

NEW YORK TIMES BESTSELLER

STORY OF A DRUNKEN GIRLHOOD

KOREN ZAILCKAS

# smashed



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# Smashed Story Of A Drunken Girlhood

**Chris Volkmann, Toren Volkmann**



## **Smashed Story Of A Drunken Girlhood:**

Smashed Koren Zailckas, 2006-01-31 Garnering a vast amount of attention from young people and parents and from book buyers across the country *Smashed* became a media sensation and a New York Times bestseller Eye opening and utterly gripping Koren Zailckas's story is that of thousands of girls like her who are not alcoholics yet but who routinely use booze as a shortcut to courage and a stand in for good judgment With one stiff sip of Southern Comfort at the age of fourteen Zailckas is initiated into the world of drinking From then on she will drink faithfully fanatically In high school her experimentation will lead to a stomach pumping In college her excess will give way to a pattern of self poisoning that will grow more destructive each year At age twenty two Zailckas will wake up in an unfamiliar apartment in New York City elbow her friend who is passed out next to her and ask Where are we *Smashed* is a sober look at how she got there and after years of blackouts and smashups what it took for her to realize she had to stop drinking *Smashed* is an astonishing literary debut destined to become a classic

Smashed Koren Zailckas, 2005 From earliest experimentation to habitual excess to full blown abuse twenty four year old Koren Zailckas leads us through her experience of a terrifying trend among young girls exploring how binge drinking becomes routine how it becomes the usual With the stylistic freshness of a poet and the dramatic gifts of a novelist Zailckas describes her first sip at fourteen alcohol poisoning at sixteen a blacked out sexual experience at nineteen total disorientation after waking up in an unfamiliar New York City apartment at twenty two when she realized she had to stop and all the depression rage troubled friendships and sputtering romantic connections in between *Fury* Koren Zailckas, 2010-09-07 Read Koren Zailckas's blogs and other content on the Penguin Community The author of the iconic New York Times bestseller *Smashed* undertakes a quest to confront her own anger In the years following the publication of her landmark memoir *Smashed Story of a Drunken Girlhood* Koren Zailckas stays sober and relegates binge drinking to her past But a psychological legacy of repression lingers her sobriety is a loose surface layer atop a hard packed unacknowledged rage that wreaks havoc on Koren emotionally and professionally When a failed relationship leads Koren back to her childhood home she sinks into emotional crisis writer's block depression anxiety Only when she begins to apply her research on a book about anger to the turmoil of her own life does she learn what denial has cost her The result is a blisteringly honest chronicle of the consequences of anger displaced and the balm of anger discovered Readers who recognized themselves or someone they love in the pages of *Smashed* will identify with Koren's life altering exploration and the necessity of exposing anger's origins in order to flourish in love and life as an adult Combining sophisticated sociological research with a dramatic and deeply personal story that grapples boldly with identity and family *Fury* is a dazzling work by a young writer at the height of her powers that is certain to touch a cultural nerve Watch a Video **Smashed** Koren Zailckas, 2006-01-31 Garnering a vast amount of attention from young people and parents and from book buyers across the country *Smashed* became a media sensation and a New York Times bestseller Eye opening and utterly gripping Koren Zailckas's story is that of thousands of

girls like her who are not alcoholics yet but who routinely use booze as a shortcut to courage and a stand in for good judgment With one stiff sip of Southern Comfort at the age of fourteen Zailckas is initiated into the world of drinking From then on she will drink faithfully fanatically In high school her experimentation will lead to a stomach pumping In college her excess will give way to a pattern of self poisoning that will grow more destructive each year At age twenty two Zailckas will wake up in an unfamiliar apartment in New York City elbow her friend who is passed out next to her and ask Where are we Smashed is a sober look at how she got there and after years of blackouts and smashups what it took for her to realize she had to stop drinking Smashed is an astonishing literary debut destined to become a classic

