive, and profound though she may have been, she was also a big-time mess. Casting her lot with the rest of humanity at last, she learned that suffering leads to redemption, that personal pain leads to compassion for others in pain, and, above all, that a sense of humor really, really helps.

Glass House-Brian Alexander 2017-02-14 For readers of Hillbilly Elegy and Strangers in Their Own Land WINNER OF THE OHIOANA BOOK AWARDS AND FINALIST FOR THE 87TH CALIFORNIA BOOK AWARDS | NAMED A BEST/MOST ANTICIPATED BOOK OF 2017 BY: New York Post • Newsweek • The Week • Bustle • Books by the Banks Book Festival • Bookauthority.com The Wall Street Journal: "A devastating portrait...For anyone wondering why swing-state America voted against the establishment in 2016, Mr. Alexander supplies plenty of answers." Laura Miller, Slate: "This book hunts bigger game. Reads like an odd?and oddly satisfying?fusion of George Packer's The Unwinding and one of Michael Lewis' real-life financial thrillers." The New Yorker: "Does a remarkable job." Beth Macy, author of Factory Man: "This book should be required reading for people trying to understand Trumpism, inequality, and the sad state of a needlessly wrecked rural America. I wish I had written it." In 1947, Forbes magazine declared Lancaster, Ohio the epitome of the all-American town. Today it is damaged, discouraged, and fighting for its future. In Glass House, journalist Brian Alexander uses the story of one town to show how seeds sown 35 years ago have sprouted to give us Trumpism, inequality, and an eroding national cohesion. The Anchor Hocking Glass Company, once the world's largest maker of glass tableware, was the base on which Lancaster's society was built. As Glass House unfolds, bankruptcy looms. With access to the company and its leaders, and Lancaster's citizens, Alexander shows how financial engineering took hold in the 1980s, accelerated in the 21st Century, and wrecked the company. We follow CEO Sam Solomon, an African-American leading the nearly all-white town's biggest private employer, as he tries to rescue the company from the New York private equity firm that hired him. Meanwhile, Alexander goes behind the scenes, entwined with the lives of residents as they wrestle with heroin, politics, high-interest lenders, low wage jobs, technology, and the new demands of American life: people like Brian Gossett, the fourth generation to work at Anchor Hocking; Joe Piccolo, first-time director of the annual music festival who discovers the town relies on him, and it, for salvation; Jason Roach, who police believed may have been Lancaster's biggest drug dealer; and Eric Brown, a local football hero-turned-cop who comes to realize that he can never arrest Lancaster's real problems.

Alex & Eliza-Melissa de la Cruz 2017-04-11 From the #1 New York Times bestselling author of The Witches of East End and the Descendants series comes the love story of young Alexander Hamilton and Elizabeth Schuyler. 1777. Albany, New York. As battle cries of the American Revolution echo in the distance, servants flutter about preparing for one of New York society's biggest events: the Schuylers' grand ball. Descended from two of the oldest and most distinguished bloodlines in New York, the Schuylers are proud to be one of their fledgling country's founding families, and even prouder still of their three daughters--Angelica, with her razor-sharp wit; Peggy, with her dazzling looks; and Eliza, whose beauty and charm rival those of both her sisters, though she'd rather be aiding the colonists' cause than dressing up for some silly ball. Still, Eliza can barely contain her excitement when she hears of the arrival of one Alexander Hamilton, a mysterious, rakish young colonel and General George Washington's right-hand man. Though Alex has arrived as the bearer of bad news for the Schuylers, he can't believe his luck--as an orphan, and a bastard one at that--to be in such esteemed company. And when Alex and Eliza meet that fateful night, so begins an epic love story that would forever change the course of American history. In the pages of Alex and Eliza, #1 New York Times bestselling author Melissa de la Cruz brings to life the romance of young Alexander Hamilton and Elizabeth Schuyler.

The Invisible Wall-Harry Bernstein 2007-03-20 "There are places that I have never forgotten. A little cobbled street in a smoky mill town in the North of England has haunted me for the greater part of my life. It was inevitable that I should write about it and the people who lived on both sides of its 'Invisible Wall.' " The narrow street where Harry Bernstein grew up, in a small English mill town, was seemingly unremarkable. It was identical to countless other streets in countless other working-class neighborhoods of the early 1900s, except for the "invisible wall" that ran down its center, dividing Jewish families on one side from Christian families on the other. Only a few feet of cobblestones separated Jews from Gentiles, but socially, it they were miles apart. On the eve of World War I, Harry's family struggles to make ends meet. His father earns little money at the Jewish tailoring shop and brings home even less, preferring to spend his wages drinking and gambling. Harry's mother, devoted to her children and fiercely resilient, survives on her dreams: new shoes that might secure Harry's admission to a fancy school; that her daughter might marry the local rabbi; that the entire family might one day be whisked off to the paradise of America. Then Harry's older sister, Lily, does the unthinkable: She falls in love with Arthur, a Christian boy from across the street. When Harry unwittingly discovers their secret affair, he must choose between the morals he's been taught all his life, his loyalty to his selfless mother, and what he knows to be true in his own heart. A wonderfully charming memoir written when the author was ninety-three, The Invisible Wall vibrantly brings to life an all-but-forgotten time and place. It is a moving tale of working-class life, and of the boundaries that can be overcome by love. From the Hardcover edition.

