

The Recovering: Intoxication And Its Aftermath

Selected as One of the Best Books of the Year by: National Public Radio, Esquire, Bustle, Refinery29, Thrillist, Electric Literature, Powell's, Autostraddle, BookRiot, Women.com "Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up.

When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. *And Now We Have Everything* is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, *And Now We Have Everything* is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself.

the brilliant and sorrowful new novel

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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. When I was a little girl, my dad left me and my mum, and he never came back. And you're supposed to be gutted when that happens. But secretly I preferred it without him, cos it meant I had my mum completely to myself, without having to share her with anyone. And I sort of inherited all the affection she used to give to my dad - like he'd left it behind for me as a gift, to say sorry for deserting me So says eleven year old Shruti of her broken home in suburban middle England. But hopes of her mother's affection are in vain: speaking little English, and fluent in only Hindi and Punjabi, Shruti's mother is lost, and soon falls prey to family pressure to remarry. To

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find another husband means returning to India and leaving Shruti behind. Meanwhile at school a new arrival, the indomitable Meena, dispenses with Shruti's bullying problems and transforms her day to day life. Desperate for companionship Shruti latches on to Meena to the point of obsession, following her through high school and on to university. But when Meena invites Shruti to join her on holiday in India, she has no idea how dangerous her obsession will turn out to be... Gabriel Packard's THE PAINTED OCEAN has been described by Colum McCann 'as fearless tour de force. It is a rare achievement - an emotionally rich work of literature, delivered in the form of a gripping, page-turning story. The depiction of a British Indian childhood and adolescence is utterly compelling, as is the allegorical exploration of the human condition.'

The Painted Ocean
Sober Stick Figure
Refuge Recovery

A Memoir of Drinking, Relapse, and Recovery
The Recovering

AS A YOUNG WOMAN, Tilly flees home for the hollow underworld of Nevada, looking for pure souls and finding nothing but bad habits. One day, after Tilly has spent nearly thirty years without a family, drinking herself to the brink of death, her niece Stella—who has been leading her own life of empty promise in New York City—arrives on the doorstep of Tilly's desert trailer. The Gin Closet unravels the strange and powerful intimacy that forms between them. With an uncanny ear for dialogue and a witty, unflinching candor about sex, love, and power, Leslie

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Jamison reminds us that no matter how unexpected its turns, the life we're given is all we have: the cruelties that unhinge us, the beauties that clarify us, the addictions that deform us, those fleeting possibilities of grace that fade as quickly as they come. The Gin Closet marks the debut of a stunning new talent in fiction.

Mindfulness, the quality of attention that combines full awareness with acceptance of each moment, just as it is, is gaining broad acceptance among mental health professionals as an adjunct to treatment. Because at the heart of addiction is the fear of painful emotional states, addicts compulsively seek drugs and alcohol to avoid or escape emotional pain. Mindfulness, on the other hand, helps us develop greater acceptance and ease with life's challenges, as well as greater self-compassion. Here, Dr. Lawrence Peltz, who has worked as an addiction psychiatrist for nearly three decades, draws from his clinical experience and on the techniques of mindfulness-based stress reduction (MBSR) to explain the fundamental dynamics of addiction and the stages of the recovery process, and also gives us specific mindfulness exercises to support recovery.

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

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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

Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows

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how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

The Mindful Path to Addiction Recovery

On Motherhood Before I Was Ready

The Other Dark Matter

High Culture

A Love Story

No Ashes in the Fire

From a leading journalist and activist comes a brave, beautifully wrought memoir. When Darnell Moore was fourteen, three boys from his neighborhood tried to set him on fire. They cornered him while he was walking home from school, harassed him because they thought he was gay, and poured a jug of gasoline on him. He escaped, but just barely. It wasn't the last time he would face death. Three decades later, Moore is an award-winning writer, a leading Black Lives Matter activist, and an advocate for justice and liberation. In *No Ashes in the Fire*, he

