

Quit Like A Woman The Radical Choice To Not Drink In A Culture Obsessed With Alcohol

Lost Connections This Naked Mind Do Less Ask a Manager We Are the Luckiest Drinking Her Best-Kept Secret The Fountainhead How to Not Always Be Working Quit Like a Woman Love Warrior Abandon Me The Sober Truth Food Politics Beyond Addiction The Craving Mind Opting Out? The Unexpected Joy of Being Sober Grit Chasing the Scream She Explores 5 Habits of a Woman Who Doesn't Quit Drink The Sober Diaries The Whole30 Allen Carr's Easy Way to Control Alcohol Sober Curious Allen Carr's Easy Way for Women to Quit Drinking Whip Smart Work Party Nothing Good Can Come from This Girl Walks Out of a Bar Quit Like a Millionaire Sober Positive Staring Down the Wolf Influence Fight Like A Girl Alcoholics Anonymous Drink? The Professor Is In

Lost Connections

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

This Naked Mind

"We Are the Luckiest is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives." — Glennon Doyle, #1 New York Times bestselling author of *Love Warrior: A Memoir* What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something — anything — else" to be her

issue. The people who got to drink normally, she thought, were so damn lucky. But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all." Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

Do Less

After her family moves to Los Angeles, Delilah Rollins, already a minor Internet celebrity, plunges into the competitive and glamorous world of social media influencers, but can cosmetics and good lighting conceal cheating, manipulation, blackmail, and murder?

Ask a Manager

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

We Are the Luckiest

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX

PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Drinking

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine, *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage, Trust, Respect, Growth, Excellence, Resiliency, and Alignment. All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success. Retired Navy SEAL Commander, entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT, NavySeal.com, and Unbeatable Mind) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Elite teams challenge themselves to step up everyday to do the uncommon. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility, uncertainty, complexity, ambiguity) environments, no matter your background or leadership experience. Drawing from his twenty years leading SEALs, and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients, Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your team. “Mark Divine has a gift for creating highly effective dynamic teams. Mark interleaves key aspects of leadership, mental toughness, resiliency and cultivating higher plains of existence into a foundational concept of being an authentic ‘Leader of leaders.’ This book is indispensable for anyone looking to lead, build and foster an elite culture.” –Mike Magaraci, retired Force Master Chief of Naval Special Warfare “From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses, Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential.” –David Goggins, Retired Navy SEAL, author of New York Times Bestseller *Can’t Hurt Me* “To grow to your fullest capacity in your life and as a leader, we need to challenge ourselves. There’s no one I know who’s challenged himself more than Mark Divine. He’s the perfect visionary to help get you out of your comfort zone and shattering the status quo.” –Joe De Sena, Founder and CEO of Spartan

Her Best-Kept Secret

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike •

Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

The Fountainhead

"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.

How to Not Always Be Working

A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have—and be—more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. *Do Less* offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

Quit Like a Woman

From two leaders of the FIRE (Financial Independence, Retire Early) movement, a bold, contrarian guide to retiring at any age, with a reproducible formula to financial independence A bull***t-free guide to growing your wealth, retiring early, and living life on your own terms Kristy Shen retired with a million dollars at the age of thirty-one, and she did it without hitting a home run on the stock market, starting the next Snapchat in her garage, or investing in hot

real estate. Learn how to cut down on spending without decreasing your quality of life, build a million-dollar portfolio, fortify your investments to survive bear markets and black-swan events, and use the 4 percent rule and the Yield Shield--so you can quit the rat race forever. Not everyone can become an entrepreneur or a real estate baron; the rest of us need Shen's mathematically proven approach to retire decades before sixty-five.

