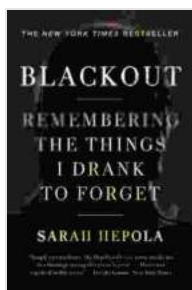


# Blackout: Remembering the Things Drank to Forget

By Sarah Hepola



## Blackout: Remembering the Things I Drank to Forget

by Sarah Hepola

★★★★☆ 4.6 out of 5

Language : English  
File size : 852 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 241 pages



Blackout is a powerful and eye-opening book that explores the devastating effects of alcohol abuse and addiction. Author Sarah Hepola takes readers on a journey through her own struggles with blackout drinking, offering candid insights into the psychological and physical consequences of this dangerous and often hidden condition.

### A Personal Journey into Darkness

Hepola begins her book by recounting her first blackout experience at the age of 15. From that night forward, blackout drinking became a regular part of her life. She would drink to escape her problems, to fit in with her friends, and to numb the pain of her own insecurities.

As Hepola's drinking escalated, so too did the consequences. She lost jobs, relationships, and self-respect. She was arrested for drunk driving and hospitalized for alcohol poisoning. Yet despite the mounting toll, Hepola was unable to stop drinking.

## **The Science of Blackout Drinking**

In addition to her personal story, Hepola also provides a comprehensive overview of the science of blackout drinking. She explains how alcohol affects the brain and body, and why some people are more likely to experience blackouts than others.

Hepola also discusses the different types of blackouts, including:

- **Fragmentary blackout:** This is the most common type of blackout, and it occurs when someone remembers some but not all of the events that happened while they were drinking.
- **En bloc blackout:** This is a complete blackout, and it occurs when someone cannot remember any of the events that happened while they were drinking.
- **Continuous blackout:** This is a rare type of blackout, and it occurs when someone experiences a blackout that lasts for more than 24 hours.

## **The Path to Recovery**

After years of struggling with blackout drinking, Hepola finally got sober. She did so with the help of therapy, support groups, and her own determination.

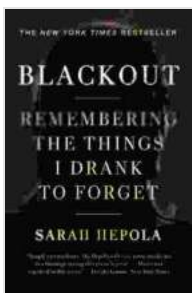
In the final chapters of her book, Hepola offers advice for others who are struggling with alcohol abuse and addiction. She emphasizes the importance of seeking help, and she provides a number of resources for those who are ready to get sober.

### **A Must-Read for Anyone Affected by Alcoholism**

Blackout is a must-read for anyone who has been affected by alcoholism, either personally or through a loved one. It is a powerful and eye-opening book that provides a unique perspective on the devastating consequences of alcohol abuse.

Sarah Hepola's story is a story of hope and redemption. It is a story that will inspire anyone who is struggling with alcohol addiction to seek help and to rebuild their life.

**Free Download your copy of Blackout today!**



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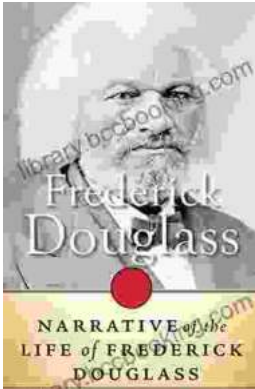
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