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shares the journey taken by that scared, bullied teenager who not only survived, but found his calling. Moore's transcendence over the myriad forces of repression that faced him is a testament to the grace and care of the people who loved him, and to his hometown, Camden, NJ, scarred and ignored but brimming with life. Moore reminds us that liberation is possible if we commit ourselves to fighting for it, and if we dream and create futures where those who survive on society's edges can thrive. *No Ashes in the Fire* is a story of beauty and hope—and an honest reckoning with family, with place, and with what it means to be free. Lambda Literary Award – Gay Memoir/Biography (Winner – 2019) A New York Times Notable Book of the Year (2018)

Now back in print for the first time since 1969, a stunning novel about childhood, marriage, and divorce by one of the most interesting minds of the twentieth century. Dream and reality overlap in *Divorcing*, a book in which divorce is not just a question of a broken marriage but names a rift that

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runs right through the inner and outer worlds of Sophie Blind, its brilliant but desperate protagonist. Can the rift be mended? Perhaps in the form of a novel, one that goes back from present-day New York to Sophie's childhood in pre-World War II Budapest, that revisits the divorce between her Freudian father and her fickle mother, and finds a place for a host of further tensions and contradictions in her present life. The question that haunts *Divorcing*, however, is whether any novel can be fleet and bitter and true and light enough to gather up all the darkness of a given life. Susan Taubes's startlingly original novel was published in 1969 but largely ignored at the time; after the author's tragic early death, it was forgotten. Its republication presents a chance to discover a splintered, glancing, caustic, and lyrical work by a dazzlingly intense and inventive writer.

Addiction is seemingly inexplicable. From the outside, it can look like wilful, arrogant self-destruction; from the inside, it can feel as inevitable

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and insistent as a heartbeat. It is possible to describe, but hard to explore. Yet in *The Recovering*, Leslie Jamison draws on her own life and the lives of addicts of extraordinary talent – John Cheever, John Berryman, Jean Rhys and Amy Winehouse among them – to take us inside the experience of addiction, exposing the contours, edges and wholes of an intoxicated life. Part memoir, part group biography, part literary history and part definitive analysis of cultural and social considerations of addiction, *The Recovering* is a significant moment in the history of post-war narrative non-fiction.

Sober Stick Figure is a memoir from stand-up comedian Amber Tozer, chronicling her life as an alcoholic and her eventual recovery—starting with her first drink at the age of seven—all told with the help of childlike stick figures. Amber writes and illustrates the crazy and harsh truths of being raised by alcoholics, becoming one herself, stagnating in denial for years, and finally getting sober. As a teenager, Amber is an

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overachieving student athlete who copes with her family's alcoholic tragedies by focusing on her achievements. It quickly takes a funny and dark turn when she starts to experiment with booze and ignores the warning signs of alcoholism. Through blackouts, cringe-worthy embarrassments, and pounding hangovers, she convinces herself that she "just likes to party." She leaves her hometown of Pueblo, Colorado to follow her dreams, and ends up in New York City, spending lots of time binge drinking, passing out on trains, and telling jokes on stage. She then moves to Los Angeles, thinking sunshine and show business will save her. Eventually hitting rock bottom, she has a moment of clarity, and knows she has to stop drinking. It's now been seven years since that last drink, and she's ready to tell her story. Sober Stick Figure is adventurous, hilarious, sad, sweet, tragic—and ultimately inspiring.

Never Enough

Ninety Days

Make It Scream, Make It Burn

The Science and Business of Turning

Waste into Wealth and Health

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I Love Dick

Coming of Age Black and Free in America

The classic tale of one man's struggle with alcoholism, this revolutionary novel remains Charles Jackson's best known book—a daring autobiographical work that paved the way for contemporary addiction literature. It is 1991 and on the East Side of Manhattan, a would-be writer named Don Birnam decides to have a drink. And then another, and then another, until he's in the midst of what becomes a five-day binge. *The Lost Weekend* moves with unstoppable speed, propelled by a heartbreaking but unflinching truth. It catapulted Charles Jackson to fame, and endures as an acute study of the ravages of alcoholism, as well as an unforgettable parable of the condition of the modern man.

