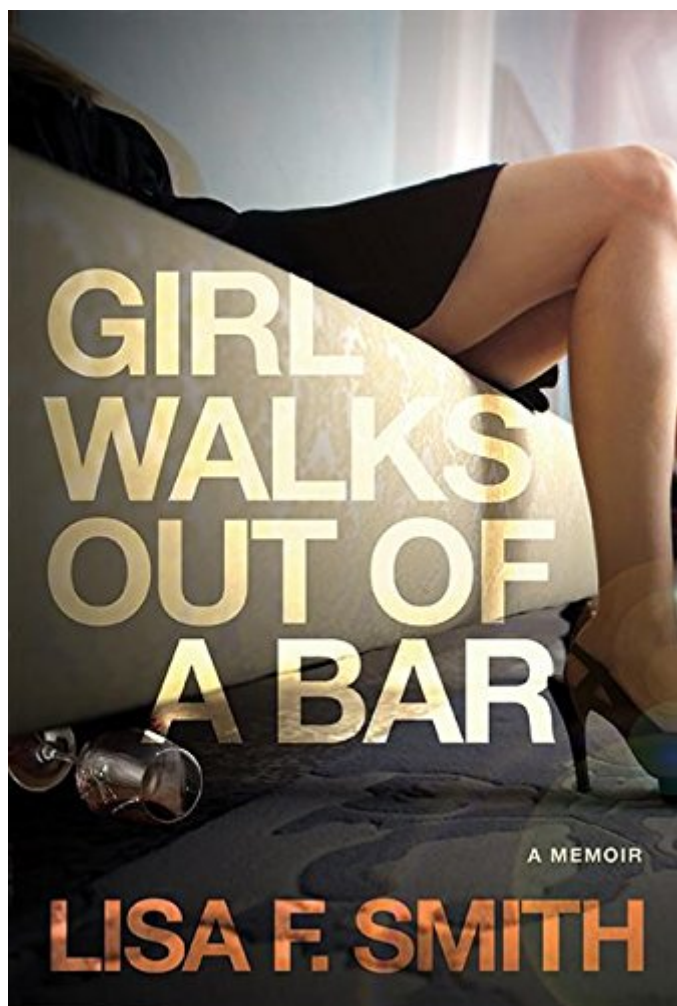


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# Girl Walks Out Of A Bar: A Memoir



## Synopsis

"Lisa Smith gives us a darkly comic, honest, and completely relatable inside look at high-functioning addiction in the world of corporate law—a sort of 'Sex and the City' for the '90s. It's inspiring, informative, and impossible to put down." —Jennifer Belle, best-selling author of *High Maintenance* and *The Seven Year Bitch* "Whether she's telling the town car driver to turn around so she can ditch showing up for her niece's birth and meet her coke dealer, or staging her own semi-intervention, Smith takes us into the mind of someone who's completely in control while being radically out of control. This girl may have walked out of a bar, but she's walked into one of the best addiction memoirs I've ever read." —Anna David, *New York Times* best-selling author of *Party Girl*, *Bought*, and Editor-in-Chief of *After Party Magazine* "Raw, naked and unflinching, *Girl Walks Out of a Bar* catapults the reader into the sordid, desperate reality of high-functioning addiction: the booze, the coke, the lies; the denial, the depression, the blackouts. All are on full display as New York lawyer Lisa Smith loses herself in a deep and all-too-human descent into perpetual numbing. A chilling, cautionary tale." —Ann Dowsett Johnston, author of *Drink: The Intimate Relationship Between Women and Alcohol* Lisa Smith was a bright young lawyer at a prestigious law firm in NYC when alcoholism and drug addiction took over her life. What was once a way she escaped her insecurity and negativity as a teenager became a means of coping with the anxiety and stress of an impossible workload. *Girl Walks Out of a Bar* explores Smith's formative years, her decade of alcohol and drug abuse, divorce, and her road to recovery. In this darkly comic and wrenchingly honest story, Smith describes how her circumstances conspired with her predisposition to depression and self-medication in an environment ripe for addiction to flourish. When her close-knit group of high-achieving friends celebrate the end of their grueling workdays with alcohol-fueled nights at the city's clubs and summer weekends partying at the beach the feel-good times can spiral wildly out of control. *Girl Walks Out of a Bar* is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the facade of success lies the reality of addiction. From the Author

