



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

Gabrielle Glaser

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“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, 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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