

# Blackout Remembering The Things I Drank To Forget

**Katie Herzog**

**Blackout** Superread Books, 2015-09-01 Amazon #1 Bestseller SPECIAL OFFER \$2.99 (Regularly priced: \$3.99) **Blackout: Remembering the Things I Drank to Forget** by Sarah Hepola is her story and personal narrative that documents her experiences as a blackout alcoholic that she was trying to recover from. This book is a summary and analysis of different adventures and chronicles of the 25 year journey and battle. The story is filled with candidly portrayals of her previous life. It is stunningly truthful and direct most of the time. Hepola's story is one filled with true stories no matter how embarrassing and controversial at times. It is one of the only true and inspiring stories on alcoholic addiction and recovery. This summary and review of the story is from the beginning to the end and encompasses all parts of her life and offers an in depth review. The beginning of the story reveals Hepola's introduction to alcohol and the catalyst for her addiction. Meanwhile the second half of the story focuses on her downfall and struggles as well as her painful recovery. Sarah Hepola is a writer and editor who has written for many famous publications in the magazine and internet industry, She is currently an editor for Salon.com. Disclaimer: Please Note That this is a Summary & Analysis of the Original book. Read more....

**Blackout** Sarah Hepola, 2015-06-23 In this unflinchingly honest and hilarious memoir, a woman discovers that her best life is a sober one. For Sarah Hepola, drinking felt like freedom; part of her birthright as a twenty-first-century woman. But there was a price—she often blacked out, having no memory of the lost hours. On the outside, her career was flourishing, but inside, her spirit was diminishing. She could no longer avoid the truth—she needed help. **Blackout** is the story of a woman stumbling into a new kind of adventure—sobriety. Sarah Hepola's tale will resonate with anyone who has had to face the reality of addiction and the struggle to put down the bottle. At first it seemed like a sacrifice—but in the end, it was all worth it to get her life back.

*Summary & Analysis of Sarah Hepola's Blackout* Instaread, 2015-07-21 **Blackout** by Sarah Hepola | Summary & Analysis Preview: In her memoir, **Blackout: Remembering the Things I Drank to Forget**, Sarah Hepola examines how she drank, why she drank, how others responded to her, and the misfortunes that occurred during her journey to sobriety. Sarah grew up in Dallas, Texas, and was brought up in a household of modest chaos. Sarah's mother was the center of her small universe, but eventually decided to go back to school and become a therapist. Fights between Sarah's parents were regular and unpleasant. Her older brother, Josh, was brilliant, creating academic expectations for Sarah that she could never quite meet.

Sarah began drinking small amounts of beer at the age of six, getting drunk for the first time at twelve. Sarah loved the freedom and confidence that alcohol gave her. In high school, Sarah's habits finally matched those of her peers, where accessing and consuming alcohol became a normal way to spend time... PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. Inside this Instaread Summary & Analysis of Blackout \* Summary of book \* Introduction to the Important People in the book \* Analysis of the Themes and Author's Style

*Blackout* Abookaday,2016-07-28 Blackout: Remembering the Things I Drank to Forget by Sarah Hepola is a memoir that chronicles the misadventures and dangers of the author's 25 yearlong battle with alcoholism during which time she was a regular blackout drinker. The portrait is stunningly honest and racy at times. It offers a candid glimpse into the author's world both before and after her recovery. This review follows the chronological order of the narrative with an in depth summary followed by an analysis. The first part of the book focuses on the progression of her alcoholism. The second part focuses on her recovery. Sarah Hepola is an author and editor who has written for Slate, Glamour, the New York Times, ELLE Magazine, and The Gaurdian. She is an editor for Salon.com. Read more....Download your copy today!Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

Blackout by Sarah Hepola | Summary & Analysis Instaread,2015-07-27 Blackout by Sarah Hepola | Summary & Analysis Preview: In her memoir, Blackout: Remembering the Things I Drank to Forget, Sarah Hepola examines how she drank, why she drank, how others responded to her, and the misfortunes that occurred during her journey to sobriety. Sarah grew up in Dallas, Texas, and was brought up in a household of modest chaos. Sarah's mother was the center of her small universe, but eventually decided to go back to school and become a therapist. Fights between Sarah's parents were regular and unpleasant. Her older brother, Josh, was brilliant, creating academic expectations for Sarah that she could never quite meet. Sarah began drinking small amounts of beer at the age of six, getting drunk for the first time at twelve. Sarah loved the freedom and confidence that alcohol gave her. In high school, Sarah's habits finally matched those of her peers, where accessing and consuming alcohol became a normal way to spend time... PLEASE NOTE: This is a summary and analysis of the book and NOT the original book. Inside this Instaread Summary & Analysis of Blackout • Summary of book • Introduction to the Important People in the book • Analysis of the Themes and Author's Style

