

The Recovering Intoxication And Its Aftermath

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

David Carr was an addict for more than twenty years -- first dope, then coke, then finally crack -- before the prospect of losing his newborn twins made him sober up in a bid to win custody from their crack-dealer mother. Once recovered, he found that his recollection of his 'lost' years differed -- sometimes radically -- from that of his family and friends. The night, for example, his best friend pulled a gun on him. 'No,' said the friend (to David's horror, as a lifelong pacifist), 'It was you that had the gun.' Using all his skills as an investigative reporter, he set out to research his own life, interviewing everyone from his parents and his ex-partners to the policemen who arrested him, the doctors who treated him and the lawyers who fought to prove he was fit to have custody of his kids. Unflinchingly honest and beautifully written, the result is both a shocking account of the depths of addiction and a fascinating examination of how -- and why -- our memories deceive us. As David

says, we remember the stories we can live with, not the ones that happened.

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

"Nothing Good Can Come from This is a book about generative discomfort, surprising sources of beauty, and the odd, often hilarious, business of being human." —Leslie Jamison, author of *The Empathy Exams* and *The Recovering* Kristi Coulter inspired and incensed the internet when she wrote about what happened when she stopped drinking. *Nothing Good Can Come from This* is her debut--a frank, funny, and feminist essay collection by a keen-eyed observer no longer numbed into complacency. When Kristi stopped drinking, she started noticing things. Like when you give up a debilitating habit, it leaves a space, one that can't easily be filled by mocktails or ice cream or sex or crafting. And when you cancel Rosé Season for yourself, you're left with just Summer, and that's when you notice that the women around you are tanked—that alcohol is the oil in the motors that keeps them purring when they could be making other kinds of noise. In her sharp, incisive debut essay collection, Coulter reveals a portrait of a life in transition. By turns hilarious and heartrending, *Nothing Good Can Come from This* introduces a fierce new voice to fans of Sloane Crosley, David Sedaris, and Cheryl Strayed—perfect for anyone who has ever stood in the middle of a so-called perfect life and looked for an escape hatch.

Autobiography of a Recovering Skinhead

The Recovering

Intoxication and Its Aftermath

The Blue Period

Practicing Mindfulness to Recover from Anything

At Least I'm Not the Frog

A Love Story

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.

Whether you are battling drugs, nicotine, alcohol, food, shopping, sex, or gambling, this hands-on, practical guide will help you overcome addiction of any kind. If you or a loved one are struggling with addiction but do not find that twelve-step or other treatment programs work for you, *7 Tools to Beat Addiction* can help. Internationally recognized expert Dr. Stanton Peele presents a program for addiction recovery based on research and clinical study and grounded in science. His program utilizes proven methods that people actually use to overcome addiction, with or without treatment. *7 Tools to Beat Addiction* offers in-depth, interactive exercises that show you how to outgrow destructive habits by putting together the building blocks for a balanced, fulfilling, responsible life. Dr. Peele's approach is founded on the following tools: • Values • Motivation • Rewards • Resources • Support • Maturity • Higher Goals This no-nonsense guide will put you in charge of your own recovery.

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.

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.

Never Enough

Nothing Good Can Come from This

A Memoir of Drinking, Relapse, and Recovery

7 Tools to Beat Addiction

Beyond Addiction

Coming of Age Black and Free in America

Our History of Addiction

The extent to which American poetry reinvented itself after World War II is a testament to the changing social, political and economic landscape of twentieth-century American life. Registering an important shift in the way scholars contextualize modern and contemporary American literature, this Companion explores how American poetry has documented and, at times, helped propel the literary and cultural revolutions of the past sixty-five years. This Companion sheds new light on the Beat, Black Arts and other movements while examining institutions that govern poetic practice in the United States today. The text also introduces seminal figures like Sylvia Plath, John Ashbery and Gwendolyn Brooks while situating them alongside phenomena such as the 'academic poet' and popular forms such as spoken word and rap, revealing the breadth of their shared history. Students, scholars and readers will find this Companion an indispensable guide to post-war and late twentieth-century American poetry.

"Addiction is epidemic and catastrophic. With more than one in every five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide. If we are not victims ourselves, we all know someone struggling with the merciless compulsion to alter their experience by changing how their brain functions. Drawing on years of research--as well as personal experience as a recovered addict--researcher and professor Judy Grisel has reached a fundamental conclusion: for the addict, there will never be enough drugs. The brain's capacity to learn and adapt is seemingly infinite, allowing it to counteract any regular disruption, including that caused by drugs. What begins as a normal state punctuated by periods of being high transforms over time into a state of desperate craving that is only temporarily subdued by a fix, explaining why addicts are unable to live either with or without their drug. One by one, Grisel shows how different drugs act on the brain, the kind of experiential effects they generate, and the specific reasons why each is so hard to kick. Grisel's insights lead to a better understanding of the brain's critical contributions to addictive behavior, and will help inform a more rational, coherent, and compassionate response to the

epidemic in our homes and communities"--

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 1936, 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.

The long-awaited sequel to THE UNEXPECTED JOY OF BEING SOBER - the Sunday Times bestseller 'Exquisite' - Fearné Cotton 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway bestseller The Unexpected Joy of Being Sober, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for The Unexpected Joy of Being Sober: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

Drinking

A Novel

The Other Dark Matter

I Love Dick

Intoxication and its Aftermath

A Writer and His Books

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 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"-- 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 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.

