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be inured to the
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in-depth

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Honest, brave and
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Margaret Trudeau

Over the past few
decades, the

feminist revolution
has had enormous
ramifications.

Women outnumber
their male
counterparts in
postsecondary
education in most of
the developed world

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and are about to do
the same in the
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This is an excerpt
from Anne Dowsett
Johnston new book

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"Thanks to the
creative, targeted
marketing of the
alcohol industry,
alcohol has a...

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ramifications.

Women outnumber
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counterparts in
postsecondary
education in most of

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The developed world, and they are about to match that accomplishment in the workplace.

Alcohol Ann
Books | Ann
Dowsett Johnston

This is a fascinating, in-depth study of the modern day relationship between women and alcohol. At

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times confronting
and occasionally
devastating, the
whole book is
interwoven with
Johnston's
intermittent
experiences as a
very well
functioning
alcoholic. Her raw,
honest story, which
includes intimate
family details, is

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Between Women
and Alcohol ' by
Ann Dowsett
Johnston (Harper
Wave. 305 pp.
\$27.99) (Harper
Collins) " The list
goes on," Johnston
writes. "Women ' s
chemistry means...

DRINK Relationship
Between Women
and Alcohol By Ann

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“Alcohol is a quick decompression tool, and it’s self-medication for depression, anxiety, overwork,” says

Ann Dowsett
Johnston, the
author of *Drink:
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and Alcohol, award-
winning journalist
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Johnston combines
in-depth research
with her own

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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

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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

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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

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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

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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,

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social, and industry factors that have contributed to its rise, and exploring its long-lasting impact on our society and individual lives.

"A game-changing look at one of our culture's hidden problems. . . .

Honest, brave and

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Inspirational." --

Margaret Trudeau

Over the past few
decades, the

feminist revolution
has had enormous
ramifications.

Women outnumber
their male

counterparts in
postsecondary
education in most of
the developed world
and are about to do

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The same in the workplace. But what has not been fully documented or explored is that while women have gained equality in many arenas, they have also begun to close the gender gap on risky drinking. Binge drinking among women is on the

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rise, contributing exponentially to a wide array of health issues--a problem exacerbated by the alcohol industry itself. Battling for women's dollars and leisure time, corporations have developed marketing strategies and products targeted

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exclusively to
women. Girls' Night
Out wines,
Mommy Juice and
Mommy's Time Out,
and berry-flavoured
vodkas and fruit
coolers are all
aimed at the female
consumer. Award-
winning journalist
Ann Dowsett
Johnston illuminates
this startling trend;

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dissects the psychological, social and financial factors that have contributed to its rise; and explores its long-lasting impact on our society and individual lives, including her own. In the bestselling Drink, she interweaves in-

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depth research and interviews with leading researchers with the moving story of her own struggle with alcohol, as well as those of many other women, from age seventeen to seventy. The result is an unprecedented and bold inquiry that is both

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“ A game-changing
look at one of our
culture ’ s hidden
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Honest, brave and
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Margaret Trudeau
Over the past few
decades, the
feminist revolution
has had enormous

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ramifications.

Women outnumber their male counterparts in postsecondary education in most of the developed world and are about to do the same in the workplace. But what has not been fully documented or explored is that while women have

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gained equality in many arenas, they have also begun to close the gender gap on risky drinking. Binge drinking among women is on the rise, contributing exponentially to a wide array of health issues—a problem exacerbated by the alcohol industry

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itself. Battling for women ' s dollars and leisure time, corporations have developed marketing strategies and products targeted exclusively to women. Girls ' Night Out wines, Mommy Juice and Mommy ' s Time Out, and berry-

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flavoured vodkas
and fruit coolers
are all aimed at the
female consumer.

Award-winning
journalist Ann
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illuminates this
startling trend;
dissects the
psychological,
social and financial
factors that have
contributed to its

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rise; and explores its long-lasting impact on our society and individual lives, including her own. In the bestselling *Drink*, she interweaves in-depth research and interviews with leading researchers with the moving story of her own

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struggle with alcohol, as well as those of many other women, from age seventeen to seventy. The result is an unprecedented and bold inquiry that is both informative and shocking.

