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Nice Girls Don't Drink: Stories of Recovery

Sarah Hafner

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With skill and compassion, Sarah Hafner, a recovering alcoholic, elicits from 18 women their struggles and triumphs as they fought alcoholism in a society where women cross-section of women, Hafner makes readily available the identification process found so helpful in various recovery programs. These stories reveal the personal side of a disease that afflicts approximately 10.5 million Americans, nearly half of them women, and directly affects many millions more.

Nice Girls Don't Drink invites us into the lives of women from all segments of our society--rich and poor, gay and straight, women in diverse ethnic groups and a variety of occupations. Housewives, salesclerks, counselors, and artists are here together telling of a disease that transcends the distinctions of class, education, and culture. With courage, candor, and even flashes of humor, the women recount the early influences that led to their addiction, often including alcoholic or abusive parents; how alcoholism took over their lives; crucial turning points; and the recovery that enabled them to reclaim their dignity. The book guides readers to sources of help, and lists the twelve steps of Alcoholics Anonymous and the thirteen affirmations of Women for Sobriety. A monument to the resilience of the human spirit, *Nice Girls Don't Drink* is a source of inspiration for the female alcoholic, but more generally, it is for anyone struggling to overcome an addiction or other handicap with the goal of living a more complete life.

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