



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

Gabrielle Glaser

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“Glaser has written an engaging account of women and drink, citing fascinating studies about modern stressors...and evidence that some problem drinkers can learn moderation...Bound to stir controversy”
(*People*).

In *Her Best-Kept Secret*, journalist Gabrielle Glaser uncovers a hidden-in-plain-sight drinking epidemic. Using “investigative rigor and thoughtful analysis” (*The Boston Globe*), Glaser is the first to document that American women are drinking more often than ever and in ever-larger quantities in this “substantial book, interested in hard facts and nuance rather than hand-wringing” (*The New York Times Book Review*). She shows that contrary to the impression offered on reality TV, young women alone aren’t driving these statistics—their moms and grandmothers are, too. But Glaser doesn’t wag a finger. Instead, in a funny and tender voice, Glaser looks at the roots of the problem, explores the strange history of women and alcohol in America, drills into the emerging and counterintuitive science about that relationship, and asks: Are women getting the help they need? Is it possible to return from beyond the sipping point and develop a healthy relationship with the bottle?

Glaser reveals that, for many women, joining Alcoholics Anonymous is not the answer—it is part of the problem. She shows that as scientists and health professionals learn more about women’s particular reactions to alcohol, they are coming up with new and more effective approaches to excessive drinking. In that sense, Glaser offers modern solutions to a very modern problem.

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This Her Best-Kept Secret: Why Women Drink-And How They Can Regain Control is great book for you because the content which can be full of information for you who have always deal with world and have to make decision every minute. This particular book reveal it data accurately using great manage word or we can declare no rambling sentences within it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with wonderful delivering sentences. Having Her Best-Kept Secret: Why Women Drink-And How They Can Regain Control in your hand like getting the world in your arm, facts in it is not ridiculous one. We can say that no guide that offer you world within ten or fifteen minute right but this reserve already do that. So , this is certainly good reading book. Hey Mr. and Mrs. busy do you still doubt that will?

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