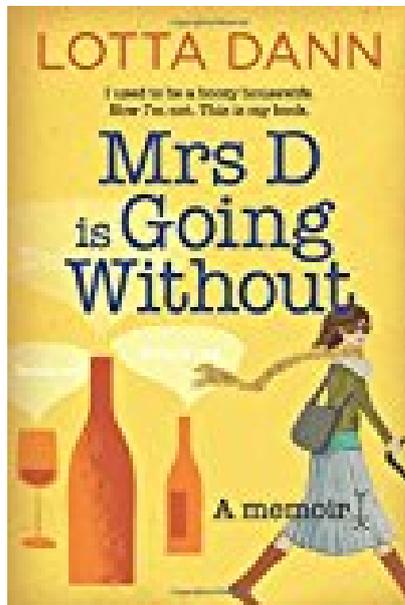


Mrs D is Going Without A Memoir



BOOK DETAILS

- Author : Lotta Dann
- Pages : 288 Pages
- Publisher : Allen & Unwin
- Language : English
- ISBN : 1877505390

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BOOK SYNOPSIS

Lotta Dann was in trouble - her fun drinking habit had slowly morphed into an obsessive hunger for wine. One bottle a night was never quite enough. When she tried to cut down, she found it nearly impossible to have an alcohol-free day. Everyone around could see her drinking, but no one realised what a serious problem it was. She was high-functioning, fun-loving Lotta, not some messy, hopeless drunk. Only Lotta knew how sick and twisted her thinking about wine had become. Desperate and miserable, she was falling deeper and deeper into a boozy hellhole and running out of ideas about what she could do to stop it. Whats a girl to do when her beloved wine becomes the enemy? Heres what Lotta did. She stopped drinking and secretly started a blog that charted the highs and lows of learning to live without alcohol. Mrs D was anonymous, honest and, as Lotta would discover, surrounded by people who would help her on her journey, and whom she could help in return.

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