



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

Gabrielle Glaser

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In the first book to document that American women are drinking more often than ever, and in ever-larger quantities, journalist Gabrielle Glaser explores the reasons behind this hiding-in-plain-sight epidemic—and why the most common remedy for it, enrollment in AA, is particularly ineffective.

What's the first thing many women do when they go home? Make a dash for the white wine in the refrigerator.

In *Her Best-Kept Secret*, journalist Gabrielle Glaser uncovers this hidden-in-plain-sight drinking epidemic—but doesn't cause you to recoil in alarm. She is the first to document that American women are drinking more often than ever and in ever larger quantities. And she is the first to show that contrary to the impression fostered by reality shows and *Gossip Girl*, young women alone are not 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 really getting the help they need? Is it possible to come back 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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