Love Warrior

In *Drink: The Intimate Relationship Between Women and Alcohol*, award-winning journalist Anne Dowsett Johnston combines in-depth research with her own personal story of recovery, and delivers a groundbreaking examination of a shocking yet little recognized epidemic threatening society today: the precipitous rise in risky drinking among women and girls. With the feminist revolution, women have closed the gender gap in their professional and educational lives. They have also achieved equality with men in more troubling areas as well. In the U.S. alone, the rates of alcohol abuse among women have skyrocketed in the past decade. DUIs, “drunkorexia” (choosing to limit eating to consume greater quantities of alcohol), and health problems connected to drinking are all rising—a problem exacerbated by the alcohol industry itself. Battling for women’s dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Equally alarming is a recent CDC report showing a sharp rise in binge drinking, putting women and girls at further risk. As she brilliantly weaves in-depth research, interviews with leading researchers, and the moving story of her own struggle with alcohol abuse, Johnston illuminates this startling epidemic, dissecting the psychological, social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives.

Abandon Me

The revolutionary literary vision that sowed the seeds of Objectivism, Ayn Rand's groundbreaking philosophy, and brought her immediate worldwide acclaim. This modern classic is the story of intransigent young architect Howard Roark, whose integrity was as unyielding as granite of Dominique Francon, the exquisitely beautiful woman who loved Roark passionately, but married his worst enemy and of the fanatic denunciation unleashed by an enraged society against a great creator. As fresh today as it was then, Rand’s provocative novel presents one of the most challenging ideas in all of fiction—that man’s ego is the fountainhead of human progress “A writer of great power. She has a subtle and ingenious mind and the capacity of writing brilliantly, beautifully, bitterly This is the only novel of ideas written by an American woman that I can recall.”—The New York Times

The Sober Truth

A dark, wild, powerful memoir about a young woman’s transformation from college student to professional dominatrix While a college student at The New School, Melissa Febos spent four years working as a dominatrix in a midtown dungeon. In poetic, nuanced prose she charts how unchecked risk-taking eventually gave way to a course of self-destruction. But as she recounts crossing over the very boundaries that she set for her own safety, she never plays the victim. In fact, the glory of this memoir is Melissa’s ability to illuminate the strange and powerful truths that she learned as she found her way out of a hell of her own making. Rest assured; the reader will emerge from the journey more or less unscathed.

Food Politics

#1 New York Times Bestseller Oprah's Bookclub 2016 Selection "Riveting a worthy investment this book has real wisdom." —New York Times Book Review "A book with so much painful truth packed into its pages that every person who's ever married or plans to marry should really give it a read." —Chicago Tribune "Provocative. I adore her honesty, her vulnerability, and her no-nonsense wisdom, and I know you will, too." —Oprah Winfrey "This memoir isn't really about Glennon rebuilding her relationship with her husband; it is about Glennon rebuilding her relationship with herself. Utterly refreshing and badass." —Bustle.com The highly anticipated new memoir by bestselling author Glennon Doyle tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. *Love Warrior* is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. *Love Warrior* is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships and a more abundant, authentic life.

Beyond Addiction

Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

The Craving Mind

We all witness, in advertising and on supermarket shelves, the fierce competition for our food dollars. In this engrossing exposé, Marion Nestle goes behind the scenes to reveal how the competition really works and how it affects our health. The abundance of food in the United States—enough calories to meet the needs of every man, woman, and child twice over—has a downside. Our over-efficient food industry must do everything possible to persuade people to eat more—more food, more often, and in larger portions—no matter what it does to waistlines or well-being. Like manufacturing cigarettes or building weapons, making food is big business. Food companies in 2000 generated nearly \$900 billion in sales. They have stakeholders to please, shareholders to satisfy, and government regulations to deal with. It is nevertheless shocking to learn precisely how food companies lobby officials, co-opt experts, and expand sales by marketing to children, members of minority groups, and people in developing countries. We learn that the food industry plays politics as well as or better than other industries, not least because so much of its activity takes place outside the public view. Editor of the 1988 Surgeon General's

Report on Nutrition and Health, Nestle is uniquely qualified to lead us through the maze of food industry interests and influences. She vividly illustrates food politics in action: watered-down government dietary advice, schools pushing soft drinks, diet supplements promoted as if they were First Amendment rights. When it comes to the mass production and consumption of food, strategic decisions are driven by economics--not science, not common sense, and certainly not health. No wonder most of us are thoroughly confused about what to eat to stay healthy. An accessible and balanced account, Food Politics will forever change the way we respond to food industry marketing practices. By explaining how much the food industry influences government nutrition policies and how cleverly it links its interests to those of nutrition experts, this path-breaking book helps us understand more clearly than ever before what we eat and why.

