Discussion Guide



No Lost Causes Club
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Alcohol Use Disorder

Summary

Entwining practical, empathetic suggestions with intimate memoir, *No Lost Causes Club* is an intrinsically vulnerable and brutally honest exploration of what it looks like to live a full life after getting clean. From delving into the social complexities that often leave people hopelessly dependent on alcohol to centering the struggles of those newly navigating sobrieties, this book is a soothing balm for anyone wondering how to carve out a beautiful life in a world that never made sense before.

Questions

1. The book's author hits rock bottom in her life and then turns toward sobriety. She writes that rock bottom "doesn't have to be the worst things can get. It's the moment you don't want it to get any worse." What do you think are some triggers, big or small, that might lead an individual to question their alcohol use and consider sobriety?
2. How does the author use language to communicate her feelings and emotions about recovery?
3. What did you find most appealing about the author's story and writing style?
4. Are there differences in how Gen Z and Millennials go through sobriety and recovery compared to other generations like Gen X or Baby Boomers? If so, what are these differences?
5. Will there always be a culture of drinking in the United States as well as in the author's homeland, the United Kingdom? Why or why not?
6. In what ways did the author's relationships with her friends change when she became sober? How does "social drinking" promote but also harm friendships?
7. How did the author use alcohol to cope with existing stressors and trauma in her life? What new harms did alcohol cause in her life?
8. In what ways does the author utilize social media and humor to support her recovery?
9. After reading this book, what new knowledge can you employ to support a loved one who is in recovery?

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