

# Alcoholic Memoirs Audio Book

Sarah Hepola

*John Barleycorn, or, Alcoholic Memoirs* Jack London,1914

*Double Double* Martha Grimes,Ken Grimes,2016-01-12 The popular mystery writer and her son present a dual account of their struggles with alcoholism and sobriety, a parallel journey marked by poignant episodes of relapse, travel, and friendship.

*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 Knapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her years at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for *Drinking* “Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold.”—Los Angeles Times Book Review “Filled with hard-won wisdom . . . [a] perceptive and revealing book.”—San Francisco Chronicle “Eloquent . . . a remarkable exercise in self-discovery.”—The New York Times “*Drinking* not only describes triumph; it is one.”—Newsweek

*The Psychology of Alcoholism* George Barton Cutten,1907

*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** Michael Pond, Maureen Palmer,2016-01-21 Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family—all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

*Quit Like a Woman* Holly Whitaker,2019-12-31 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 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 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.

*Habits that Handicap* Charles Barnes Towns,1915

*Between Breaths* Elizabeth Vargas,2016 A no-holds-barred memoir of anxiety, addiction, and recovery, from beloved ABC 20/20 anchor Elizabeth Vargas.--Provided by the publisher--

*John Barleycorn* Jack London,1913 The author's own story of his life.

*Blackout* Sarah Hepola,2015-06-23 A memoir of unblinking honesty and poignant, laugh-out-loud humor, *Blackout* is the story of a woman stumbling into a new kind of adventure -- the sober life she never wanted. For Sarah Hepola, alcohol was the gasoline of all adventure. She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She

apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, *Blackout* is the story of a woman stumbling into a new kind of adventure -- the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most -- but getting yourself back in return.

*John Barleycorn, Or, Alcoholic Memoirs* Jack London, 1914

**Girl Walks Out of a Bar** Lisa F. Smith, 2016-06-07 Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. *Girl Walks Out of a Bar* is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. *Girl Walks Out of a Bar* is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction.

*One Hit Away* Jessey Mills, 2021-01-20 At the age of 24, Jordan Barnes woke up next to a lifeless body, rifled through his dead friends' pockets for any remaining heroin and went right back to using. Strung out and homeless during the supposed best years of his life, there was no clear way out of the Opioid Crisis ravaging the streets of Portland, Oregon. But though Jordan had long accepted his fate, his parents still held out hope, and would do everything in their power to get him the help he so desperately needed. After a harrowing journey that proves the life of an active addict will always get worse, never better, Jordan found himself at the gates of Sand Island, Hawaii's most notorious two-year inpatient treatment facility. He soon discovers that though his heart was in the right place, the hardest battle of his life was yet to come. *One Hit Away* is his arduous and unlikely true story of recovery, rehabilitation and redemption.

The Recovering Leslie Jamison, 2018-04-03 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.

Drunk-ish Stefanie Wilder-Taylor, 2024-01-16 From the author of *Sippy Cups Are Not for Chardonnay*, a hilariously candid and refreshingly honest account of Stefanie Wilder-Taylor's journey to breaking up with alcohol for good. When Stefanie Wilder-Taylor became a mother, being able to connect with other moms over drinks or enjoy a glass of wine at the end of a stressful day felt life-affirming. From liquor cabinet concoctions in high school to tequila shots in her early stand-up comedy days to grocery store wine in young motherhood, alcohol was the seasoning that could give almost any activity more flavor. A drink instantly took the edge off and made even the most difficult adversary (be it a tough crowd in a comedy club or a judgmental PTA mom) not just bearable but fun. As the years go by, Stefanie wonders if her relationship with alcohol is different from other people's. Is everyone else struggling this hard to moderate? Is it even legal to watch *The Bachelor* without a glass of white wine? Having spent a lifetime grappling with the question of whether or not she is a "real" alcoholic, one evening brings Stefanie close to the edge of losing it all. Miraculously unscathed, she decides that she doesn't need to dive all the way down to a stereotypical rock bottom before deciding to stop drinking; if sobriety will improve her life, that's a good enough reason to quit. Stefanie's memoir is a tender and funny farewell letter to a beloved but toxic friend.

John Barleycorn Jack London, 1914

John Barleycorn Jack London, 2013-02-26 *John Barleycorn* is an autobiographical novel by Jack London dealing with his enjoyment of and struggles with alcoholism. The title is taken from the British folksong *John Barleycorn*. In this memoir, there are the themes of masculinity and male friendship. London discusses various life experiences he has had with alcohol, and at widely different stages in his life. Key stages are his late teen years when he earned money as a sailor and later in life when he was a wealthy, successful writer. Alcoholic beverages play a big role in facilitating the themes listed above. The book is about the social facilitation of alcohol, but is also a cautionary tale about the addictive powers of alcohol and its deleterious effects on health. London describes his life as seen through the eyes of John Barleycorn (alcohol). London's brutally frank and honest analysis of his own struggles and bouts with alcohol was way before its time and more modern theories of addiction.

Stepping Stones Marilea C. Rabasa, 2020-06-16 Addiction is a stealth predator. Unrecognized, it will grow and flourish. Unchecked, it destroys. Marilea Rabasa grew up in post-WWII Massachusetts in a family that lived comfortably and offered her every advantage. But they were also haunted by closely guarded family secrets. Alcoholism reached back through several generations, and it was not openly discussed. Shame and stigma perpetuated the silence. And Marilea became part of this ongoing tragedy. From an unhappy childhood to a life overseas in the diplomatic service to now, living on an island in Puget Sound, *Stepping Stones* chronicles Marilea's experiences,

weaving a compelling tale of travel, motherhood, addiction, and heartbreaking loss. The constant thread throughout this story is the many faces and forms of addiction, phantoms that stalk her like an obsessed lover. What, if anything, will free her of the masks she has worn all her life? An inspiring, poignant recovery story, Stepping Stones tells how Marilea took on the demons that plagued her all her life—and defeated them.

**John Barleycorn** Jack London,2020-11-06 John Barleycorn is the first intelligent literary treatise on alcohol in American literature. London offers sharp generalizations about Barleycorn along with a close narrative of his own career as a drinker, which was heroic in scale. However, it is like an exercise in autobiography that his book primarily appeals to the modern reader. His life in London was tragically short but full of episodes and adventures.

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Alcoholic Memoirs Audio Book** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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