**Blackout** Summary Station,2015-07-13 Learn About One Womans Struggle With Alchohol Addiction And The Backouts She Experienced In A Fraction Of The Time It Takes To Read The Actual Book!!! Today only, get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle deviceThe book Blackout is different from other books about recovering alcoholics. This book is not just for people who are recovering from alcoholism it is also for people who know alcoholics. Sarah explains how alcohol was her way for dealing with life's problems. This caused her to grow up without actually learning how to deal with problems on her own. She views alcohol as a crutch that prevented

her from dealing with emotional and spiritual issues. When a person reads *Blackout* they are able to get an idea into what it was like to live life in such a way. This book is also unique because it looks at alcoholism from the perspective of a woman. Sarah explains how society views women alcoholics different from men alcoholics. There are many things that an alcoholic woman has to deal with that an alcoholic man does not have to deal with including rape. Many of these issues have not been explored and Sarah is one of the first people to bring it to the attention of the public. Sarah makes sure that she is accountable and responsible for everything that happened in her life and she does not blame her situation on anyone else. Here Is A Preview Of What You'll Learn When You Download Your Copy Today \* What Happened To Sarah Durring Her Blackouts \* The Reason Why Women Have Different Experiences With Alcohol Addiction Than Men Do \* Learn Why Sarah Decided To Quit Drinking And How She Did It Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of Sarah Hepola's *Blackout* by for a special discounted price of only \$2.99

*Summary of Blackout* A Book a Day, 2016-09-29 *Blackout: Remembering the Things I Drank to Forget* by Sarah Hepola is a memoir that chronicles the misadventures and dangers of the author's 25 yearlong battle with alcoholism during which time she was a regular blackout drinker. The portrait is stunningly honest and racy at times. It offers a candid glimpse into the author's world both before and after her recovery. This review follows the chronological order of the narrative with an in depth summary followed by an analysis. The first part of the book focuses on the progression of her alcoholism. The second part focuses on her recovery. Sarah Hepola is an author and editor who has written for *Slate*, *Glamour*, the *New York Times*, *ELLE Magazine*, and *The Guardian*. She is an editor for *Salon.com*. Read more.... Download your copy today! for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

**A 11-Minute Summary of Blackout** Bolo, 2015-08-04 Oh, ALCOHOL - the heavenly drink that seems to solve everybody's problems. As you continually lose yourself in alcohol, you run the risk of losing yourself and worse, losing the ones who care about you. So, know the danger that lurks around the corner as you become dependent on it. Know your limits around alcohol. Most of all, if all seems lost, know how to break away from that dependence and claim your life back. And know about all these firsthand, from the words of the liberated alcoholic, Sarah Hepola. Bern Bolo's summary offers you Sarah Hepola's narrative of her early experiments with alcohol, until she becomes a full-fledged alcohol addict as an adult, the dangers brought by an alcohol addiction, and measures on how you can safely curb your alcoholism. I wanted the gift of forgetting. Boozy love songs and brokenhearted ballads know the torture of remembering. If drinking don't kill me, her memory will, George Jones sang, and I got it. The blackouts were horrible. It was hideous to let those nights slide into a crack in the ground. But even scarier was to take responsibility for the mess I'd made. Even scarier was to remember your own life. *Blackout* by Sarah Hepola will show you both the good and bad sides of drinking. But of course, excessive drinking will

always be bad for you, no matter what. For her, it was an escape, a means to be functional in a complex and distressing world. She craved the comfort of alcohol for it helped her say and write the right things. Without alcohol by her side, she felt lost. She felt a strong need to be loved and accepted, and only booze gave her that. She allowed alcohol to take over her life, until so little of it was left. When she finally mustered the courage to break out of this addiction, she began to see things in a new light. Now, she values her family and those friends who genuinely care and love her. She has also learned to cope with the harsh realities of life and deal with them head on, and not with a drink in hand. Her touching story about her battle with alcoholism will touch you and give you a newfound understanding of how lonely an alcoholic's life is. NOTE: This is a summary of *Blackout* by Sarah Hepola, NOT the original book.