Opting Out?

The definitive career guide for grad students, adjuncts, post-docs and anyone else eager to get tenure or turn their Ph.D. into their ideal job Each year tens of thousands of students will, after years of hard work and enormous amounts of money, earn their Ph.D. And each year only a small percentage of them will land a job that justifies and rewards their investment. For every comfortably tenured professor or well-paid former academic, there are countless underpaid and overworked adjuncts, and many more who simply give up in frustration. Those who do make it share an important asset that separates them from the pack: they have a plan. They understand exactly what they need to do to set themselves up for success. They know what really moves the needle in academic job searches, how to avoid the all-too-common mistakes that sink so many of their peers, and how to decide when to point their Ph.D. toward other, non-academic options. Karen Kelsky has made it her mission to help readers join the select few who get the most out of their Ph.D. As a former tenured professor and department head who oversaw numerous academic job searches, she knows from experience exactly what gets an academic applicant a job. And as the creator of the popular and widely respected advice site The Professor is In, she has helped countless Ph.D.'s turn themselves into stronger applicants and land their dream careers. Now, for the first time ever, Karen has poured all her best advice into a single handy guide that addresses the most important issues facing any Ph.D., including: -When, where, and what to publish -Writing a foolproof grant application -Cultivating references and crafting the perfect CV -Acing the job talk and campus interview -Avoiding the adjunct trap -Making the leap to nonacademic work, when the time is right The Professor Is In addresses all of these issues, and many more.

The Unexpected Joy of Being Sober

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will

give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my live back." --Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." --Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." --Bernie M., Dublin, Ireland

Grit

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

Chasing the Scream

Named One of the Best Books of the year by: Esquire, Refinery29, LitHub, BookRiot, Medium, Electric Literature, The Brooklyn Rail, Vol. 1 Brooklyn, Largehearted Boy, The Coil and The Cut. Winner of the Lambda Literary Jeanne Cordova Prize for Lesbian/Queer Nonfiction Finalist, Lambda Literary Award for Lesbian Memoir/Biography Finalist, Publishing Triangle's Judy Grahn Award for Lesbian Nonfiction An Indie Next Pick For readers of Maggie Nelson and Leslie Jamison, a fierce and dazzling personal narrative that explores the many ways identity and art are shaped by love and loss. In her critically acclaimed memoir, Whip Smart, Melissa Febos laid bare the intimate world of the professional dominatrix, turning an honest examination of her life into a lyrical study of power, desire, and fulfillment. In her dazzling Abandon Me, Febos captures the intense bonds of love and the need for connection -- with family, lovers, and oneself. First, her birth father, who left her with only an inheritance of addiction and Native American blood, its meaning a mystery. As Febos tentatively reconnects, she sees how both these lineages manifest in her own life, marked by compulsion and an instinct for self-erasure. Meanwhile, she remains closely tied to the sea captain who raised her, his parenting ardent but intermittent as his work took him away for months at a time. Woven throughout is the hypnotic story of an all-consuming, long-distance love affair with a woman, marked equally by worship and withdrawal. In visceral, erotic prose, Febos captures their mutual abandonment to passion and obsession -- and the terror and exhilaration of losing herself in another. At once a fearlessly vulnerable memoir and an incisive investigation of art, love, and identity, Abandon Me draws on childhood stories, religion, psychology, mythology, popular culture, and the intimacies of one writer's life to reveal intellectual and emotional truths that feel startlingly universal.

