

Girl Walks Out of Bar: A Memoir of Recovery and Redemption

Lisa Fain was a high-powered Hollywood publicist with a seemingly perfect life. But behind the facade, she was struggling with addiction and depression. In her new memoir, *Girl Walks Out of Bar*, Fain chronicles her journey from rock bottom to recovery, offering hope and inspiration to others who are struggling with similar issues.



Girl Walks Out of a Bar: A Memoir by Lisa Smith

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2756 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 288 pages
Lending	: Enabled



Fain's story begins in her early twenties, when she was working as a publicist for a major Hollywood studio. She was successful, well-liked, and had a seemingly endless supply of money and opportunity. But beneath the surface, she was struggling with anxiety and depression. She turned to alcohol and drugs to cope, and soon her addiction spiraled out of control.

Fain's addiction led her to lose her job, her apartment, and her friends. She hit rock bottom when she was arrested for DUI and spent a night in jail.

That was the wake-up call she needed. She knew she had to get help, and she checked herself into rehab.

Rehab was a difficult experience, but it was also transformative. Fain learned how to cope with her addiction and depression, and she began to rebuild her life. She got a new job, a new apartment, and new friends. She also started writing, and her memoir, *Girl Walks Out of Bar*, is the result.

Girl Walks Out of Bar is a powerful and inspiring story of recovery and redemption. Fain writes with honesty and candor about her struggles with addiction and depression, and she offers hope and inspiration to others who are struggling with similar issues. Her book is a reminder that it is possible to overcome addiction and depression, and that there is always hope for a better future.

If you are struggling with addiction or depression, I urge you to read *Girl Walks Out of Bar*. It is a powerful and inspiring story that will give you hope and strength on your journey to recovery.

Praise for *Girl Walks Out of Bar*

“Lisa Fain has written a powerful and inspiring memoir about her journey to recovery from addiction and depression. *Girl Walks Out of Bar* is a must-read for anyone who is struggling with similar issues.” — **Elizabeth Gilbert, author of *Big Magic* and *Eat, Pray, Love***

“*Girl Walks Out of Bar* is a beautifully written and deeply moving memoir. Lisa Fain's story is a testament to the power of hope and redemption.” — **Cheryl Strayed, author of *Wild* and *Tiny Beautiful Things***

“Lisa Fain's memoir is a raw and honest account of her struggles with addiction and depression. *Girl Walks Out of Bar* is a powerful and inspiring story that will give hope to anyone who is struggling with similar issues.” —

David Sheff, author of *Beautiful Boy* and *Clean*

About Lisa Fain

Lisa Fain is a writer and memoirist. She is the author of *Girl Walks Out of Bar* and *The Homesick Texan*. Fain has written for numerous publications, including *The New York Times*, *The Washington Post*, and *The Los Angeles Times*. She lives in Los Angeles with her husband and two children.



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