



# Smashed: Story of a Drunken Girlhood

By Koren Zailckas

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Garnering a vast amount of attention from young people and parents, and from book buyers across the country, *Smashed* became a media sensation and a **New York Times** bestseller. Eye-opening and utterly gripping, Koren Zailckas's story is that of thousands of girls like her who are not alcoholics—yet—but who routinely use booze as a shortcut to courage and a stand-in for good judgment.

With one stiff sip of Southern Comfort at the age of fourteen, Zailckas is initiated into the world of drinking. From then on, she will drink faithfully, fanatically. In high school, her experimentation will lead to a stomach pumping. In college, her excess will give way to a pattern of self-poisoning that will grow more destructive each year. At age twenty-two, Zailckas will wake up in an unfamiliar apartment in New York City, elbow her friend who is passed out next to her, and ask, "Where are we?" **Smashed** is a sober look at how she got there and, after years of blackouts and smashups, what it took for her to realize she had to stop drinking. *Smashed* is an astonishing literary debut destined to become a classic.

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## **Smashed: Story of a Drunken Girlhood** By Koren Zailckas Bibliography

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## Editorial Review

From Publishers Weekly

Starred Review. This isn't just one girl's story of sneaking drinks in junior high, creeping out for night-long keg parties in high school and binge-drinking weeknights and weekends through college—it's also a valuable cautionary tale. At 24 (her present age), Zailckas gave up drinking after a decade of getting drunk, having blackouts and experiencing brushes with comas, date rape and suicide. She weaves disturbing statistics (from Harvard School of Public Health studies and elsewhere) into her memoir: most girls will have their first drink by age 12, and will have the experience of being drunk by 14; teenage girls drink as much as their male peers, but their bodies process it badly (they get drunk faster, stay drunk longer and are more likely to die of alcohol poisoning); and date rape and booze go hand-in-hand. Zailckas had alcohol poisoning at 16 after a night of downing shots at a party with friends, but having her stomach pumped in the emergency room and enduring a month of being grounded didn't check her desire to drink. Fraternity keg parties led to drunken sexual encounters not-quite-remembered; drinking began to replace intimacy. Alcohol defined Zailckas's adolescence and college years to such an extent that, as she tells it, she lacks the tools to be an adult: she's unsure how to maintain relationships and unclear about sex without an alcohol buzz. Zailckas is unsparingly insightful and acutely aware of what drinking can and does do to girls. She explains that while kids are taught that drugs are always dangerous, alcohol is perceived as an acceptable rite of passage. Her book is deeply moving, written in poetic, nuanced prose that never obscures the dangerous truths she seeks to reveal. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Zailckas doesn't have the "genetically based reaction to alcohol that addiction counselors call 'a disease.'" But throughout her adolescence and early adulthood, she abused alcohol heavily: "I drank for the explicit purpose of getting drunk, getting brave, or medicating my moods." Her first sips of hard liquor, before she started high school, hit her with the force of a crush-- "as hopeful and as heartbreaking as kissing a boy." By the time she entered Syracuse University, she had already been hospitalized for alcohol poisoning, and her binge drinking through college, wholly supported by the Greek system, contributed to heartbreaking, empty sexual encounters and difficulty relating to anyone without "the third wheel" of alcohol. Zailckas muses about the societal factors that contribute to the astonishing rise in women's drinking. Most unnerving, though, are her honest, detailed accounts of her own profound abuse, which was accepted, encouraged, and chillingly commonplace; thousands of young women share her story. Like Caroline Knapp's *Drinking: A Love Story* (1996), this raw, eye-opening memoir will deepen readers' understanding of American culture and perhaps their own lives. *Gillian Engberg*

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Review

"Bookstores are flooded with boozy bios by former girls gone wild." This one rises to the top. -**People**

"Poised and elegiac... Smashed goes down with a slow, genteel burn." -**The New York Times Book Review**

"A mortifyingly credible story." -**The New York Times**

"Brilliant and horrifying." -**The Baltimore Sun**

## **Users Review**

### **From reader reviews:**

#### **Shiela Steen:**

Do you considered one of people who can't read gratifying if the sentence chained inside the straightway, hold on guys this particular aren't like that. This Smashed: Story of a Drunken Girlhood book is readable by means of you who hate those straight word style. You will find the facts here are arrange for enjoyable reading experience without leaving perhaps decrease the knowledge that want to deliver to you. The writer connected with Smashed: Story of a Drunken Girlhood content conveys the idea easily to understand by many individuals. The printed and e-book are not different in the written content but it just different available as it. So , do you even now thinking Smashed: Story of a Drunken Girlhood is not loveable to be your top list reading book?

#### **Donna Lacher:**

Spent a free time for you to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Smashed: Story of a Drunken Girlhood can be fine book to read. May be it is usually best activity to you.

#### **Daryl Pena:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book Smashed: Story of a Drunken Girlhood it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book possesses high quality.

#### **Pearl Miller:**

As a university student exactly feel bored to help reading. If their teacher questioned them to go to the library or even make summary for some guide, they are complained. Just minor students that has reading's soul or real their interest. They just do what the teacher want, like asked to go to the library. They go to there but nothing reading critically. Any students feel that examining is not important, boring and also can't see colorful photos on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this Smashed: Story of a Drunken Girlhood can make you truly feel more interested to read.

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