She Explores

THE SUNDAY TIMES BESTSELLER 'Not remotely preachy' - The Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying.' - Alice O'Keeffe, Guardian 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire Ever sworn off alcohol for a month and found yourself drinking by the 7th? Think there's 'no point' in just one drink? Welcome! There are millions of us. 64% of Brits want to drink less. Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the binges and blackouts to deep-dive into uncharted territory:

What happens after you quit drinking? This gripping, heart-breaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers, through sober weddings, sex, Christmases and breakups. In *The Unexpected Joy of Being Sober*, Catherine Gray shines a light on society's drink-pushing and talks to top neuroscientists and psychologists about why we drink, delving into the science behind what it does to our brains and bodies. Much more than a tale from the netherworld of addicted drinking, this book is about the escape, and why a sober life can be more intoxicating than you ever imagined. Whether you're a hopelessly devoted drinker, merely sober-curious, or you've already ditched the drink, you will love this book. 'Haunting, admirable and enlightening' - *The Pool* 'A riveting, raw, yet humorous memoir with actionable advice.' - Annie Grace, author of *This Naked Mind* 'Like listening to your best friend teach you to be sober. Lighthearted but serious, it's packed with ideas, tools, tips and, most importantly, reasons for living a sober life.' - Eric Zimmer, host of podcast *The One You Feed* 'Gray's fizzy writing succeeds in making this potentially boring-as-hell subject both engaging and highly seductive' - *The Bookseller* 'Her exquisitely crafted thoughts on the joys of being sober are not only deeply honest and pragmatic, but she manages to infuse tons of humor. This is a delightful, informative, and compelling read for all those who are sober or seeking sobriety.' - Sasha Tozzi, *Huffington Post*

5 Habits of a Woman Who Doesn't Quit

Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in A.A. during the early years of the 21st century. Sixteen stories are retained from the third edition, including the "Pioneers of A.A." section, which helps the reader remain linked to A.A.'s historic roots, and shows how early members applied this simple but profound program that helps alcoholics get sober today. Approximately 21 million copies of the first three editions of "Alcoholics Anonymous" have been distributed. It is expected that the new fourth edition will play its part in passing on A.A.'s basic message of recovery. This fourth edition has been approved by the General Service Conference of Alcoholics Anonymous, in the hope that many more may be led toward recovery by reading its explanation of the A.A. program and its varied examples of personal experiences which demonstrate that the A.A. program works.

Drink

A world-renowned authority on the science of alcohol exposes its influence on our health, mood, sleep, emotions, and productivity -- and what we can and should do to moderate our intake. From after-work happy hour to a nightly glass of wine, we're used to thinking of alcohol as a normal part of our daily lives. In *Drink?*, neuropharmacology professor David Nutt takes a fascinating, science-based look at drinking to unpack why we should reconsider our favorite pastime. Using cutting-edge scientific research and years of hands-on experience in the field, Nutt delves into the long- and short-term effects of alcohol. He addresses topics such as hormones, mental health, fertility, and addiction, explaining how alcohol travels through our bodies and brains, what happens at each stage of inebriation, and how it effects us even after it leaves our systems. With accessible, easy-to-understand language, Nutt ensures that readers recognize why alcohol can have such a negative influence on our bodies and our society. In the vein of *This Naked Mind*, *Drink?* isn't preachy; it simply gives readers clear, evidence-based facts to help them make the most informed choices about their consumption.

The Sober Diaries

Are you worried you might be drinking too much? Fed up of hangovers, hangxiety and feeling below par? Bored of booze culture at home, at work, as a parent? Do you have a sneaking suspicion that alcohol might be standing between you and your best life? Are you wondering if there's another way? Julia Carson found out, quite unexpectedly, that there really is, when she had her last drink of mummy-juice wine in February 2017 and then embarked on a rollercoaster journey of self-discovery in sobriety. *Sober Positive* is both the story of her journey over the last two years and a detailed road map for anyone else looking for their own way out of the alcohol maze. You may not believe this now, but it is entirely possible to stop drinking and be completely happy. To achieve true freedom from alcohol. To be sober positive. In this book you will learn how to change your mindset about alcohol, how to assemble your own personal sobriety toolbox and how to cope with sober firsts like social events, holidays and Christmas. You will gain insight into why you might be struggling with alcohol and how you can address other compulsive behaviours which may arise in early sobriety. You will develop detailed strategies for self-care and be guided through the deeper work needed to support your physical and mental wellbeing and truly thrive as a non-drinker. You will be helped to navigate changing relationships with partners, children and friends and learn some surprising truths about our best friend booze. So, if you're drinking too much and it's making you miserable, why not take a chance on being sober and happy? You might just find your best life along the way. Julia did and this book contains everything she has learned in the past two years that helped her get there.