### **The Cure for Alcoholism**

Roy Eskapa,2012-10-23 Finally there is a cure for alcoholism This is the first step Featuring new and updated information and studies including an introduction by actress Claudia Christian the second edition of The Cure for Alcoholism delivers exactly what millions of alcoholics and families of alcoholics have been hoping for a painless dignified and medically proven cure for their addiction Backed by 82 clinical trials and research that extends back to 1964 The Sinclair Method deploys an opiate blocking medication in a very specific way in combination with ongoing drinking to extinguish the addictive software in the brain The de addiction process rolls back the addictive mechanism in the brain to its original pre addicted state before the first drink was consumed making this program an actual cure for alcoholism Drs Roy Eskapa and David Sinclair of The Sinclair Method have put together a sound scientific book that proves that with this particular method alcoholism can be cured in more than 78 percent of patients What s more the treatment avoids the dangerous withdrawal symptoms allowing patients to detox gradually and safely while they are still drinking This removes the need for expensive and unpleasant inpatient rehabilitation programs Actual drinking levels and cravings automatically decrease until control over alcohol is restored The bottom line is that patients can control their drinking or stop altogether with the simple yet powerful process outlined in The Cure for Alcoholism Including a new introduction by actress Claudia Christian about The Sinclair Method s impact on her life updated trial information and a letter explaining the treatment that can be given to doctors by patients The Cure for Alcoholism is a revolutionary book for anyone who wants to gain control over drinking

### **The Sisters Club**

Lauren Baratz-Logsted,2015-09-07 A warm wise and witty tale that lovingly evokes the lives of four ordinary women who become each other s surrogate families Elizabeth Letts Some families you are born into Some you choose And some choose you Four women have little in common other than where they live and the joyous complications of having sisters Cindy waits for her own life to begin as she sees her sister going in and out of hospitals Lise has made the boldest move of her life even as her sister spends every day putting herself at risk to improve the lives of others Diana is an ocean apart from her sister but worries that her marriage is the relationship separated by the most distance Sylvia has lost her twin sister to breast cancer a disease that runs in the family and fears that she will die without having ever really lived When Diana places an ad in the local newsletter Cindy Lise and Sylvia show up thinking they are joining a book club but what they discover is something far

deeper and more profound than any of them ever imagined With wit charm and pathos this mesmerizing tale of sisters both born and built enthralls on every page *College Drinking* George W. Dowdall,2023-07-03 Drinking is recognized as one of the most important problems confronting students on campus today with major impacts on health and safety This book answers crucial questions about why students drink examines its complex links to campus crime and sexual assault and offers new insights on how to address the issue It differs from other studies of college drinking by dispelling the myth that the problem is universal Dowdall s research reveals that the incidence of alcohol abuse varies enormously between colleges and in doing so identifies interventions and policies that have been effective and those that have failed His study is also unique in looking upstream at the broader cultural organizational and social forces that shape this behavior where most studies focus only on downstream behaviors well after students have selected their college and have started drinking Students and parents can take action to lower the risk of binge drinking by following the book s recommendations and consulting the data it provides about alcohol violations and crime at thousands of colleges For administrators and student affairs personnel it both defines and illuminates the issue and outlines effective interventions *From Binge to Blackout* Chris Volkmann,Toren Volkmann,2006-08-01 Throughout his college years Toren Volkmann partied like there was no tomorrow having what was supposed to be the time of his life Like so many parents his mother Chris overlooked Toren s growing alcohol problem But when he graduated Toren realized he d become a full blown alcoholic And he was not alone Considered a rite of passage teenage drinking has skyrocketed to epidemic proportions fostering a generation of young adults whose lives are already beginning to come apart under the strain This book written from the viewpoints of both mother and son is a riveting enlightening and heartbreakingly true story of a family that was able to confront the fear pain and denial that threatened to destroy them and survive the epidemic of teenage drinking that s putting America s future at risk **I Am Addicted to Drugs. Now What?** Tracy Brown Hamilton,2016-12-15 Drug education is a necessary part of every reader s development When substance use veers toward addiction this insightful guide can help readers navigate the warning signs of addiction and how to cope with overcoming it Packed with resources this book is helpful and destigmatizes the disease so that users can find the proper help and support they need to break their dependency and stay sober Consider this title an essential tool in the fight against drug addiction **Minding the Gap** Thom Conroy,Gail Pittaway,2015-10-13 Passengers on the British railway and underground must mind the gap because it s dangerous not to In a state of embarking or disembarking passengers must stay aware of the small but significant space separating the stationary from the moving The contemporary practices of writing and reading are in constant motion and the phrase mind the gap captures an essential aspect of the way language and literature progress as they pass through any number of social technical and political exchanges Minding the gap also suggests an awareness of the always shifting distance between the expected and the unexpected the ordinary and the impossible the familiar and unimagined This book includes chapters on writing non fiction

media and genre and also addresses elements of identity culture and linguistics in fiction poetry and creative non fiction as contributors consider the gaps that exist between the self as writer as reader and as editor or mentor The volume adopts the following key themes new gaps for creative writing in the academy writing in new genres media and forms exploring the creative process and narrative strategies across disciplines This book will be of international appeal to all readers interested in the changing landscape of creative writing EbscoHost

