

Carol Weis

STUMBLING HOME:

Life Before and After That Last Drink

“What a remarkable journey to wholeness. Carol Weis has written a gem of a memoir, with unfettered commitment to detail, humanity, humor, and most of all: honesty. I couldn’t put it down.” —Jennifer Pastiloff, bestselling author of *On Being Human*.



“Painful, honest, humorous, beautiful, and so relatable. Carol Weis artfully transports us through the incredible journey of her life, its different phases both enmeshed with and stitched together by alcohol, whether it was her own drinking or someone else’s. Her complete liberation from alcohol offers hope and inspiration.” —Annie Grace, author of *This Naked Mind* and *The Alcohol Experiment*

This woman-child stumbles and falls over and over again until finally, she picks herself up and stumbles home.

Carol Weis bares herself (sometimes literally) in her debut memoir, where she unveils her two lives, before and after, in a collection of alternating chapters that divulge her change. In those chapters, you’ll meet a desperate young woman riddled with anger and fear from childhood trauma and an equally desperate sober, single mom struggling to push those feelings aside to care for her young daughter.

Like many who abuse alcohol, the author grew up in a world where feelings were never discussed and were typically resolved by drinking. Her mother was hospitalized with tuberculosis for 18 months when Carol was three, and being passed around from family to family left a tenacious fear of abandonment that persisted through her often reckless life. Alcohol was the salve that soothed the wound and hid her shame. And for 25 years it ruled over her actions, while she tread her way through the chaos it created.

Starting off on the night of her last drink, *Stumbling Home* quickly reveals the author’s love-hate relationship with the legal drug, then brings the reader along on the sundry adventures she takes under the influence, interspersed with the challenges she faces after she quits, ultimately, on her quest to reinvent herself and find out who she really is.

Stumbling Home: Life Before and After That last Drink
by Carol Weis

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About Carol

and more about **STUMBLING HOME**



Discussion topics covered in *STUMBLING HOME*:

- Alcohol Abuse and Recovery
- Codependency
- Relationships and Divorce
- Single Parenting
- Emotional Health
- Childhood Trauma
- Anxiety and Depression
- Panic Attacks
- Grief and Healing
- Becoming a Writer

Carol Weis, who became a writer when she got sober, has been an actor, teacher, professional cook and baker, to name a few things she's done.

Her writing has appeared online in the New York Times, the Washington Post, Salon, AARP, Good Housekeeping, ESPN, The Independent, OZY, Cosmo, The Fix, Ravishly, Today's Parent, The Manifest-Station, and numerous other venues, and has been read as commentary on NPR.

She's also the author of a Simon & Schuster picture book and a chapbook of poetry about her divorce. Carol is a Jersey girl who lives in Massachusetts.

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Possible Interview Questions:

1. Why did you write *STUMBLING HOME*?
2. How long have you been sober?
3. How long did it take you to write the memoir?
4. Why did you decide to write about your addiction and recovery?
5. What was the most challenging part of writing this book?
6. How did you come up with the title?
7. Have you written any other books?
8. What other memoirs have inspired you?
9. What do you hope readers learn from your book?
10. Why is your memoir important right now?

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