

[PDF] Her Best-Kept Secret: Why Women Drink -- And How They Can Regain Control

Gabrielle Glaser - pdf download free book



Books Details:

Title: Her Best-Kept Secret: Why Women

Author: Gabrielle Glaser

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Description:

From This well-reported, well-written book is a depressing look at American women who are drinking more than ever. Glaser, a former reporter for the New York Times, the Associated Press, and National Public Radio, interviews dozens of drinkers, doctors, and treatment specialists and cites numerous studies. She also injects humor, asking, "I wondered how exactly did our cultural icons go from the saloon destroyer Carry Nation to the cosmopolitan-sipping Carrie Bradshaw in just

a couple of generations?" Inevitably, the book will be unpopular with Alcoholics Anonymous (AA) devotees because she questions whether AA helps women and brings up the founder's LSD use and philandering. Glaser will also raise eyebrows by weaving herself into the story and noting that she and her husband regularly consume about two-thirds of a bottle of white wine with dinner and that her weekly total is usually "more than seven drinks a week (though not by much), and by U.S. standards that makes me a 'heavy drinker.'" --Karen Springen --This text refers to the edition.

Review "Glaser has written an engaging account of women and drink, citing fascinating studies about modern stressors...and evidence that some problem drinkers can learn moderationBound to stir controversy." --*People*

"Glaser approaches [her topic] with investigative rigor and thoughtful analysis." --*Boston Globe*

"Insightful and provocative." --*Publishers Weekly*

"An important addition to feminist literature that calls upon women to reject a spurious equality whose consequences in broken families, broken hearts, and broken futures, are all too real and face up to the problem of alcohol dependency before it takes over their lives." --*Kirkus Reviews*

"With humor, thoughtfulness and skillful research, Glaser paints a picture of mature female drinking today. You'll see yourself or your friends on almost every page." --Parents.com

"A well-researched look into the differences between how men and women drink, what their motivations are for drinking, and how they should cope with drinking problems." --Jezebel.com

"That so many American women stand at the edge of a liquid cliff is a surprising and scary problem that Gabrielle Glaser illuminates powerfully. For those who have a loved one standing there, you will find hope here." --Sheryl WuDunn, Pulitzer Prize-winning coauthor of the national bestseller *Half the Sky*

"*Her Best-Kept Secret* reveals the existence of an epidemic with profound implications for women and their loved ones. This compassionate yet authoritative book explains why millions of ordinary women are turning to alcohol to handle the strains of daily life -- and what they can do about it." --Hilda Hutcherson, MD, bestselling author of *What Your Mother Never Told You About S-e-x*

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