Body Kindness-Rebecca Scritchfield 2016-12-27 Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself--and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

The Absolutely True Diary of a Part-Time Indian-Sherman Alexie 2012-01-10 Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, The Absolutely True Diary of a Part-Time Indian, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

Clean-Michele Kirsch 2019-03-07 ***2020 winner of the Christopher Bland Prize*** "Beautifully crafted and written, filled with darkness and light, compelling... She fights addiction with honesty and humour. And, like her, [we] come away changed forever." Yasmin Alibhai-Brown, RSL Christopher Bland Prize When Michele Kirsch's father is killed in a train crash, her mother gets the vapours and Michele gets extremely nervous. By her mid-teens, she has found salvation in valium. Her favourite words on the prescription sheet are "Take As Needed", which she interprets as Take All The Time. Later, as a wife and mother, she adds alcohol into the mix, and before long her life is spinning out of control. Leaving home "for the sake of the family", she takes the scenic route to rehab, redemption and reinvention. But this is no misery memoir. Clean is a darkly comic tale about the difficult choices we have to make as we navigate our lives. While working as a domestic cleaner in her 50s, Michele finds herself living vicariously through other people's messes, tidying her way through early sobriety. As the Duster of Large Things, she taps into her natural nosiness to reveal the absurdities of a seemingly banal job.

The Unexpected Joy of Being Sober-Catherine Gray 2017-12-28 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 expertly 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

Sober Curious-Ruby Warrington 2018-12-31 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.

Between Breaths-Elizabeth Vargas 2016-09-13 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.

Wasted-Marya Hornbacher 2009-03-17 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.

The Way I Heard It-Mike Rowe 2019-10-15 NEW YORK TIMES BESTSELLER Executive producer and host Mike Rowe presents a delightfully entertaining, seriously fascinating collection of his favorite episodes from America's #1 short-form podcast, The Way I Heard It, along with a host of personal memories, ruminations, and insights. It's a captivating must-read. The Way I Heard It presents thirty-five mysteries "for the curious mind with a short attention span." Every one is a trueish tale about someone you know, filled with facts that you don't. Movie stars, presidents, bloody do-gooders, and villains--they're all here, waiting to shake your hand, hoping you'll remember them. Delivered with Mike's signature blend of charm, wit, and ingenuity, their stories are part of a larger mosaic--a memoir full of surprising revelations, sharp observations, and intimate, behind-the-scenes moments drawn from Mike's own remarkable life and career.

A Piece of Cake-Cupcake Brown 2006-02-28 NEW YORK TIMES BESTSELLER • The heart-wrenching, uplifting tale about a woman named Cupcake "[Cupcake] Brown's confessional . . . memoir is one you can't easily put down. Her life is nothing short of a miracle."—Chicago Sun-Times There are shelves of memoirs about overcoming the death of a parent, childhood abuse, rape, drug addiction, miscarriage, alcoholism, hustling, gangbanging, near-death injuries, drug dealing, prostitution, and homelessness. Cupcake Brown survived all these things before she'd even turned twenty. And that's when things got interesting. . . . Orphaned by the death of her mother and left in the hands of a sadistic foster parent, young Cupcake Brown learned to survive by turning tricks, downing hard liquor, and ingesting every drug she could find while hitchhiking up and down the California coast. She stumbled into gangbanging, drug dealing, hustling, prostitution, theft, and, eventually, the best scam of all: a series of 9-to-5 jobs. A Piece of Cake is unlike any memoir you'll ever read. Moving in its frankness, this is the most satisfying, startlingly funny, and genuinely affecting tour through hell you'll ever take. Praise for A Piece of Cake "Brown reflects now with insight and honesty on her experiences. . . . An engaging account . . . of a remarkable life filled with pain and wisdom, hope and redemption."—San Francisco Chronicle "Dazzles you with the amazing change that is possible in one lifetime."—Washington Post

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