## Book Information

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## Customer Reviews

I didn't want to put it down. I would compulsively come back to it every spare minute I had. I was totally pulled into her story and I identified strongly with her- with the thoughts that pushed her towards alcohol and drug abuse-the voice in her head could be the voice in mine, although thankfully I have never struggled with alcohol or drugs. Heck, I can't resist chocolate, so I'd be in trouble if I did. My only quibble is that it seemed like more time was spent on the alcohol and drug abuse and less on the recovery. Perhaps that is a more private story. She does address it, but it seemed a little bit glossed over compared to the horrifying tales of black outs and hang overs. I applaud her for her bravery and her continued sobriety. I loved the book.

This is compelling story for all women regardless of their "relationship" with drugs and/or alcohol. An illuminating and well written depiction of how subtly the disease of addiction takes control over every aspect of the lives of millions of women every year and how alcoholism is non-discriminatory in terms of age, gender, race or socioeconomic status. The author provides a well written personal experience that illustrates the mental/psychological regression in acceptable behavior through rationalization, how it slowly erodes a person's self-esteem, personal values and increasingly isolates the sufferer because of shame and guilt. This is a cautionary story for all women - whether you believe you don't have a problem with drugs or alcohol, think you might have a problem, or

know you've" crossed that invisible line into full-blown abuse\dependence and do t k is where to turn. The author makes it clear that this is a disease of the mind and body and the only disease that lies to you - constantly trying to convince you that you don't have it! Most importantly, this story offers hope. You are not alone - you only think you are There is plenty of help available. All you have to do is ask!

Lisa Smith has a thoroughly entertaining way of writing about a very serious subject. Being ten years sober, she could see the humorous side of her addictions (alcohol & cocaine). This book was difficult to put down. She grew up during a time when fathers came home to cocktail hour with their wives. Weekends were a time to gather friends and booze, and Lisa observed that people seemed to get happier the more they drank. As a little girl, she got the job of arranging the cherry, olives and bottles for the all-important drinks. She was a fat kid who "needed" something that loosened her up her inhibitions, and alcohol fit the bill. Her alcoholism developed from drinks with friends at parties & special occasions to drinking every night after work to drinking before and after she went out with them to actually drinking as soon as she woke up in the morning. Then, of course, she needed a boost of "powdered energy" in the form of cocaine after drinking morning and night. With no self-pity, she clearly writes how insidious alcohol is by claiming more and more of your time, money and importance in your life. Lisa even missed the birth of her brother's first baby because of drugs & alcohol even though she was a highly-functioning corporate lawyer. It's a fascinating book, and I highly recommend it. Very well-written.

Wow I could not put this down at all! Amazing details. People don't realize that there are all kind of people who suffer addition. I did not know the impact this had and how much alcohol one could possibly drink. Laura

I'm also an alcoholic. I've been sober for twenty years. This book was so realistic, I could feel her pain. Maybe this will help someone out there stick it out and make a new life!

I really enjoyed this. It was realistic. Grim in parts. Moving and memorable. If you like female addiction stories you might try: *More Now Again*.

WOW. I don't usually write reviews, but felt compelled to for this book. This story is so honest, so real, so funny, and so heart wrenching that it demands a thank you. It's a hard book to read at some

points, and a hard book to put down at all times. The writing is quick paced, vivid, and witty, sort of a "girlfriend's guide to addiction", a page turner that has you wondering whether you want to know what happens next at some points, as you root for the heroine. This book is really two books in one: A fabulous summer beach book offering an authentic, funny, and insightful look into the world of addiction for those lucky enough not to be touched by it, and it's also a compassionate and accountable companion for anyone's journey on the path to sobriety. Thank you Lisa Smith for sharing your story!

This book offers an intimate look into the life of a high functioning addict whose illness took hold of every aspect of her life. Ms. Smith writes with brutal honesty about the decisions she made and how alcohol and drugs not only influenced these decisions but simply became the only factor in them. Her arrival at rock bottom and her decision to get sober were every bit as harrowing but I couldn't stop reading and rooting for her. The book is a fast read and it has a way of sucking you in.

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