Summary of *Blackout* Instaread Summaries, 2016-03-29 *Blackout* by Sarah Hepola | Summary & Analysis Preview: In her memoir, *Blackout: Remembering the Things I Drank to Forget*, Sarah Hepola examines how she drank, why she drank, how others responded to her, and the misfortunes that occurred during her journey to sobriety. Sarah grew up in Dallas, Texas, and was brought up in a household of modest chaos. Sarah's mother was the center of her small universe, but eventually decided to go back to school and become a therapist. Fights between Sarah's parents were regular and unpleasant. Her older brother, Josh, was brilliant, creating academic expectations for Sarah that she could never quite meet. Sarah began drinking small amounts of beer at the age of six, getting drunk for the first time at twelve. Sarah loved the freedom and confidence that alcohol gave her. In high school, Sarah's habits finally matched those of her peers, where accessing and consuming alcohol became a normal way to spend time... Inside this Instaread Summary & Analysis of *Blackout*\* Summary of book\* Introduction to the Important People in the book\* Analysis of the Themes and Author's Style

*Guide to Sarah Hepola's Blackout* Eureka, 2017-04 PLEASE NOTE: THIS IS A GUIDE TO THE ORIGINAL BOOK. Guide to Sarah Hepola's *Blackout* Preview: In her memoir, *Blackout: Remembering the Things I Drank to Forget*, Sarah Hepola examines how she drank, why she drank, how others responded to her, and the misfortunes that occurred during her journey to sobriety. Sarah grew up in Dallas, Texas, and was brought up in a household of modest chaos. Sarah's mother was the center of her small universe, but eventually decided to go back to school and become a therapist. Fights between Sarah's parents were regular and unpleasant. Her older brother, Josh, was brilliant, creating academic expectations for Sarah that she could never quite meet... Inside this companion: - Summary of the book - Important People - Character Analysis - Analysis of the Themes and Author's Style

*The Unexpected Joy of Being Sober* Catherine Gray, 2017-12-28 Going sober will make you happier, healthier, wealthier, slimmer and sexier. Despite all of these upsides, it's easier said than done. This inspirational, aspirational and highly relatable narrative champions the benefits of sobriety; combining the author's personal experience, factual reportage, contributions from experts and self-help advice.

*Drink Your Way Sober* Katie Herzog, 2025-09-30 Discover a revolutionary and evidence-based method to treat alcohol use disorder—that doesn't require abstinence. After 20 years of fighting and failing to get sober using abstinence-based methods, journalist Katie Herzog found a simple, inexpensive, and effective way to take control over alcohol. Part memoir, part guidebook, *Drink Your Way Sober* shares Herzog's recovery journey as well her keen observations of drinking and life. She dives into the science and history of addiction treatment to discover why we treat alcohol use disorder the way we do—and why abstinence-based programs like Alcohol Anonymous don't always work. Through candid first-person reporting, Herzog outlines a simple guide for others to: Use an evidence-based protocol to take control of their drinking and break free from cravings Explore alternatives to AA and other abstinence-based programs Gain support from family and friends Reap the benefits of a low-alcohol or sober lifestyle, including improved health, relationships, and mental well-being Blending humor, heartbreak, and refreshing honesty, *Drink Your Way Sober* offers a relatable and exhaustively researched account of a transformative approach to recovery with tips on how you can drink yourself sober too.

**The Year of No Nonsense** Meredith Atwood, 2019-12-17 In the vein of *How to Stop Feeling Like Sh\*t*, a practical guide to acknowledging and getting rid of the nonsense and bs in your life Exhausted and overworked lawyer, triathlete, wife, and mom Meredith Atwood decided one morning that she'd had it. She didn't take her kids to school. She didn't go to work. She didn't go to the gym. When she pulled herself out of bed hours later than she should have, she found a note from her husband next to two empty bottles of wine and a stack of unpaid bills: You need to get your sh\*t together. And that's what Meredith began to do, starting with identifying the nonsense in her life that was holding her back: saying yes too much, keeping frenemies around, and more. In *The Year of No Nonsense*, Atwood shares what she learned, tackling struggles with work, family, and body image, and also willpower and time management. Ultimately, she's the tough-as-nails coach /slash/ best friend who shares a practical plan for identifying and getting rid of your own nonsense in order to move forward and live an authentic, healthy life. From recognizing lies you believe about yourself and your abilities, to making a nonsense list and developing a no nonsense blueprint, this book walks you through reclaiming yourself with grit and determination, step by step. With targeted, practical chapters to help you stop feeling stuck and get on with your life, *The Year of No Nonsense* is equal parts girlfriend and been-there-done-that. The best part? Like any friend, she helps you get to the other side.

