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BLACKOUT

REMEMBERING THE THINGS I DRANK TO FORGET

SARAH HEPOLA

"Simply extraordinary. Ms. Hepola's electric prose marks her as a flamingo among this genre's geese . . . Moves to a top shelf in this arena." —Dwight Garner, *New York Times*

Sarah Hepola

Blackout: Remembering the Things I Drank to Forget



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A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcoholic beverages was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last contact. Drinking felt like independence, component of her birthright as a solid, enlightened twenty-first-century woman. But there was a cost. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective focus on her own lifestyle. ***Includes Reading Group Guidebook*** It's about quitting the thing you cherish most--but sometimes back in return. Publicly, she protected her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no more avoid a sinking truth. She apologized for things she couldn't remember doing, as if she were clearing up after an evil twin. A memoir of unblinking honesty and poignant, laugh-out-loud humor, **BLACKOUT** is the story of a female stumbling into a new kind of adventure--the sober existence she never wanted. The energy she thought she required was draining her spirit instead. Shining a light into her blackouts, she discovers the individual she buried, and also the confidence, intimacy, and creativity she once believed emerged only from a bottle. Her tale will resonate with whoever has been pressured to reinvent or struggled in the face of necessary change. How did I meet that guy? What did I say last night?



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Difficult to place down. In fact, the shelves in my bedroom are filled up with addiction-related books. You won't be disappointed. As a recovering alcoholic with 2. On top of that, though, it's a success tale. Etc. Brilliantly and savagely documented. I loved every word, and gathered renewed strength from her insights and observations. I will be passing this out to my friends."In a day and time of sex tapes and beaver photos, there was nothing edgy or remotely shocking in regards to a woman like me personally reporting that, hey, everyone, We fell off my bar stool. Memoirs compiled by people in recovery. Unlike a lot of alcoholic beverages memoirs, Blackout doesn't simply just end at drinking 1 day and sober the next. And witty, honest, culturally relevant surprise for a person who thought they'd read all of the alcoholic memoirs necessary As recovering alcoholic myself, I've read all of the "ladies alcoholic" memoirs I possibly could get my hands on, but Hepola's tone of voice and and experience may be the first I've browse that truly mirrors the drinking tradition that exists for all those of us born in the mid-70s to mid-80s.."Hepola captures the basic problems alcoholics have often faced--the "gerrymandering of what constitutes an actual 'problem'," the strained human relationships, the blacking out--but she does so for a generation of "youthful, educated, and drunk" ladies who get power in drinking, who are sexually liberated, who forgo having children to chase their dreams, who like being in charge of their own pain. Throughout the book, Hepola wrestles with the troubling sexual interactions she had while drunk. "I spent years thinking if I'd lost my virginity, and if I'd consented... Such was the case with Blackout: Remembering the Things I Drank to Ignore by Sarah Hepola. My consent fight was in me. (If you're looking for a publication on addiction, come on over. Yes, Blackout can be a touching and, sometimes, heartbreaking tale." While I was quick to pinpoint sexual violation as the reason behind my own drinking, I appreciated that Heppola explored some of the deeper issues of why people, specifically women, drink. And why it's so difficult to keep behind. While Hepola wrestles with why she finished up where she did, she hardly ever blames anyone or anything on her behalf situations and she found the power within herself to produce a better life. and perhaps a highlighted copy for mom? "I finally understood alcoholic beverages was not an end to pain; I found myself highlighting entire passages. Amazing! A Poignant and Revealing Look Into the Mind of An Alcoholic As the father of a son in long-term recovery, I've read a lot more than my fair share of books about addiction.. Books about the research of addiction."The nights I cannot remember will be the nights I may remember. Guides to helping loved ones obtain clean and sober.. There were times when I wondered easily had written this in a blackout of my very own?" "When men are in a blackout, they do what to the world. Chances are it's on my shelf and you're welcome to borrow it.)Reading about people's struggles with--and triumphs over--addiction is especially fascinating to me personally. In

