



High Bottom: Letting Go of Vodka & Chardonnay

Tammy Roth

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High Bottom — Letting Go of Vodka & Chardonnay is one woman's daring account of how she became a high-functioning alcoholic while climbing the corporate ladder, earning degrees and eventually becoming a psychotherapist. Author Tammy Roth opens up about her struggle with anxiety, depression, and the stress of her overachiever lifestyle. Other than embarrassment, Tammy faced few consequences for her drinking. Instead, she continued to succeed in her career. This paradox made accepting the fact that she has a disease difficult. In her memoir, Tammy navigates the surprising world of sobriety and creates her own form of recovery through a combination of alternative-healing methods and traditional 12-step meetings. She discovers the beauty of living life fully present, without the numbing effects of alcohol. Tammy tells it like it is. Everything from suicidal thoughts to digestive issues comes to the surface in High Bottom.

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From reader reviews:

Lester Jaworski:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the book entitled High Bottom: Letting Go of Vodka & Chardonnay. Try to face the book High Bottom: Letting Go of Vodka & Chardonnay as your good friend. It means that it can be your friend when you feel alone and beside that course make you smarter than in the past. Yeah, it is very fortunate to suit your needs. The book makes you much more confidence because you can know anything by the book. So, let's make new experience along with knowledge with this book.

Joseph Williams:

The actual book High Bottom: Letting Go of Vodka & Chardonnay has a lot of info on it. So when you make sure to read this book you can get a lot of profit. The book was written by the very famous author. McDougal makes some research prior to write this book. This book very easy to read you can get the point easily after scanning this book.

Kayla France:

Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love High Bottom: Letting Go of Vodka & Chardonnay, you may enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its named reading friends.

Shantel McCary:

As a pupil exactly feel bored for you to reading. If their teacher questioned them to go to the library or to make summary for some guide, they are complained. Just little students that has reading's soul or real their pastime. They just do what the trainer want, like asked to the library. They go to at this time there but nothing reading seriously. Any students feel that reading through is not important, boring as well as can't see colorful pictures on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore this High Bottom: Letting Go of Vodka & Chardonnay can make you feel more interested to read.

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