Substance Abuse Treatment Sylvia I. Mignon, 2014-07-18 The first compendium of all substance abuse treatment options with a focus on best practices This is the first compendium of the entire range of options available for treating substance abuse with a focus on effectiveness The book synthesizes treatment approaches from medicine psychology sociology and social work and investigates regimens that range from brief interventions to the most intensive and expensive types of inpatient treatment programs It examines controversies over best practices in substance treatment and closely analyzes current research findings and their applicability for improving substance abuse treatment in the future Written for both academics and clinicians the book translates complex research findings into an easily understandable format Substance Abuse Treatment examines the circumstances under which a treatment is considered effective and how effectiveness is measured It discusses treatment goals and looks at the importance of client motivation in positive treatment outcomes A great variety of inpatient and outpatient treatment options are examined as are self help programs such as Alcoholics Anonymous This segues to a discussion of the changing role of self help programs in treatment The text also analyzes changes in the substance abuse treatment industry that make treatment more costly and less available to those without financial resources It gives special attention to the treatment of diverse populations those with co occurring disorders and criminal justice populations National state and local prevention efforts are covered as well as substance abuse prevention and future issues in treatment The book is intended for undergraduate and graduate substance abuse courses in all relevant areas of study In addition it will be an important reference for substance abuse clinicians and other health professionals who treat patients with substance abuse issues Key Features Comprises a comprehensive up to date and practical guide to the field of substance abuse treatment and its efficacy Synthesizes treatment approaches from medicine psychology sociology and social work Investigates all regimens ranging from brief interventions to intensive inpatient treatment programs from outpatient to 12 step programs Explores the changing role of self help programs in treatment Includes chapters on substance abuse treatment with special populations including children adolescents women older adults and criminal offenders

Supergirls Speak Out Liz Funk, 2009-03-03 Some girls seem to have it all The top grades The best clothes A great body A cute boyfriend But they may also have Exhaustion Anxiety Eating disorders Crippling insecurity From grammar school girls to working women the pressure to be perfect is spreading like a disease These Supergirls feel the unrelenting need to succeed sometimes at the cost of their own happiness and sanity A recovering Supergirl herself Liz Funk exposes the dangerous consequences that can come from striving for perfection By

closely following five girls and interviewing nearly one hundred more she takes us inside the Supergirl psyche explaining the causes of this phenomenon and showing how Supergirls can let their sleek and shiny hair down and find some time to relax and enjoy life With practical advice biting humor and the sensitivity of someone who's been through it all Funk's Supergirls Speak Out is the absolutely necessary companion for any girl who thinks 100 percent just isn't enough **Adam and Eve After the Pill** Mary Eberstadt, 2012-02-02 Secular and religious thinkers agree the sexual revolution is one of the most important milestones in human history Perhaps nothing has changed life for so many so fast as the severing of sex and procreation But what has been the result This ground breaking book by noted essayist and author Mary Eberstadt contends that sexual freedom has paradoxically produced widespread discontent Drawing on sociologists Pitirim Sorokin Carle Zimmerman and others philosopher G E M Anscombe and novelist Tom Wolfe and a host of feminists food writers musicians and other voices from across today's popular culture Eberstadt makes her contrarian case with an impressive array of evidence Her chapters range across academic disciplines and include supporting evidence from contemporary literature and music women's studies college memoirs dietary guides advertisements television shows and films Adam and Eve after the Pill examines as no book has before the seismic social changes caused by the sexual revolution In examining human behavior in the post liberation world Eberstadt provocatively asks Is food the new sex Is pornography the new tobacco Adam and Eve after the Pill will change the way readers view the paradoxical impact of the sexual revolution on ideas morals and humanity itself **The Nature of College** James J. Farrell, 2010 Traces a day in the life of an American college student that challenges popular conceptions of ivy accented campuses with images of culturally reflective t-shirts keg parties and dormitory life to reveal how college represents opportunities for enabling a sustainable future **Social and Economic Control of Alcohol** Carole L. Jurkiewicz, Murphy J. Painter, 2007-11-14 As a toast to success a drowning of sorrows a rite of passage and the fuel for most social activities alcohol plays a central role in our culture Alcohol generates nearly 160 billion in US revenues annually and is a major source of tax revenue making the stakes in the modern debate over its use misuse and regulation staggeringly high Fact **Strengthening the DSM, Second Edition** Anne Petrovich, Betty Garcia, 2015-07-16 In this revised edition of Strengthening the DSM the authors use a comprehensive yet easy to grasp formulation of diversity and resilience to establish the most accurate diagnostic criteria for each psychiatric condition Their readers will be edified by the clarity with which they describe the major changes that were introduced with the publication of the DSM 5 This is a very helpful adjunct text for mental health practitioners of all disciplines Hani Raoul Khouzam MD MPH Health Sciences Clinical Professor of Psychiatry UCSF Fresno Praise for the First Edition Garcia and Petrovich provide a balanced overview of the strengths and weaknesses of the DSM a comprehensive review of the nature etiology and treatment of major mental disorders and most importantly a perspective based on solid scholarship that makes clear how much we are missing by only looking at signs and symptoms in the diagnostic process Their arguments leave no doubt that paying attention to cultural and