A powerful exploration of grief and resilience following the death of the author's son that combines memoir, reportage, and lessons in how to heal. Everyone deals with grief in their own way. Helen Macdonald found solace in training a wild goshawk. Cheryl Strayed found strength in hiking the Pacific Crest Trail. For Carol Smith, a Pulitzer Prize nominated journalist struggling with the sudden death of her seven-year-old son, Christopher, the way to cross the river of sorrow was through work. In *Crossing the River*, Smith recounts how she faced down her crippling loss through reporting a series of profiles of people coping with their own intense challenges, whether a life-altering accident, injury, or diagnosis. These were stories of survival and

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transformation, of people facing devastating situations that changed them in unexpected ways. Smith deftly mixes the stories of these individuals and their families with her own account of how they helped her heal. General John Shalikashvili, once the most powerful member of the American military, taught Carol how to face fear with discipline and endurance. Seth, a young boy with a rare and incurable illness, shed light on the totality of her son's experiences, and in turn helps readers see that the value of a life is not measured in days. *Crossing the River* is a beautiful and profoundly moving book, an unforgettable journey through grief toward hope, and a valuable, illuminating read for anyone coping with loss.

Part memoir of life in Taiwan, part love story—a beautifully told account of China's brilliant cuisines...with recipes. *At the Chinese Table* describes in vivid detail how, during the 1970s and '80s, celebrated cookbook writer and illustrator Carolyn Phillips crosses China's endless cultural and linguistic chasms and falls in love. During her second year in Taipei, she meets scholar and epicurean J. H. Huang, who nourishes her intellectually over luscious meals from every part of China. And then, before she knows it, Carolyn finds herself the unwelcome candidate for eldest daughter-in-law in a traditional Chinese family. This warm, refreshingly candid memoir is a coming-of-age story set against a background of the Chinese diaspora and a family whose ancestry is intricately intertwined with t

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of their native land. Carolyn's reticent father-in-law—a World War II fighter pilot and hero—eventually embraces her presence by showing her how to re-create centuries-old Hakka dishes from family recipes. In the meantime, she brushes up on the classic cuisines of the North in an attempt to win over J. H.'s imperious mother, whose father had been a warlord's lieutenant. Fortunately for J. H. and Carolyn, the tense early days of their relationship blossom into another kind of cultural and historical education as Carolyn masters both the language and many of China's extraordinary cuisines. With illustrations and twenty-two recipes, *At the Chinese Table* is a culinary adventure like no other that captures the diversity of China's cuisines, from the pen of a world-class scholar and gourmet.

The basic text for Alcoholics Anonymous.

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

Divorcing

Drinking

Dear Mr. You

Alcoholics Anonymous

The Blue Period

Addiction is easy to fall into and hard to escape. It destroys the lives of individuals, and has a devastating cost to society. Steinberg and Bader harness the power of literature, poetry, and creativity to illuminate what alcoholism and addiction are all about. Each chapter begins with advice and commentary followed by a wealth of quotes to inspire and

heal. The result is a mosaic of observations and encouragement that draws on writers and artists spanning thousands of years.