What is behind the
rise in alcohol

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consumption and abuse among women in recent years? Honest and compelling, Drink is a book about women and alcohol addiction, it moves from the personal (the author herself had a drinking problem for many years) to the universal - she

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Interviewed many women, experts, researchers and academics to get to the heart of women and alcohol abuse - why it happens, what the consequences are, and how the problem can be addressed. the new face of risky drinking is female.

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But what is behind the rise in alcohol consumption and abuse among women in recent years? Eight years ago, Ann Dowsett Johnston was an award-winning journalist and vice-principal of McGill University. In private though she was wrestling the

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Jarvis
demon that had
undone her own
mother, the same
demon that
increasing numbers
of women are now
battling across the
world: alcohol.

Aware of her
growing
dependency, Ann
began to document
her experiences
with drink-the rules

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consequences.

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Interweaving the
moving story of her
own addiction with
the stories of other
women facing the
same struggle,
along with in-depth
research and
interviews with
leading academics

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The intimate,
Dowsett Johnston
Relationship
illuminates a
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startling epidemic.
Women And
From the 17 year
old heart attack
Alcohol Ann
victim to the mother
Dowsett
of a child with
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foetal alcohol
spectrum disorder,
she creates an
alarming composite
of the female face
of dangerous

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drinking. In this startlingly honest book, Ann Dowsett Johnson reveals why the relationship between women and alcohol has spiralled out of control. Showing how women can escape from this destructive affair, DRINK is essential

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reading for any woman who thinks she has a problem, and for those who care about her.

'Drink is an elegantly crafted, intelligent and ultimately optimistic book' Sydney Morning Herald

Looks at the cultural factors

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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.

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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

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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

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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

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work to the bar.

And then, like so many love stories, it fell apart.

Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol.

Caroline had her first drink at fourteen. She drank through her yeras at an Ivy League

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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

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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

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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

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book.” —San Francisco Chronicle

“ Eloquent . . . a remarkable

exercise in self-discovery.” —The New York Times

“ Drinking not only describes triumph; it is

one.” —Newsweek

Whether you drink it or not, alcohol is

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Likely a potent part of your life: our culture is saturated in it. Ask any woman you know to tell you a drinking story, and she 'll come up with one—in fact, she may even come up with five. With friends and with coworkers, at date night and at ladies'

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night, and on special occasions ranging from Valentine's Day to the Super Bowl, we encounter alcohol—yet when it comes to discussing the nature of our relationship with drinking, few of us do so honestly and openly. In *Drinking Diaries*, editors

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Leah Odze Epstein
and Caren Osten
Gerszberg take
women's drinking
stories out of the
closet and into the
light. Whether it 's
shame, sober sex,
and relapsing, or
college drinking,
bonding, and
comparing the
benefits of pot vs.
booze, no topic

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related to alcohol is
off limits in this
illuminating
anthology. With
contributions from
celebrated writers
including Jacquelyn
Mitchard, Daphne
Merkin, Kathryn
Harrison, Ann
Hood, Ann Leary,
Pam Houston, Jane
Friedman, Elissa
Schappell, Asra

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Nomani, Priscilla
Warner, Rita
Williams, and Joyce
Maynard, *Drinking
Diaries* is a candid
look at the
pleasures and pains
of drinking, and the
many ways in which
it touches women ' s
lives.

A world-renowned
authority on the

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The intimate
exposes its
Relationship
influence on our
Between
health, mood, sleep,
Women, And
emotions, and
Alcohol Ann
productivity -- and
Dowsett
what we can and
Johnston
should do to
moderate our
intake. From after-
work happy hour to
a nightly glass of
wine, we're used to
thinking of alcohol

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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

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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

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through our bodies and brains, what happens at each stage of inebriation, and how it affects us even after it leaves our systems. With accessible, easy-to-understand language, Nutt ensures that readers recognize why alcohol can have such a

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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.

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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

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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

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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,

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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

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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.

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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

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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

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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

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The Intimate Relationship Between Women And Alcohol Ann Dowsett Johnston

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

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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.

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