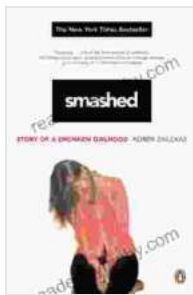


Smashed: A Raw and Unflinching Memoir of Drunken Girlhood

In this powerful and moving memoir, Koren Zailckas chronicles her journey from a promising young woman to a self-destructive alcoholic. With unflinching honesty, she recounts the blackout nights, the broken relationships, and the devastating consequences of her addiction.



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



But *Smashed* is more than just a story of addiction; it is a story of survival, resilience, and hope. Zailckas writes with a rare candor about the challenges she faced as a young woman struggling with addiction, and the strength she found to overcome them.

Zailckas begins her story in her early twenties, when she was a bright and ambitious college student. But beneath her外表, she was struggling with depression and anxiety. Alcohol became her way of coping with these emotions, and soon she was drinking heavily on a regular basis.

As her drinking escalated, Zailckas' life began to fall apart. She lost her job, her friends, and her relationship. She was arrested for drunk driving, and she even spent time in jail. But even these consequences couldn't stop her from drinking.

Finally, after hitting rock bottom, Zailckas decided to get help. She entered a treatment program, and began the long and difficult journey to recovery.

Smashed is a powerful and moving memoir that offers a unique perspective on the challenges of addiction and recovery. Zailckas writes with a rare candor and honesty, and her story is sure to resonate with anyone who has struggled with addiction or knows someone who has.

Praise for *Smashed*

"*Smashed* is a raw and unflinching look at the devastating effects of addiction. Zailckas writes with a rare candor and honesty, and her story is sure to resonate with anyone who has struggled with addiction or knows someone who has." — ***People***

"A powerful and moving memoir that offers a unique perspective on the challenges of addiction and recovery. Zailckas' story is sure to inspire hope in anyone who is struggling with addiction." — ***The New York Times***

"A must-read for anyone who wants to understand the challenges of addiction and recovery. Zailckas' story is a testament to the power of hope and resilience." — ***USA Today***

About the Author

Koren Zailckas is a writer and speaker who has spent the past decade working in the field of addiction recovery. She is a graduate of the University of Pennsylvania and holds a master's degree in social work from New York University. Zailckas lives in New York City with her husband and two children.

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Smashed is available for Free Download at all major bookstores and online retailers. You can also Free Download a signed copy of the book directly from the author's website.

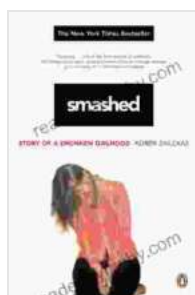
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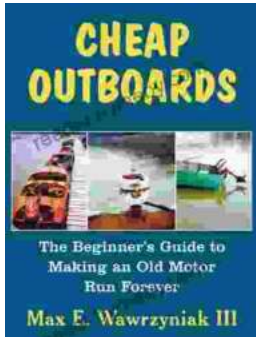
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