*In this deeply etched and haunting memoir, Vivian Gornick tells the story of her lifelong battle with her mother for independence. There have been numerous books about mother and daughter, but none has dealt with this closest of filial relations as directly or as ruthlessly. Gornick's groundbreaking book confronts what Edna O'Brien has called "the principal crux of female despair": the unacknowledged Oedipal nature of the mother-daughter bond. Born and raised in the Bronx, the daughter of "urban peasants," Gornick grows up in a household dominated by her intelligent but uneducated mother's romantic depression over the early death of her husband. Next door lives Nettie, an attractive widow whose calculating sensuality appeals greatly to Vivian. These women with their opposing models of femininity continue, well into adulthood, to affect Gornick's struggle to find herself in love and in work. As Gornick walks with her aged mother through the streets of New York, arguing and remembering the past, each wins the reader's admiration: the caustic and clear-thinking daughter, for her courage and tenacity in really talking to her mother about the most basic issues of their lives, and the still powerful and intuitively-wise old woman, who again and again proves herself her daughter's mother. Unsparing, deeply courageous, *Fierce Attachments* is one of the most remarkable documents of family feeling that has been written, a classic that helped start the memoir boom and remains one of the most moving examples of the genre. A searing chronicle of the life of a young ex-convict and*

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heroin addict in 1960's Harlem, an unsparing portrait of a man who couldn't free himself from the horrors of addiction Blueschild Baby takes place during the summer of 1967—the summer of race riots all across the nation; the Summer of Love in the Haight Ashbury; the summer of Marines dying near Con Thien, across the world in Vietnam—but the novel illuminates the contours of a more private hell: the angry desperation of a heroin addict who returns to his home in Harlem after being in prison. First published in 1970, this frankly autobiographical novel was a revelation, a stunning depiction of a marginal figure, marked literally and figuratively by his drug addiction and navigating a predatory underground of junkies and hustlers—and named George Cain, like his author. Now with a new preface by acclaimed writer Leslie Jamison, this is an unvarnished conjuring of the tyranny of dependence: its desperation, its degradation, its rage and rebellion; the fragile, unsettled, occasional shards of hope it permits; the strange joys of being alive and young and lost and hooked and full of feverish determination anyway.

The Recovering
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The Recovering
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Granta Books
A Buddhist Path to Recovering from Addiction
Seven Stories That Saved My Life, A Memoir
Out of the Wreck I Rise
Blueschild Baby
At Least I'm Not the Frog
Fierce Attachments

The Liars' Club brought to vivid, indelible life Mary Karr's hardscrabble Texas childhood. Cherry, her account of her

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adolescence, "continued to set the literary standard for making the personal universal" (Entertainment Weekly). Now Lit follows the self-professed blackbelt sinner's descent into the inferno of alcoholism and madness—and to her astonishing resurrection. Karr's longing for a solid family seems secure when her marriage to a handsome, Shakespeare-quoting blueblood poet produces a son they adore. But she can't outrun her apocalyptic past. She drinks herself into the same numbness that nearly devoured her charismatic but troubled mother, reaching the brink of suicide. A hair-raising stint in "The Mental Marriott," with an oddball tribe of gurus and saviors, awakens her to the possibility of joy and leads her to an unlikely faith. Not since Saint Augustine cried, "Give me chastity, Lord—but not yet!" has a conversion story rung with such dark hilarity. Lit is about getting drunk and getting sober; becoming a mother by letting go of a mother; learning to write by learning to live. Written with Karr's relentless honesty, unflinching self-scrutiny, and irreverent, lacerating humor, it is a truly electrifying story of how to grow up—as only Mary Karr can tell it.

This book "renders the singular arc of a woman's life through letters Mary-Louise Parker composes to the men, real and hypothetical, who have informed the person she is today. Beginning with the grandfather she never knew, the letters range from a

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missive to the beloved priest from her childhood to remembrances of former lovers to an homage to a firefighter she encountered to a heartfelt communication with the uncle of the infant daughter she adopted"--

One man's journey through alcoholism, and what helped him recover. During his drinking days Paul Campbell let down and hurt many people - his family and loved ones in particular. Alcoholism is known as the family illness and it truly is. Before alcoholism kills, it usually destroys the lives of loved ones, the ones ironically that care about the alcoholic the most. Much of this book is written with these people in mind. To Paul Campbell's mind, family members are usually the silent victims of alcoholism. This book is not written by an academic or a doctor. It doesn't have carefully drawn charts or squiggly diagrams describing a variety of personalities and behavior patterns. This book is written by someone who had everything, who lost everything, who went through the living hell of chronic alcoholism and the tough times of recovery. Ultimately though, he is proof that there is hope for everyone - even the most crazy, out-of-control, self-destructive alcoholic. Paul Campbell discovered that giving up drink was only half the battle. Living and enjoying life is the real challenge. Paul Campbell is an Addiction Counsellor living in Ireland. He writes regular columns on alcoholism for the Irish press.

