



Happy Hours

Devon Jersild

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Did You Know

- Female alcoholics are twice as likely to die as male alcoholics in the same age group
- Women metabolize alcohol differently from men, more quickly developing such physical complications as liver disease, high blood pressure, and hepatitis.
- A female alcoholic is more likely to suffer from depression, anxiety, and eating disorders, which may not go away even if she stops drinking.
- An astonishing four million women in the U.S. meet the diagnostic criteria for abuse or dependence.
- When a woman drinks, she is five times more likely to be raped.

These are just a few of the alarming facts you will learn from this book -- facts every woman needs to know. Mixing cutting-edge research with affecting stories of women who struggle with alcohol problems, *Happy Hours* challenges our assumptions and expands our awareness of the role alcohol plays in women's lives.

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