

# Ending Our Love Affair with Alcohol

*Women share their drinking stories to help others recognize the warning signs—before they hit bottom*

## Raising the Bottom by Lisa Boucher

In *Raising the Bottom*, author Lisa Boucher challenges women to ask themselves a question: Is it possible that I drink too much? In this little book of big experience, Boucher and a dozen other mothers, daughters, health professionals, and young women share their stories of why they drank, how they stopped, and the joys and rewards of being present in their lives once they kicked alcohol to the curb.

The women profiled in *Raising the Bottom* range from the über bright—a board-certified surgeon who holds a Ph.D. in neurophysiology (who admits she learned nothing and knew nothing about alcoholism in spite of all her education and medical training)—to a former Washington, D.C. socialite, a teacher, nurses, a massage therapist turned jewelry maker, and another physician who admits she used to pass out while breastfeeding her fourth child.

Boucher was raised by an alcoholic mother—who also shares her story in the book—and she made the choice to quit drinking in her late twenties to give her twin sons a healthier childhood. A registered nurse for over twenty-four years, Boucher has also seen the negative effects of alcohol on the people who end up in emergency rooms and psych wards, including her fellow medical professionals. She discusses the role of doctors in exacerbating the problem of drug and alcohol use, because they don't fully understand addiction.

Boucher aims to dispel the presumption that you have to lose it all before you can accurately take stock of your life. "Women may recognize they have a problem, but far too many are okay with that knowledge and keep on drinking until the bottom falls out," she writes in the book. "This does not have to be the typical story. Women do not have to ruin their lives, their children's lives, and lose it all before they choose to make changes. *Raising the Bottom* is about helping women recognize and deal with depression, anxiety, and potential alcoholism, while still in the early stages."

### Who is it for?

- The millions of families, friends, and loved ones of those who abuse alcohol
- Moms who drink on a more and more regular basis, perhaps using alcohol as a way to deal with parenthood
- Women and men in recovery (an estimated 2.5 million people are in Alcoholics Anonymous)
- Binge drinkers questioning their relationship with alcohol or their health
- Health care workers who see problem drinking in patients, coworkers, or themselves
- Women ages 25–54 who consider themselves to be social drinkers and may or may not yet see consequences

## RAISING THE BOTTOM



Making Mindful Choices  
in a Drinking Culture

LISA BOUCHER

### BOOK DETAILS

*Raising the Bottom*

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280 pages

Self-help / Addiction & Recovery / Memoir

PRBY THEBOOK

## News tie-ins & core messages

- When your social drinking isn't so social after all: recognizing the early signs of alcohol use disorder or alcoholism
- Women and their complicated love affair with wine: when "just one" isn't working
- How has the changing role of women in society affected female alcohol consumption? Everywhere we look – from book club to our favorite TV shows – wine is a pervasive metaphor for feminine anxieties
- The New Alcoholics: Women are the primary buyers and drinkers of the nearly 800 million gallons of wine sold in the U.S. annually, and an estimated 5.3 million women in the United States are heavy drinkers (source NIH)
- Mommy's Time Out: The drinking mom as a cultural trope - why have alcohol and motherhood become so intertwined?
- What kind of an example are we setting for our children? Research shows that 37% of 9th grade girls (usually about 14 years old) report drinking the past month, and drunk driving is one of the leading causes of teen death (source NIH)
- Making Sober the New Cool: How to replace alcohol as your go-to method for "coping" with anxiety, parenthood, the pressures of being a mom, a wife, a professional

## About the author

**Lisa Boucher** holds a BA in English and is the mother of twin sons, now grown. After short stints training polo horses, working as a flight attendant, hairdresser, and bartender, she revamped her life and settled in as a registered nurse. For the past twenty-seven years she has worked with hundreds of women to help them overcome alcoholism, live better lives, and become better parents. *Raising the Bottom* is her fifth book. Boucher lives in Ohio with her husband.

## Praise for the book

"*Raising the Bottom* brings to the forefront a very necessary and under-discussed subject. Our health-care system is currently ill-equipped to deal with the complicated problem of alcohol and drug dependence. Now more than ever, it is imperative that physicians receive better training on recognizing, understanding, and treating addiction. Only then can we be truly effective at assisting our patients in their recovery."

—Richard Saxen, MD, Internal Medicine

"*Raising the Bottom* is an excellent resource for anyone who suspects they or a loved one has a problem with alcohol. It doesn't just focus on the problem of alcoholism, it emphasizes the solution and demonstrates that alcoholics can live wonderful, productive lives through sobriety. This is a book of hope."

—Leslie R. Dye, MD, President, Medical Toxicology Foundation

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Author Lisa Boucher

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