



Bottled: A Mom's Guide to Early Recovery

Dana Bowman

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An unflinching and hilarious memoir about recovery as a mother of young kids, *Bottled* explains the perils moms face with drinking and chronicles the author's path to recovery, from hitting bottom to the months of early sobriety—a blur of pain and chaos—to her now (in)frequent moments of peace.

Punctuated by potent, laugh-out-loud sarcasm, *Bottled* offers practical suggestions on how to be a sober, present-in-the-moment mom, one day at a time, and provides much needed levity on an issue too often treated with deadly seriousness.

Dana Bowman is a long-time English teacher and part-time professor in the department of English at Bethany College, Kansas. Author of the popular mombsieblog.com, she leads and presents workshops on both writing and addiction, with a special emphasis on being a woman in recovery while parenting young children.

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Raymond Lee:

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