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From personal loss to phantom diseases, *The Empathy Exams* is a bold and brilliant collection, winner of the Graywolf Press Nonfiction Prize, *A Publishers Weekly Top Ten Essay Collection* of Spring 2014. Beginning with her experience as a medical actor who was paid to act out symptoms for medical students to diagnose, Leslie Jamison's visceral and revealing essays ask essential questions about our basic understanding of others: How should we care about each other? How can we feel another's pain, especially when pain can be assumed, distorted, or performed? Is empathy a tool by which to test or even grade each other? By confronting pain—real and imagined, her own and others'—Jamison uncovers a personal and cultural urgency to feel. She draws from her own experiences of illness and bodily injury to engage in an exploration that extends far beyond her life, spanning wide-ranging territory—from poverty tourism to phantom diseases, street violence to reality television, illness to incarceration—in its search for a kind of sight shaped by humility and grace.

Intoxication and its Aftermath

Quitter

Essays

Lit LP

Crossing the River

About Us: Essays from the Disability Series of the New York Times

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Addresses the place of addiction in modern art, literature, philosophy, and psychology, including its effects on the works of such thinkers and writers as Heidegger, Nietzsche, DeQuincey, Breton, and Burroughs.

A self-described failed filmmaker falls obsessively in love with her theorist-husband's colleague: a manifesto for a new kind of feminism and the power of first-person narration. In *I Love Dick*, published in 1997, Chris Kraus, author of *Aliens & Anorexia*, *Torpor*, and *Video Green*, boldly tore away the veil that separates fiction from reality and privacy from self-expression. It's no wonder that *I Love Dick* instantly elicited violent controversies and attracted a host of passionate admirers. The story is gripping enough: in 1994 a married, failed independent filmmaker, turning forty, falls in love with a well-known theorist and endeavors to seduce him with the help of her husband. But when the theorist refuses to answer her letters, the husband and wife continue the correspondence for each other instead, imagining the fling the wife wishes to

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have with Dick. What follows is a breathless pursuit that takes the woman across America and away from her husband and far beyond her original infatuation into a discovery of the transformative power of first person narrative. *I Love Dick* is a manifesto for a new kind of feminist who isn't afraid to burn through her own narcissism in order to assume responsibility for herself and for all the injustice in world and it's a book you won't put down until the author's final, heroic acts of self-revelation and transformation.

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a

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neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares

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the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

A Drinking Life

A Memoir

A Novel

Reflections on Addiction and Modernity

And Now We Have Everything

The Empathy Exams

The "utterly compelling, uncommonly beautiful" collection of personal essays (Newsweek) that

established Jo Ann Beard as one of the leading writers of her generation. Cousins, mothers, sisters, dolls, dogs, best friends: these are the fixed points in Jo Ann Beard's universe, the constants that remain when the boys of her youth -- and then men who replace them -- are gone. This widely praised collection of autobiographical essays summons back, with astonishing grace and power, moments of childhood epiphany as well as the cataclysms of adult life: betrayal, divorce, death. The Boys of My Youth heralded the arrival of an immensely gifted and influential writer and its essays remain surprising, original, and affecting today. "A luminous, funny, heartbreaking book of essays about life and its defining moments." --Harper's Bazaar

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.

The author states the book is not an anti-alcohol book. He honestly and openly admits that he

misses his old friend alcohol, but it is a problem. He makes the choice not to drink and suggests ways to stay sober.

