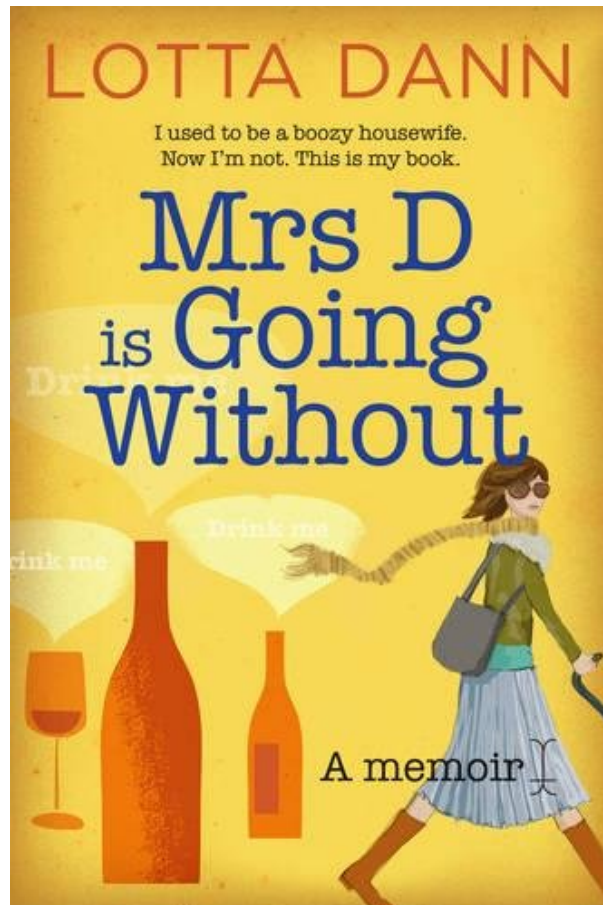


MRS D IS GOING WITHOUT: A MEMOIR BY LOTTA DANN



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DANN PDF**



LOTTA DANN

I used to be a boozy housewife.
Now I'm not. This is my book.

Mrs D
is Going
Without



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Review

I think this book would be very encouraging to anyone who feels haunted by secrets and habits that control their life. It is pacey and easy to read. * Create Hope Inspire *

About the Author

Lotta Dann built a successful career as a TV reporter, producer, and director, while simultaneously developing a remarkable aptitude for drinking a lot of alcohol.

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PDF

Mrs. D is an alcoholic, albeit a very nice, respectable, articulate, and groomed alcoholic. This is an honest, upfront, relatable account of one suburban housewife's journey from miserable wine-soaked boozer to self-respecting sober lady. This book is an inspirational tale of self-transformation, addiction, and domesticity. This book lays out the entirely unexpected solo journey Mrs. D took in the first year of her sobriety, and reveals the incredible online support that came through on her confessional blog, a blog intended to be a private online diary but which turned into something else quite remarkable.

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- Binding: Paperback
- 288 pages

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Most helpful customer reviews

6 of 6 people found the following review helpful.

insightful and familiar

By zimperzar

This was an excellent read, written in the language that I speak! If you have been looking at your own or someone else's drinking habits then read this!!! Will help you understand just how hard it is to come to terms with having a problem yourself, or perhaps understanding why someone close to you appears to be destroying themselves with booze. Cause it's hard to stop, it's more than saying to someone stop, please stop, stop for me, stop for you, it's about understanding that a boozer will make the decision when, long, hard and sad that it may be to watch, the daily will I won't I drink today, the guilt at having failed again, the personal shame you feel. It not easy to understand that to stop stops all these Nasty, miserable guilty, shameful, angry feelings, it stops the worry of waking up wondering am I still over the limit, feeling like total s*** and going to work and snapping at people all day, the feeling of standing on the outside of your life looking in..... At the bits you can remember, the promises you make when

Your fully pissed and not remembering, so not following through. It's is an hourly, daily, probably life long battle but it can be done, but do it your way, like Lotta has. Just bloody do it, but when your bloody ready!!!!

0 of 0 people found the following review helpful.

Loved it!

By rvnurse

I loved this book and Lotta. I love her webpage and all she is doing. Fabulous for us women addicted to alcohol.

0 of 0 people found the following review helpful.

Congratulations Mrs D

By Robbie B

Following on from reading a couple of Dr Libby Weavers books, I decided to cut out alcohol and reduce coffee in my diet for a month to see the effect it had on my "sense of well being". I purchased & read Mrs D is Going Without as I was interested to see how she felt & how it was affecting her day-to-day life etc.. As much as I totally admire & respect Lotta Dan & commend her for having given up completely, I 'personally' found the book a bit tedious after the first 100 or so days. However, I'm sure that it would be very beneficial & helpful to somebody who had an alcohol dependency problem who was trying to give up completely.

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