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 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.

Find Your Light

Make It Scream, Make It Burn

The Frank Meeink Story as Told to Jody M. Roy, Ph.D.

The Urge

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

Essays

The Gin Closet

A searing chronicle of the life of a young ex-convict and 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 Intoxication and Its Aftermath
The Recovering Intoxication and its Aftermath
Granta Books

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 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.

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.

Roth Unbound

A Memoir

The Night of the Gun

The Cambridge Companion to American Poetry since 1945

A Zany Memoir of Alcoholism & Recovery

Fierce Attachments

A Drinking Life

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 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.

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

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 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.

Blueschild Baby

Parched

How Science and Kindness Help People Change

Sunshine Warm Sober

The Science and Business of Turning Waste into Wealth and Health

Crossing the River

A Practical Guide to Regaining Control over Your Life

Autobiography of a Recovering Skinhead is Frank Meeink's raw telling of his descent into America's Nazi underground and his ultimate triumph over drugs and hatred. Frank's violent childhood in South Philadelphia primed him to hate, while addiction made him easy prey for a small group of skinhead gang recruiters. By 16 he had become one of the most notorious skinhead gang leaders on the East Coast and by 18 he was doing hard time. Teamed up with African-American players in a prison football league, Frank learned to question his hatred, and after being paroled he defected from the white supremac.

the brilliant and sorrowful new novel

An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.”—Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to

understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

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 New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love

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

The Boys of My Youth

I'll Stop Tomorrow

Living Sober Sucks (but Living Drunk Sucks More)

Quitter

Trout Stanley

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.

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 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

Author Beverly Conyers—one of the most respected voices in wellness and recovery—has guided hundreds of thousands of readers through the process of recognizing family roles in addiction, healing shame, building healthy relationships, releasing trauma, focusing on emotional sobriety, as well as acknowledging self-sabotaging behaviors, addictive tendencies, and substance use patterns. With her newest work, Conyers shows us how the practice of mindfulness can be a game-changing part of recovering from any- and everything. A guided introduction to mindfulness practice as a path to recovering health and sanity - even in unpredictable times. Early in our recovery journey, we focused on healing. Further along in the process of recovering, we dare to believe it's possible to embark on a new chapter, but often feel stuck. At times, we wonder...how do we create the breakthroughs we want? With a mindfulness practice—meditation and other habits of awareness—we develop the courage to look within. As we hold space for ourselves, we find the light within that can spark change, personal growth, and self-compassion. Mindfulness is an irreplaceable part of the health and healing toolkit because it illuminates our true selves; as a result, it illuminates our recovery. Conyers gives us an approachable mindfulness book with carefully designed reflections and practices that set us on a path forward. Her insight guides our way whether recovering from unhealthy relationships, addictions of all types, compulsive habits, anxiety and stress, workaholism, disordered eating, or mental health and emotional challenges—and whether we follow the Twelve Steps or not. Discover why Beverly Conyers' books have been a mainstay for support groups the world over, and why so many have turned to her insights and guidance. As the author of the recovery classic *Addict in the Family*, she has inspired hope and healing in a way few others have managed to match.

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, 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, 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.

The Lost Weekend

Dear Mr. You

The unexpected joy of being sober – forever

The Empathy Exams

The Painted Ocean

Quit Like a Woman

Seven Stories That Saved My Life, A Memoir

A critical evaluation of Philip Roth—the first of its kind—that takes on the man, the myth, and the work Philip Roth is one of the most renowned writers of our time. From his debut, Goodbye, Columbus, which won the National Book Award in 1960, and the explosion of Portnoy's Complaint in 1969 to his haunting reimaging of Anne Frank's story in The Ghost Writer ten years later and the series of masterworks starting in the mid-eighties—The Counterlife, Patrimony, Operation Shylock, Sabbath's Theater, American Pastoral, The Human Stain—Roth has produced some of the great American literature of the modern era. And yet there has been no major critical work about him until now. Here, at last, is the story of Roth's creative life. Roth Unbound is not a biography—though it contains a wealth of previously undisclosed biographical details and unpublished material—but something ultimately more rewarding: the exploration of a great writer through his art. Claudia Roth Pierpont, a staff writer for The New Yorker, has known Roth for nearly a decade. Her carefully researched

and gracefully written account is filled with remarks from Roth himself, drawn from their ongoing conversations. Here are insights and anecdotes that will change the way many readers perceive this most controversial and galvanizing writer: a young and unhappily married Roth struggling to write; a wildly successful Roth, after the uproar over Portnoy, working to help writers from Eastern Europe and to get their books known in the West; Roth responding to the early, Jewish—and the later, feminist—attacks on his work. Here are Roth's family, his inspirations, his critics, the full range of his fiction, and his friendships with such figures as Saul Bellow and John Updike. Here is Roth at work and at play. Roth Unbound is a major achievement—a highly readable story that helps us make sense of one of the most vital literary careers of the twentieth and twenty-first centuries.

Cast size: small.

The basic text for Alcoholics Anonymous.

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 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.'

No Ashes in the Fire

The Neuroscience and Experience of Addiction

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

The Mindful Path to Addiction Recovery

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.*

*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 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)

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.