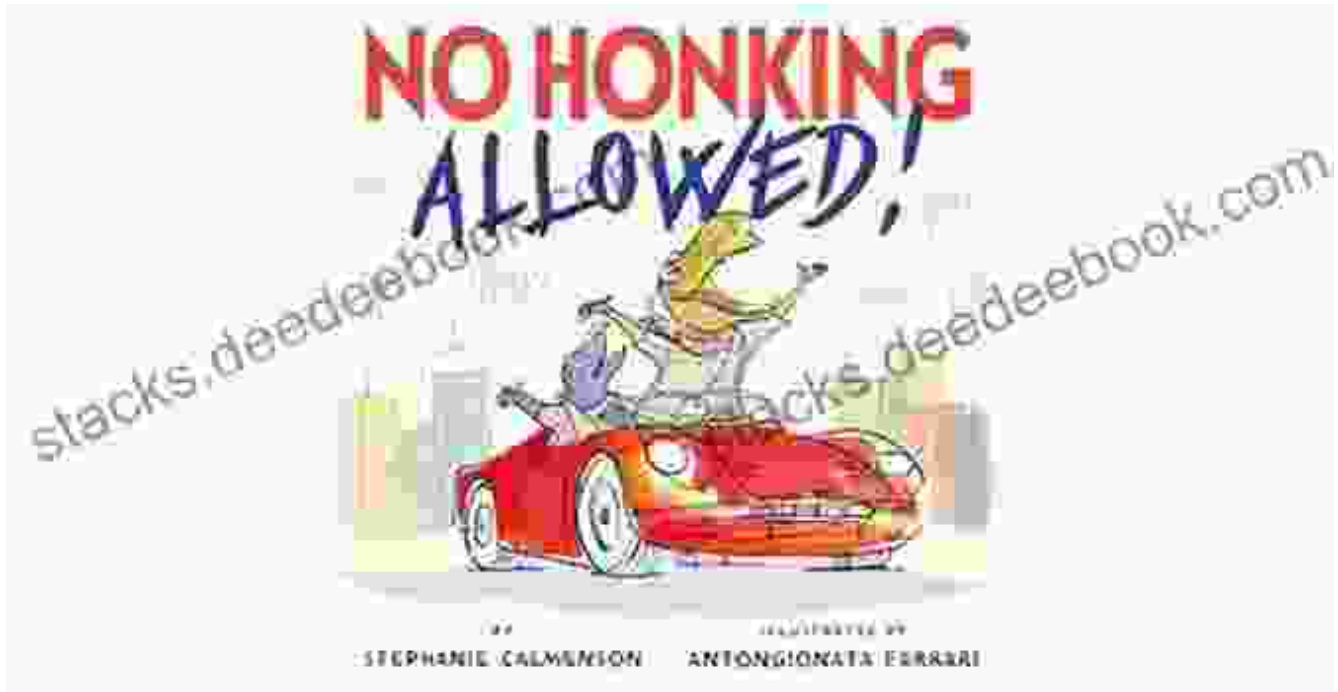
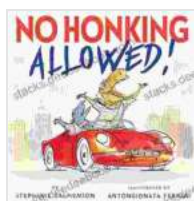


No Honking Allowed: A Journey of Sobriety and Self-Discovery



No Honking Allowed is a memoir by Stephanie Calmenson, a former journalist and advertising executive who struggled with alcoholism for over a decade. In her book, Calmenson shares her journey to sobriety, from her early struggles to her eventual recovery. She also offers insights into the nature of addiction and the importance of self-compassion and forgiveness.



No Honking Allowed by Stephanie Calmenson

★★★★★ 5 out of 5

Language : English

File size : 56058 KB

Screen Reader : Supported

Print length : 40 pages



Calmenson's writing is honest and unflinching. She does not shy away from the darkest moments of her addiction, including her struggles with depression, anxiety, and suicidal thoughts. However, she also writes with a great deal of humor and hope. She is able to find the light in even the darkest of times, and she shares her story in a way that is both relatable and inspiring.

Calmenson's Early Life

Calmenson grew up in a loving and supportive family. However, she also struggled with anxiety and depression from a young age. She found solace in alcohol, which she first began drinking in high school.

In college, Calmenson's drinking escalated. She began to drink heavily on a regular basis, and she often blacked out. She also began to experience problems in her relationships and her career.

Calmenson's Struggle with Addiction

After college, Calmenson moved to New York City to pursue a career in journalism. She quickly fell into a fast-paced lifestyle that included heavy drinking. She also began to use cocaine and other drugs.

Calmenson's addiction spiraled out of control. She lost her job, her apartment, and her friends. She also attempted suicide several times.

Calmenson's Journey to Sobriety

In 1995, Calmenson reached her breaking point. She checked herself into a treatment center, and she began the long and difficult journey to sobriety.

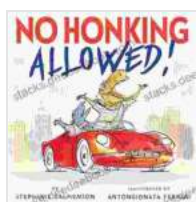
Calmenson's early recovery was challenging. She struggled with cravings and setbacks. However, she was determined to stay sober, and she eventually found the strength to overcome her addiction.

Calmenson's Life in Sobriety

Calmenson has been sober for over 20 years. She now lives a happy and fulfilling life. She is a successful author and speaker, and she is passionate about helping others in recovery.

Calmenson's story is a reminder that addiction is a disease that can be overcome. With the right help and support, it is possible to achieve sobriety and live a full and happy life.

No Honking Allowed is a powerful and inspiring memoir that offers hope to anyone struggling with addiction. Calmenson's story is a testament to the power of the human spirit, and it is a reminder that recovery is possible.



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