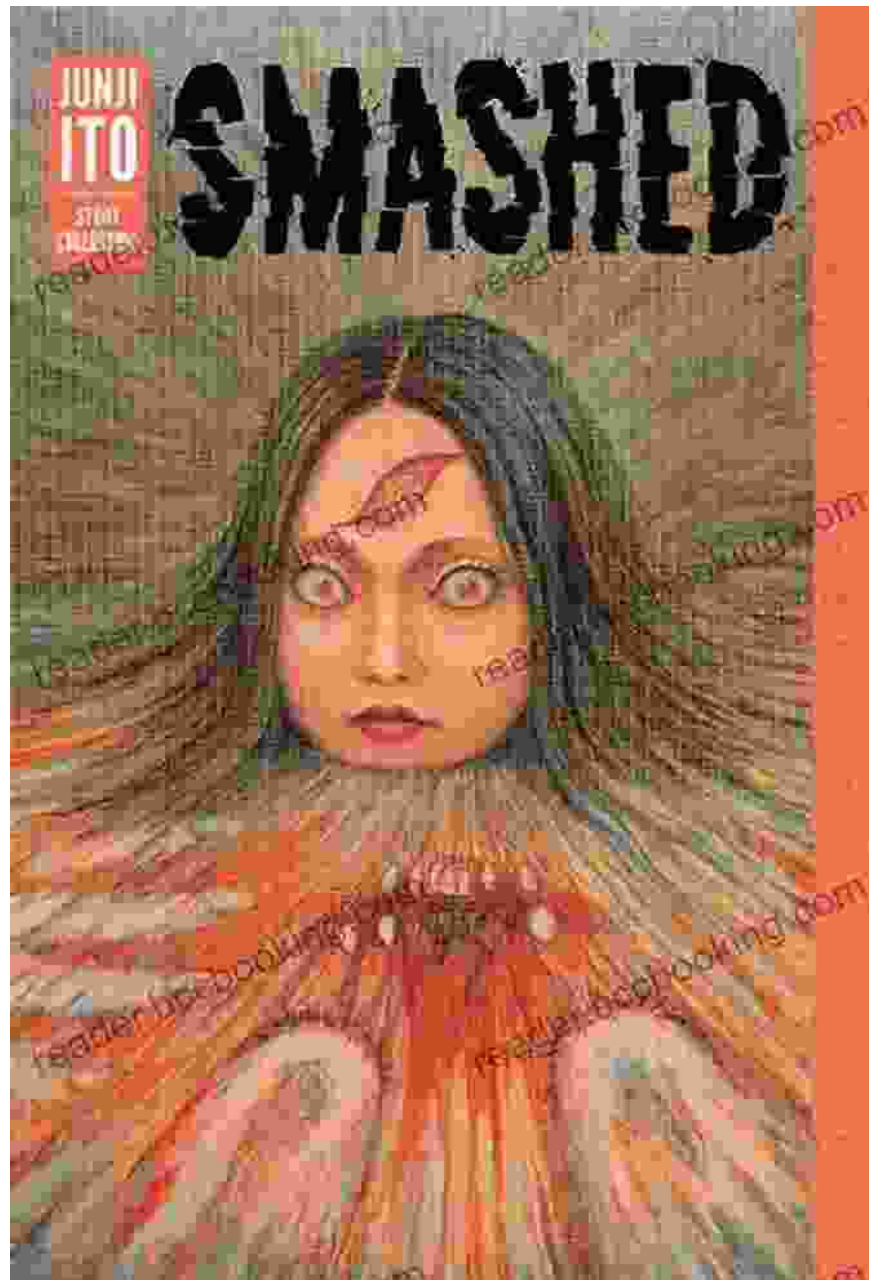


Smashed: A Shocking and Unflinching Account of Drunken Girlhood



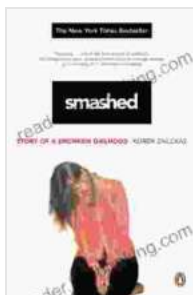
Smashed: Story of a Drunken Girlhood by Koren Zailckas

★★★★☆ 4.1 out of 5

Language : English

File size : 2378 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 370 pages



In her powerful and eye-opening memoir, *Smashed*, Koren Zailckas recounts her harrowing journey through the dark side of drinking culture. With unflinching honesty, she shares her experiences of binge drinking, blackouts, and the dangerous consequences that alcohol abuse can have, particularly among young women.

Zailckas begins her story by describing her early experiences with alcohol. She was a shy and insecure teenager who turned to drinking as a way to fit in and feel more confident. At first, alcohol seemed to be a harmless way to have fun and let loose. But as she got older, her drinking began to spiral out of control.

Zailckas describes the toll that her drinking took on her life. She lost friends, relationships, and jobs. She became increasingly isolated and withdrawn. She was also struggling with depression and anxiety, which alcohol only made worse.

Eventually, Zailckas reached a breaking point. She realized that she could no longer continue to live the way she was. She sought help and began the long and difficult journey of recovery.

Smashed is a powerful and inspiring story of one woman's struggle with alcohol abuse and her eventual recovery. Zailckas's writing is honest, raw, and deeply moving. She does not shy away from the ugly details of her addiction, but she also offers hope and inspiration for others who are struggling with similar issues.

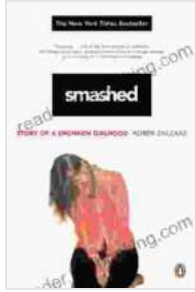
Smashed is a must-read for anyone who has struggled with alcohol or knows someone who has. It is a powerful and eye-opening account of the dangers and consequences of excessive alcohol consumption, particularly among young women. Zailckas's story is a reminder that addiction can happen to anyone, and that it is never too late to get help.

Praise for Smashed

"Smashed is a powerful and important book. Koren Zailckas's unflinching honesty about her struggles with alcohol abuse is both heartbreaking and inspiring. This book is a must-read for anyone who has ever struggled with addiction or knows someone who has." — **Elizabeth Vargas**

"Smashed is a brave and necessary book. Koren Zailckas's story is a powerful reminder of the dangers of excessive alcohol consumption, particularly among young women. Her honesty and courage are inspiring, and her story offers hope for others who are struggling with addiction." — **Katie Couric**

"Smashed is a must-read for anyone who has ever struggled with alcohol or knows someone who has. Koren Zailckas's writing is honest, raw, and deeply moving. She does not shy away from the ugly details of her addiction, but she also offers hope and inspiration for others who are struggling with similar issues." — **The New York Times Book Review**



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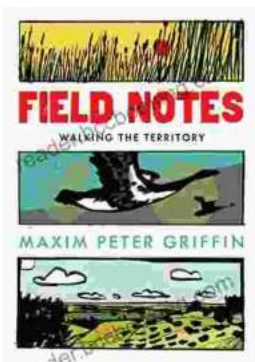
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