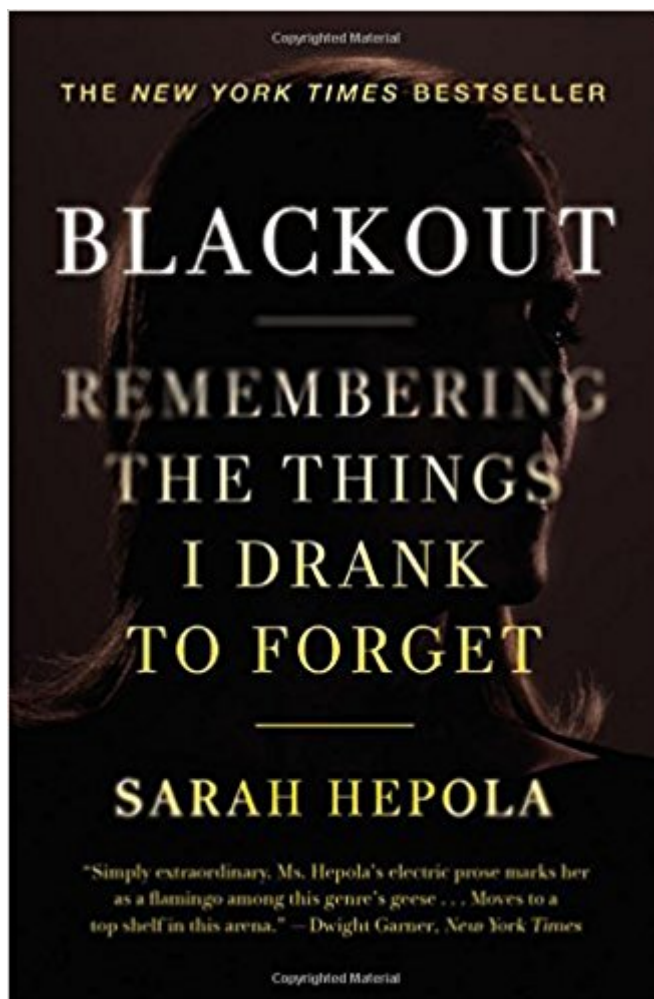


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Blackout: Remembering The Things I Drank To Forget



Synopsis

A NEW YORK TIMES BESTSELLER For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, **BLACKOUT** is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return. ***Includes Reading Group Guide***

Customer Reviews

An Best Book of June 2015: Bracing and heartbreakingly honest, Sarah Hepola's memoir *Blackout* tears off the Band-Aid of her alcohol addiction and takes a whole lot of skin with it, too. Thirty-something and a successful writer in Manhattan, Hepola turns at night to the embrace of alcohol. When her drinking transforms from a gentle suitor into an uncontrollable beast, Hepola begins to black out regularly, operating for all the world as if she's fully aware and conscious but with no memory later of what she did. Her blackouts lead to sex with strange men and force longtime friends to take a cautious step back, and after several unsuccessful starts, Hepola finally completes the grueling process of getting clean. Hepola's wry voice stays on the sane side of raw but doesn't relinquish any power of authenticity as she casts a light on her own bad decisions as well the fact we now live in a culture where women getting tipsy or drunk is considered a sign of female empowerment. You don't need to be enthralled by alcohol to be deeply affected by *Blackout*. But for those who do worry or know that they have similar struggles, Hepola's ultimately uplifting story could help lead the way out of the rabbit hole of alcohol abuse. --Adrian Liang --This text refers to an alternate Paperback edition.

"Simply extraordinary. Ms. Hepola's electric prose marks her as a flamingo among this genre's geese. She has direct access to the midnight gods of torch songs, neon signs, tap beer at a reasonable price, cigarettes and untrammelled longing. . . . As a form, addiction memoirs are permanently interesting because they're an excuse to crack open a life. Ms. Hepola's book moves to a top shelf in this arena. . . . It's a win-win. She got a better life. We have this book." —Dwight Garner, The New York Times

It's hard to think of another memoir that burrows inside an addict's brain like this one does. . . . Her writing lights up the pages, and she infuses the chapters describing her resolute slog toward sobriety with warmth and sprightly humor.

[Grade:] A. —Entertainment Weekly

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