



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

By Gabrielle Glaser

Simon & Schuster. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.3in. x 4.9in. x 0.8in. 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,...

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