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

**How Science and Kindness Help People Change
Portrait of an Addict as a Young Man**

A Memoir of Recovery

Beyond Addiction

Quit Like a Woman

**Living Sober Sucks (but Living Drunk Sucks
More)**

The goal is ninety. Just ninety clean and sober days to loosen

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the hold of the addiction that caused Bill Clegg to lose everything. With six weeks of his most recent rehab behind him he returns to New York and attends two or three meetings each day. It is in these refuges that he befriends essential allies including Polly, who struggles daily with her own cycle of recovery and relapse, and the seemingly unshakably sober Asa. At first, the support is not enough: Clegg relapses with only three days left. Written with uncompromised immediacy, *NINETY DAYS* begins where *Portrait of an Addict as a Young Man* ends-and tells the wrenching story of Clegg's battle to reclaim his life. As any recovering addict knows, hitting rock bottom is just the beginning.

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

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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.

Bill Clegg had a thriving business as a literary agent, a supportive partner, trusting colleagues, and loving friends when he walked away from his world and embarked on a two-month crack binge. He had been released from rehab nine months earlier, and his relapse would cost him his home, his money, his career, and very nearly his life. What is it that leads an exceptional young mind want to disappear? Clegg makes stunningly clear the attraction of the drug that had him in its thrall, capturing in scene after scene the drama, tension, and paranoid nightmare of a secret life--and the exhilarating bliss that came again and again until it was eclipsed almost entirely by doom. He also explores the shape of addiction, how its pattern--not its cause--can be traced to the past.

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Portrait of an Addict as a Young Man is an utterly compelling narrative--lyrical, irresistible, harsh, honest, and beautifully written--from which you simply cannot look away.

Grossly ambitious and rooted in scientific scholarship, *The Other Dark Matter* shows how human excrement can be a life-saving, money-making resource—if we make better use of it. The average person produces about four hundred pounds of excrement a year. More than seven billion people live on this planet. Holy crap! Because of the diseases it spreads, we have learned to distance ourselves from our waste, but the long line of engineering marvels we've created to do so—from Roman sewage systems and medieval latrines to the immense, computerized treatment plants we use today—has also done considerable damage to the earth's ecology. Now scientists tell us: we've been wasting our waste. When recycled correctly, this resource, cheap and widely available, can be converted into a sustainable energy source, act as an organic fertilizer, provide effective medicinal therapy for antibiotic-resistant bacterial infection, and much more. In clear and engaging prose that draws on her extensive research and interviews, Lina Zeldovich documents the massive redistribution of nutrients and sanitation inequities across the globe. She profiles the pioneers of poop upcycling, from startups in African villages to innovators in American cities that convert sewage into fertilizer, biogas, crude oil, and even life-saving medicine. She breaks taboos surrounding sewage disposal and shows how hygienic waste repurposing can help battle climate change, reduce acid rain, and eliminate toxic algal blooms. Ultimately, she implores us to use our innate organic power for the greater good. Don't just sit there and let it go to waste.

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Parched

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The Gin Closet

Intoxication and Its Aftermath

A Practical Guide to Regaining Control over Your Life
I'll Stop Tomorrow

Based on the pioneering New York Times series, *About Us* collects the personal essays and reflections that have transformed the national conversation around disability. Boldly claiming a space in which people with disabilities can be seen and heard as they are—not as others perceive them—*About Us* captures the voices of a community that has for too long been stereotyped and misrepresented. Speaking not only to those with disabilities, but also to their families, coworkers and support networks, the authors in *About Us* offer intimate stories of how they navigate a world not built for them. Since its 2016 debut, the popular New York Times' "Disability" column has transformed the national dialogue around disability. Now, echoing the refrain of the disability rights movement, "Nothing about us without us," this landmark collection gathers the most powerful essays from the series that speak to the fullness of human experience—stories about first romance, childhood shame and isolation, segregation, professional ambition, child-bearing and parenting, aging and

