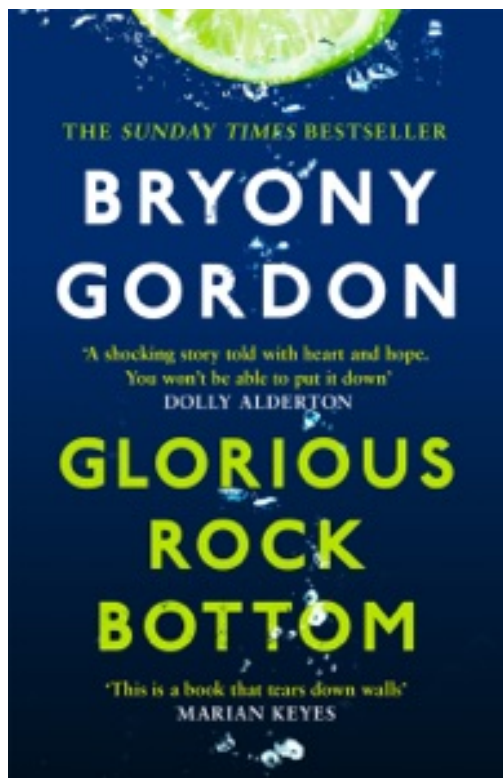


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Bryony Gordon is a respected journalist, a number-one bestselling author and an award-winning mental health campaigner. She is also an alcoholic.

In *Glorious Rock Bottom* Bryony opens up about a toxic twenty-year relationship with alcohol and drugs and explains exactly why hitting rock bottom - for her, a traumatic event and the abrupt realisation that she was putting herself in danger, time and again - saved her life. Known for her trademark honesty, Bryony re-lives the darkest and most terrifying moments of her addiction, never shying away from the fact that alcoholism robs you of your ability to focus on your family, your work, your health, your children, yourself. And then, a chink of light as the hard work begins - rehab; twelve-step meetings; endless, tedious, painful self-reflection - a rollercoaster ride through self-acceptance, friendship, love and hope, to a joy and pride in staying sober that her younger self could never have imagined.

Shining a light on the deep connection between addiction and mental health issues, *Glorious Rock Bottom* is in turn, shocking, brutal, dark, funny, hopeful and uplifting. It is a sobriety memoir like no other.

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