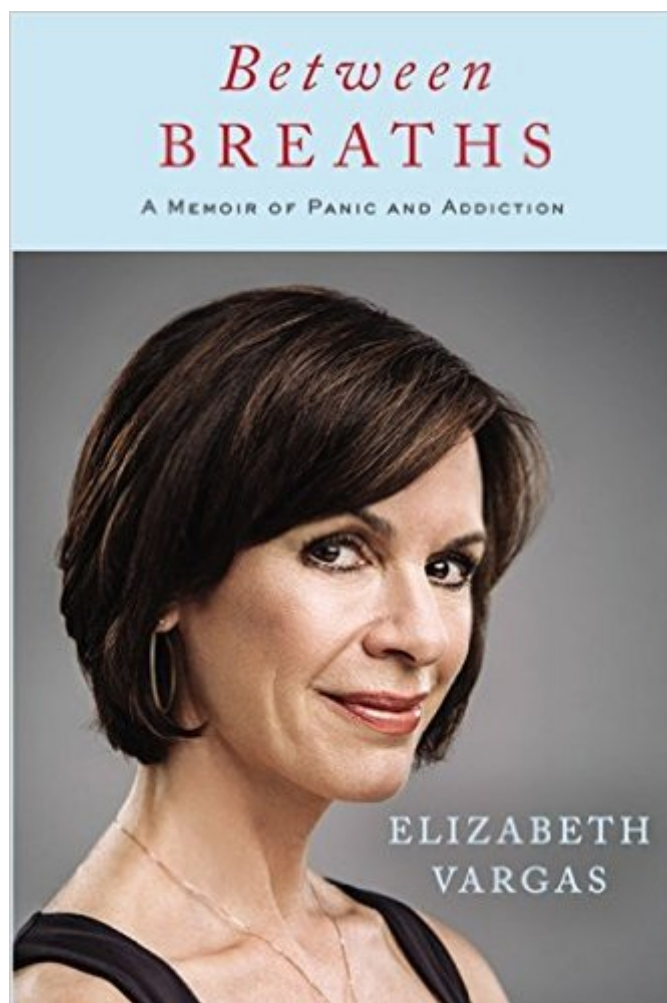


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# Between Breaths: A Memoir Of Panic And Addiction



## Synopsis

From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety-which began suddenly at the age of six when her father served in Vietnam-and how she dealt with this anxiety as she came of age, to her eventually turning to alcohol for relief. She tells of how she found herself living in denial, about the extent of her addiction and keeping her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who had never found the right balance. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read.

## Book Information

Hardcover: 256 pages

Publisher: Grand Central Publishing (September 13, 2016)

Language: English

ISBN-10: 1455559636

ISBN-13: 978-1455559633

Product Dimensions: 6.5 x 1 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #29 in Books (See Top 100 in Books) #1 in [Books > Biographies & Memoirs > Leaders & Notable People > Rich & Famous](#) #1 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #1 in [Books > Biographies & Memoirs > Professionals & Academics > Journalists](#)

## Customer Reviews

I finished this book in one sitting. I received it at 7 pm, sat down at 9 pm, and stayed with it until the last page. More than anything I felt such sadness for what she went through and how hard she has worked to gain and maintain her sobriety. As women there is no "perfection" and the lessons she has taught her boys and her readers is that we all are flawed and that we all need to be able to ask for help when needed.

I just bought this book today and read it cover to cover in only a few hours. It was very well written and held my attention all the way through. What a brave woman to share her story so openly with

the world.

Elizabeth Vargas has been a favorite journalist of mine for years. I've always thought she was so elegant, classy, and well spoken with just a hint of vulnerability. I've followed a lot of the stories she's reported on and always look forward to seeing her when I tune into 20/20. I was quite shocked to learn in 2014 that she was struggling with alcohol addiction and was in rehab. I was tuning into a 20/20 episode when her colleague announced it on air as he gave her words of encouragement and support from him and others from ABC. I was really taken aback. Elizabeth always seemed so poised and "together". I just really could not reconcile this addiction with the elegant women I tune into every Friday night. I have eagerly awaited this book since her interview with Diane Sawyer on Friday, Sept. 9th. I pre-ordered it on . Only had to wait three days and started reading it at about 9:15 pm on Monday night. I found her story to be fascinating. She is open and honest about her lifetime struggle with anxiety. She used alcohol to ease that anxiety in her later years. It worked at first, but later, just made the problem worse, as it always does. She is honest and very candid. I was rooting for her the whole time I was reading and still am! What a lovely woman. I wish her all the best! Highly recommend this book!

Was wrenching to read but inspiring in the acknowledgement that even accomplished, famous people fight personal demons, as well as the rest of us. To pick yourself up after falling, yet again and battle on takes grit because addiction coupled with an anxiety disorder go hand in hand. This creates a powerful monster you must fight every day, day by day for your entire life. The story was well written as well, but then she is a pro at what she does best-reporting.

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