beyond. Reflecting on the fraught conversations around disability—from the friend who says “I don’t think of you as disabled,” to the father who scolds his child with attention differences, “Stop it stop it stop it what is wrong with you?”—the stories here reveal the range of responses, and the variety of consequences, to being labeled as “disabled” by the broader public. Here, a writer recounts her path through medical school as a wheelchair user—forging a unique bridge between patients with disabilities and their physicians. An acclaimed artist with spina bifida discusses her art practice as one that invites us to “stretch ourselves toward a world where all bodies are exquisite.” With these notes of triumph, these stories also offer honest portrayals of frustration over access to medical care, the burden of social stigma and the nearly constant need to self-advocate in the public realm. In its final sections, *About Us* turns to the questions of love, family and joy to show how it is possible to revel in life as a person with disabilities. Subverting the pervasive belief that disability results in relentless suffering and isolation, a quadriplegic writer reveals how she rediscovered intimacy without touch, and a mother with a chronic illness shares what her

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condition has taught her young children. With a foreword by Andrew Solomon and introductory comments by co-editors Peter Catapano and Rosemarie Garland-Thomson, *About Us* is a landmark publication of the disability movement for readers of all backgrounds, forms and abilities. Topics Include: Becoming Disabled • Mental Illness is not a Horror Show • Disability and the Right to Choose • Brain Injury and the Civil Right We Don't Think • The Deaf Body in Public Space • The Everyday Anxiety of the Stutterer • I Use a Wheelchair. And Yes, I'm Your Doctor • A Symbol for "Nobody" That's Really for Everybody • Flying While Blind • My \$1,000 Anxiety Attack • A Girlfriend of My Own • The Three-Legged Dog Who Carried Me • Passing My Disability On to My Children • I Have Diabetes. Am I to Blame? • Learning to Sing Again • A Disabled Life is a Life Worth Living **NEW YORK TIMES BESTSELLER** • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of *Untamed* "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 The founder of

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the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. 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

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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.

From the "astounding" (*Entertainment Weekly*), "spectacularly evocative" (*The Atlantic*), and "brilliant" (*Los Angeles Times*) author of the *New York Times* bestsellers *The Recovering* and *The Empathy Exams* comes a return to the essay form in this expansive book. With the virtuosic synthesis of memoir,

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criticism, and journalism for which Leslie Jamison has been so widely acclaimed, the fourteen essays in *Make It Scream, Make It Burn* explore the oceanic depths of longing and the reverberations of obsession. Among Jamison's subjects are 52 Blue, deemed "the loneliest whale in the world"; the eerie past-life memories of children; the devoted citizens of an online world called *Second Life*; the haunted landscape of the Sri Lankan Civil War; and an entire museum dedicated to the relics of broken relationships. Jamison follows these examinations to more personal reckonings -- with elusive men and ruptured romances, with marriage and maternity -- in essays about eloping in Las Vegas, becoming a stepmother, and giving birth. Often compared to Joan Didion and Susan Sontag, and widely considered one of the defining voices of her generation, Jamison interrogates her own life with the same nuance and rigor she brings to her subjects. The result is a provocative reminder of the joy and sustenance that can be found in the unlikeliest of circumstances. Finalist for the PEN/Diamonstein-Spielvogel Award for the Art of the Essay One of the fall's most anticipated books: *Time*, *Entertainment Weekly*, *O, Oprah Magazine*, *Boston Globe*, *Newsweek*, *Esquire*,

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Seattle Times, Baltimore Sun, BuzzFeed, BookPage, The Millions, Marie Claire, Good Housekeeping, Minneapolis Star Tribune, Lit Hub, Women's Day, AV Club, Nylon, Bustle, Goop, Goodreads, Book Riot, Yahoo! Lifestyle, Pacific Standard, The Week, and Romper.

A Literary Companion to Recovery

At the Chinese Table: A Memoir with Recipes

A Zany Memoir of Alcoholism & Recovery

The Neuroscience and Experience of Addiction

The Lost Weekend

The Boys of My Youth