the wonderful world of medication and alcohol abuse, everyone's story is so similar; but simultaneously, everyone's story is indeed unique. When someone is brave enough to place their temporary train wreck of a lifestyle down in writing for the world to see, I cannot help but get sucked in." "Many yesses on Friday nights would have been nos on Saturday morning hours. Hepola started drinking at an early age and fell in love with alcoholic beverages. it was only a postponement," she writes. It was an excellent book I enjoyed it Wonderful Sarah was thus relatable and so profound in this book. And Hepola keeps nothing back. In case you are one of millions of ladies who know you beverage too much Sarah's tale is a helping hand tho a way out. "Maybe at some advanced age, we get the gift of being happy where we are," she says. "Or possibly where I am right now got a whole lot better to take."The truth is, while Hepola explains, a blackout happens when your blood becomes so saturated with alcohol that the component of your brain in charge of long-term memory--the hippocampus--shuts straight down. Your short-term memory space still functions, but with the long-term range on strike, remembering what you did when you were blackout drunk becomes impossible."It's such a savage thing to lose your memory, but the crazy thing is, it generally does not hurt one bit. A blackout doesn't sting, or stab, or leave a scar when it robs you. Close your eyes and open them again. That's just what a blackout feels as though."To state Blackout is a brutally honest memoir will be a bit of an understatement. Kind of like saying Taylor Swift has sold a few records. In her book, Hepola details--to the best of her recollection--numerous incidents from her drinking history, several of which end with her lying next to a stranger during intercourse.Blackout is not about Hepola sleeping with strangers, though. It's so much more than that. It's a poignant and revealing check out the mind of an alcoholic that allows the reader encounter all the raw emotions the author seems during her struggles."Blackout is among the best memoirs I've read.5 yrs sober, living in Austin, with several years of services in the bar scene here?The second part of the book is approximately Hepola's sobriety and the realizations that come along with it. Hepola allows readers join in on the complicated 1st years of sobriety to see how the process of departing oneself and locating oneself intertwines to create a entire person. This object of her affection eventually required control of her life, and for years she'd drink to the point of blacking away. It may have taken her years to access that point, and there were many stops on the way; but recovery can be a trip, and Hepola found her method.The new sober life that she actually is living is challenging, but Hepola is happy. It's detective focus on your own lifestyle. A blackout is certainly: What happened last night? It's an account of friendships and how they evolve--and devolve--over the years. Like Kristen Johnston's Guts: The Endless Follies and Tiny Triumphs of a huge Disaster, it treats a sensitive subject with unbridled honesty and humor. When women are in a blackout,

items are carried out to them. It'll likely cause you to cry. But it may also make you laugh aloud. Sarah Hepola may be the personal essays editor at Salon and has written for several other publications. But I have no doubt that *Blackout: Remembering the things I Drank to Neglect* can be her tour de pressure. At least for now. Read this publication.. Twelve-step books." --Sarah Hepola Great Great Good story Provides humor to an otherwise unpleasant circumstance. As you can most likely guess from the name, that is the focus of a lot of this book. We highly recommend *Blackout* to anyone who wants to learn approximately the life span of an alcoholic girl (or any addiction) and discover wish that recovery is possible--and also to whoever has struggled with getting themselves, being comfortable within their own bodies, focusing on how to balance targets of potential with reality. I'd highly recommend you take a look. Honest, Captivating and Real In reading Sarah's memoir I am used by honesty, humility and her ability to capture through raw experiences. "A blackout may be the untangling of a mystery. Become familiar with the true meaning of dark out drinking Very well written and incredibly educational about the meaning of blackout drinking. Terrific read non stop The writing is excellent, often funny, and the type of book that becomes your very best friend for a day time as you read it through every chance you get. Only a very interesting insightful account of lifestyle with an addiction and life outgrowing it Amazing motivational read. Hepola's brutal honesty of her personal insecurities, misunderstandings, grandiosity, and vanity left me grateful that I got to spend a little bit of time in her check out learn a couple of things about myself. Felt she was writing my tale. From tears to laughter it really hit home. Just how she is therefore honest of what we all did during those hard "blackout" situations to the a lot more discomfort we face getting sober, this reserve gives motivation we are not alone.



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