resiliency factors can open up critical new pathways for understanding and help Sharon Berlin PhD Helen Ross Professor Emerita School of Social Service Administration University of Chicago Mental health practitioners have long recognized the failure of the DSM to address important sources of strength and resiliency that can significantly affect diagnosis and treatment a deficit that has become more pronounced with the DSM 5 s elimination of the multi-axial format The second edition of Strengthening the DSM presents a new conceptual framework the Diversity Resiliency Formulation that encompasses the whole person in order to promote effective diagnosis and treatment It considers patient strengths sources of resilience support and cultural identity that are essential to the accurate understanding of an individual and demonstrates how mental health practitioners can draw upon these resources during treatment The second edition also addresses significant changes resulting from implementation of the Affordable Care Act ACA and features a completely new chapter on trauma and stressor related disorders Key Features Reflects major changes in the DSM 5 and the implementation of the ACA Presents contrasting clinical vignettes illustrating diagnosis with and without the Diversity Resiliency Formulation Features a new chapter on trauma and stressor related disorders Includes discussion questions and activities for clinicians and students

I'm Not Crazy I'm Not Crazy, 2010-08 Teens It isn't fair that you have depression or bipolar disorder You can continue along the same path but chances are if someone gave you this workbook that path isn't the best Working through these pages will help you understand what the heck everyone is talking about You might even see some of your behaviors and thoughts It has practical suggestions to help you cope What does it hurt to try Ultimately it is your choice to work through the issues But it's kinda nice to see that you aren't the only one to have these crazy thoughts **Alcohol** Janet Chrzan, 2013 From the publisher The purpose of this book is to provide a critical examination of human use of alcohol across cultures and through time thereby providing a framework for undergraduate students to self-consciously examine their beliefs about and use of alcohol Almost all books written about alcohol for college students have a problems perspective either clinically alcohol as a drug or societally as deviance or a social problem Many students have problems responding to these approaches Understanding human use of alcohol anthropologically is a refreshingly different and effective method of harm reduction which can be used by instructors to teach students how to reduce potential damage to themselves and others while at the same time conveying the anthropological imagination *Daughters in Danger* Elayne Bennett, 2014-02-04 Respected family advocate Elayne Bennett brings hope and encouragement to families and shows the way to save our daughters from the many threats they face Many girls today are caught up in a world that devalues them and prioritizes perceived needs and desires in ways that will break their very hearts Much of our culture undermines girls and damages their souls Elayne Bennett has worked tirelessly in urban suburban and rural environments to bring hope and guidance to the lives of girls In *Daughters in Danger* she reveals How American families can rescue daughters from the negative and destructive patterns of our culture Why progressive feminism is the wrong answer and an inadequate solution How mothers and fathers sisters and brothers



friends schools colleges and universities can be involved in saving our daughters The success of the Best Friends and Best Men program models We all especially families bear the responsibility for encouraging and supporting training and directing loving and cherishing daughters everywhere This book is an inspiring call to take action for their sakes Reaching Teens in Their Natural Habitat Danny Holland, 2010-05-19 Crucial Insider Knowledge for Connecting and Communicating with Teens With their incomprehensible lingo often bizarre fashion fixations technological plug ins and ever changing moods teenagers can seem like an entirely different species Connecting with them on meaningful levels let alone actually influencing them seems beyond the realm of possibility What do advertisers and entertainers who grab the attention of teenagers know that you don t And how can you counteract their influence in your child s life Danny Holland an expert on youth culture peers into the world of America s kids and offers proven advice on how parents can adopt the tools of the experts You ll discover how today s teenagers think including their values priorities and primary influences the communication pattern that speaks most persuasively to teens the most effective way to improve your relationship with your teen how to determine which battles absolutely must be won and many other eye opening insights With insider knowledge you ll be equipped and empowered with real world techniques to successfully connect and communicate with your teenager bridging the gap to build a relationship of lasting influence

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