The Whole30

Allen Carr's *Easyway* is the most effective stop-smoking method of all time and it has now been successfully applied to a wide range of other issues. Here the method focuses on one of the fastest-growing problems of modern times: women's drinking. Alcohol blights women's lives often in a different way to men's: women tend to stay at home drinking alcohol; women often feel particular shame over drinking too much; drinking around children can be a particular burden; in summary there are a lot of added pressures on women to stop drinking and often they feel this is an impossible task. Luckily, Allen Carr's *Easyway* makes it easy to stop drinking. It's the tried-and-tested cessation method that really works. With startling insight into why women drink and clear, simple, step-by-step instructions, Allen Carr shows you the way to escape from the alcohol trap in the time it takes to read this book. A unique method that does not require will power. Stop easily, immediately, painlessly and permanently. This book removes the psychological need to drink. Regain control of your life. --Publisher

Allen Carr's Easy Way to Control Alcohol

A bravely honest and brilliantly comic account of how one mother gave up drinking and started living. This is *Bridget Jones Dries Out*. Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies, and yet by eighteen months ago she'd become an overweight, depressed, middle-aged mother of three who was drinking more than a bottle of wine a day, and spending her evenings Googling 'Am I an alcoholic?' In a desperate bid to turn her life around, she quit drinking and started a blog. She called it *Mummy Was a Secret Drinker*. This book is the story of a year in Clare's life. A year that started with her quitting booze having been drinking more than a bottle of wine every day. It sees her starting a hugely

successful blog, then getting and beating breast cancer. By the end of the year she is booze free and cancer free, two stone lighter and with a life that is so much richer, healthier and more rewarding than ever before. Sober Diaries is an upbeat, funny and positive look at how to live life to the full. Interwoven within Clare's own very personal and frank story is research and advice, and answers to questions like: How do I know if I'm drinking too much? How will I cope at parties? What do I say to friends and family? How do I cope with cravings? Will I lose weight? What if my partner still drinks? And many more.

Sober Curious

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

Allen Carr's Easy Way for Women to Quit Drinking

Have you ever gotten to the place where you just couldn't take it anymore? Dreams. Programs. Jobs. Relationships. There are so many different areas where we feel like calling it quits. It's time for an honest conversation on how not to give in to the temptation to give up. Nicki Koziarz is a woman who has thrown in the towel a time or two. In fact, she's quit just about everything in her life. But with God's help, she's discovered a few habits that have helped her and others conquer the choice to quit. *5 Habits of a Woman Who Doesn't Quit* will enable you to: Evaluate the internal personal struggles that make you want to quit. Cultivate consistent habits to help you progress toward your goals. Receive a fresh dose of perspective from the Bible that will help you develop perseverance. You are not made to quit! Join Nicki as she identifies five habits to help you keep going no matter what struggles may come your way.

Whip Smart

In this book Stone explores the reasons why high-achieving women with children interrupt their professional careers. This qualitative study, using the life history interview, shows that women are not opting out, but are being shut out by inflexible employers.

WorkParty

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

Nothing Good Can Come from This

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.

Girl Walks Out of a Bar

First, we leaned in. Now we stand up. In this "much-needed combo of real talk, confessions, and lessons learned along the way" (Chelsea Handler), Jaclyn Johnson—the founder and CEO behind Create & Cultivate, the fastest growing online platform for millennial businesswomen—offers a rallying cry for a new generation of women who are redefining the meaning of work on their own terms. Jaclyn suffered a massive blow in her early twenties. She was on an upward career climb and confidently moved across the country for a job—and then, was abruptly let go. Attempting to turn that closed door into an open window, she launched a company with a trusted business partner. Soon after, she discovered said business partner had made detrimental decisions to the company without her knowledge. Before she knew it, she was in the throes of a brutal business partner break up. She was only twenty-four. Determined to bounce back, Jaclyn overhauled the mess that was her life and by the time she was in her early thirties, she had sold a company and launched the much-buzzed about Create & Cultivate platform—and advised and invested in multiple million-dollar projects at the same time. So, how did she do it? In

WorkParty, Jaclyn shows how she turned distrust into determination, frustration into fuel, and heartache into hard work—and how you can, too. With stories from leading female entrepreneurs including Christene Barberich (co-founder of Refinery29), Alli Webb, (creator of Drybar), Morgan Debaun (founder of Blavity), Jen Gotch of Ban.do, Rebecca Minkoff, and Kendra Scott, you will learn the tips and tricks from the best in the business while cultivating the passion and happiness you need to succeed. “This is the book you need to take your career to the next level—on your own terms” (Refinery29).