The Existential drinker Steven Earnshaw, 2018-10-05 Looks at the nineteenth-century convergence of a new kind of excessive, habitual drinking, and a new way of thinking about the self, which we came to label 'existential'.

They Said This Would Be Fun Eternity Martis, 2021-07-13 NATIONAL BESTSELLER Winner of the Rakuten Kobo Emerging Writer Prize for Nonfiction Nominated for the Evergreen Award A powerful, moving memoir about what it's like to be a student of colour on a predominantly white campus. A booksmart kid from Toronto, Eternity Martis was excited to move away to Western University for her undergraduate degree. But as one of the few Black students there, she soon discovered

that the campus experiences she'd seen in movies were far more complex in reality. Over the next four years, Eternity learned more about what someone like her brought out in other people than she did about herself. She was confronted by white students in blackface at parties, dealt with being the only person of colour in class and was tokenized by her romantic partners. She heard racial slurs in bars, on the street, and during lectures. And she gathered labels she never asked for: Abuse survivor. Token. Bad feminist. But, by graduation, she found an unshakeable sense of self--and a support network of other women of colour. Using her award-winning reporting skills, Eternity connects her own experience to the systemic issues plaguing students today. It's a memoir of pain, but also resilience.

**Unwanted Advances** Laura Kipnis, 2018-07-17 Feminism is broken: the current attempts to protect women from sexual abuse on campus, and on line. Regulation is replacing education, and women's hard-won right to be treated as consenting adults is being repealed by well-meaning bureaucrats. In *Unwanted Advances*, passionate feminist Kipnis, find the object of a protest march by student activists at her university for writing an essay about sexual paranoia on campus. In response she starts to question women's role in national debates over free speech and safe spaces. She explores the astonishing netherworld of accused professors and students, campus witch hunts, rigged investigations, and demonstrates the chilling effect of this new sexual McCarthyism on higher education. Without minimizing the seriousness of campus assault, Kipnis argues for more honesty: a timely critique of feminist paternalism and the covert sexual conservatism of hook-up culture.

*Summary of Blackout* Elite Summaries, 2016-07-17 *Blackout*: by Sarah Hepola | Summary & Analysis A Smarter You In 15 Minutes... What is your time worth? Sarah Hepola spent most of her evenings in dark bars or at cocktail parties. She proudly stood until the last call where drinking served as her true expression of freedom. Portraying a strong, independent, and glamorous twenty first century female, for her alcohol was the gasoline for all of her adventures. Nevertheless, all the glam and glow required her to pay the ultimate price: blacking out. Told in a manner that is poignant and humorous but honest, Sarah Hepola inspires readers by telling her about the story of a woman who strived into a new kind of adventure she has never wanted before - a sober life. Trying to find the light to end her blackouts, she managed to save herself from the disaster that she brought to herself. Her meaningless nights where she could not remember anything are now gone, and her tale of being forced to change will bring motivation to anyone who has been in a similar position. Simply encouraging and refreshing, this book *Blackout* brings out the light in giving up the things that love the most, but definitely are bad for you. A memoir written by Sarah Hepola herself, this book *Blackout* is heartbreakingly honest and brave. Sharing her terrible experiences with a lot of readers, Hepola is in the pursuit of helping people to get out from the black hole of alcohol abuse. A must have for people who are dealing with alcohol abuse, or for people who want to support their loved ones in fighting against alcohol abuse. So grab your *Blackout* copy and know how you could deal easily with alcohol abuse! Detailed overview of the book Most valuable lessons and information Key Takeaways and Analysis Take action today and grab this best selling

book for a limited time discount of only \$6.99! Written by Elite Summaries Please note: This is a detailed summary and analysis of the book and not the original book. keyword: Blackout, Blackout book, Blackout kindle, Blackout paperback, Sarah Hepola, Blackout Sarah Hepola, Remembering the Things I Drank to Forget

**How to Stop the One You Love from Drinking** Mary Ellen Pinkham, Families in Crisis, Inc. (Minneapolis, Minn.), 1986  
An explanation of how the process of intervention can work in helping the alcoholic confront their alcoholism, their reaction at the interference, and how to help the alcoholic towards a sober life.

**The Listener**, 1945

Essentials of Mental Health Nursing J. Sue Cook, J. Sue Fletcher, Karen Lee Fontaine, 1991

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