

While the latest reports on addiction and alcoholism are alarming—with a [recent Hazelden/Betty Ford report](https://www.hazeldenbettyford.org/about-us/news-media/press-release/mental-health-index-report) concluding that one-third of American respondents who use alcohol or other drugs reported an increase in alcohol consumption (31 percent) and other drug use (29 percent) during the pandemic—not everyone feels that the news about addiction is tragic.

Anna David, who’s done three TEDx talks on addiction and spoken about the topic on *Today, Showbiz Tonight* and *The Insider*, is re-releasing her seminal addiction book, *Party Girl*, in honor of “Recovery Month” in September because, she says, the attitude about recovery from addiction has grown so much more accepting in the intervening years.

“When Harper released *Party Girl* in 2007, there was no such thing as ‘Quit Lit’ or a ‘recovery influencer,’” says David, who’s been sober for over two decades. “Today, if you Google ‘recovery influencers,’ you get over 18 million results.”

While David says that she didn’t feel any stigma when she “came out” about her addiction in 2007, she also admits that this could be because of her circumstances. “I’m a writer in LA,” she says. “People would *expect* me to be an addict.” But, she realizes, in other parts of the world and in other professions, people weren’t “out and proud” about their recovery until the past few years.

With “Quit Lit” now an established genre, with Glennon Doyle’s *Carry On Warrior*, Holly Whitaker’s *Quit Like a Woman*, and Sarah Hepola’s *Blackout*all hitting the *New York Times* bestseller list, David believes there’s more potential than ever for those in the grip of addiction to have their eyes opened to the concept of recovery. “The first step is overcoming the shame around your addiction and being able to admit that you have a problem,” she says. “Every writer who comes out with a book about their recovery helps to save lives.”

Medical professionals agree. “The number of people suffering from addiction is on the rise but the more sober addicts write about their recovery, the more struggling addicts find hope,” says Dr. Josh Lichtman, a board certified psychiatrist and addiction medicine specialist. “The attitude around recovery has changed radically in the past decade-and-a-half,” he adds. “Every day I see people who wouldn’t have considered rehab or recovery 10 years ago willingly embracing it now."

I want to offer you the opportunity to speak with Anna David. She can talk about:

* How the attitude around recovery has changed dramatically over the past decade
* The upside of those depressing addiction statistics
* How “Recovery Month” could help influence “Dry January” and “Sober October”

To schedule an interview with author/addiction expert Anna David, please contact: Jules Feiler at The Pitching Staff 212-585-0973 or [julesfeiler@thepitchingstaff-pr.com](mailto:julesfeiler@thepitchingstaff-pr.com)