Quit Like a Millionaire

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-geniuses everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

Sober Positive

A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them. We are all vulnerable to addiction. Whether it’s a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

Staring Down the Wolf

This book is a quiet revolution, a guide filled with practical advice to help you curb your obsessions and build boundaries between your work, your job, and your life. From business anecdotes about fulfilling orders to more personal stories about Marlee Grace's recovery from divorce and addiction, this book is full of wisdom and resilience, with plenty of discussion about ritual and routine as ways to create effective and positive creative life change. In her workshops on healing and creative process, Grace helps people acknowledge their blocks and address them by setting distinct parameters that change their behavior. Now, she brings her methods and ideas to the wider world, offering all of us concrete ways to break free from our devices and focus on what's really important—our own aliveness. Part workbook, part advice manual, part love letter, *How to Not Always Be Working* ventures into the space where phone meets life, helping readers to define their work—what they do out of sense of purpose; their job—what they do to make money; and their breaks—what they do to recharge, and to feel connected to themselves and the people who matter to them. Grace addresses complex issues such as what to do if your work and your job are connected, provides insights to help you figure out how much is too much, and offers suggestions for making the best use of your time. Essential for everyone who feels overwhelmed and anxious about our hyper-connected world—whether you're a corporate lawyer, a student, a sales person, or a yoga instructor—*How to Not Always Be Working* includes practical suggestions and thoughtful musings that prompt you to honestly examine your behavior—how you burn yourself out and why you're doing it. A creative manifesto for living better, it shows you how to carve sacred space in your life.

Influence

The New York Times Bestseller *The Book Behind the Viral TED Talk* For the first time, the startling full story of the disastrous war on drugs--propelled by moving human stories, revolutionary insight into addiction, and fearless international reporting. What if everything you think you know about addiction is wrong? One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not be able to. As he grew older, he realized he had addiction in his family. Confused, unable to know what to do, he set out on a three-year, 30,000-mile journey to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their war on drugs--with extraordinary results. His discoveries led him to give a TED talk and animation which have now been viewed more than 25 million times. This is the story of a life-changing journey that showed the world the opposite of addiction is connection.

Fight Like A Girl

An incendiary debut taking the world by storm, *Fight Like A Girl* is an essential manifesto for feminists new, old and soon-to-be. Online sensation and fearless feminist heroine, Clementine Ford is a beacon of hope and inspiration to thousands of women and girls. In the wake of Harvey Weinstein and the #MeToo campaign, Ford uses a mixture of memoir, opinion and investigative journalism to expose just how unequal the world continues to be for women. Personal, inspiring and courageous, *Fight Like A Girl* is an essential manifesto for feminists new, old and soon-to-be. The book is a call-to-arms for women to rediscover the fury that has been suppressed by a society that, despite best efforts, still considers feminism to be a threat. Urgently needed, *Fight Like a Girl* is a passionate, rallying cry that will awaken readers to the fact they are not alone and there's a brighter future where men and women can flourish

equally – and that’s something worth fighting for.

Alcoholics Anonymous

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)

Drink?

Allen Carr established himself as the world's greatest authority on helping people stop smoking, and his internationally best-selling Easy Way to Stop Smoking has been published in over 40 languages and sold more than 10 million copies. In this classic guide Allen applies his revolutionary method to drinking. With startling insight into why w

The Professor Is In

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website Ask a Manager and New York’s work-advice columnist. There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Advance praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide “Clear and concise in its advice and expansive in its scope, Ask a Manager is the book I wish I’d had in my desk drawer when I was starting out (or even, let’s be honest, fifteen years in).”—Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck

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