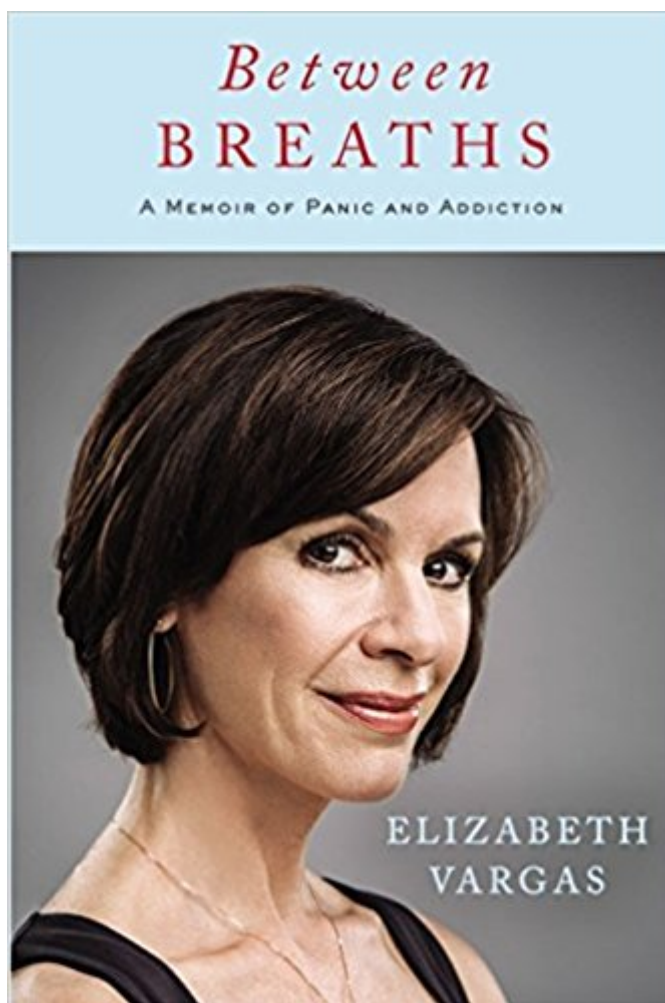


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# Between Breaths: A Memoir Of Panic And Addiction



## Synopsis

Winner of the Books for a Better Life Award in the First Book category |

## Book Information

Hardcover: 256 pages

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Average Customer Review: 4.6 out of 5 stars 579 customer reviews

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## Customer Reviews

"Read this book. If you love the sunrise and you want to see courage-the kind that stumbles and falls but rises and rises again. With love of family. And work that saves. My dazzling friend and colleague, Elizabeth Vargas, has stared straight into the lethal heart of addiction with the eye of a fearless journalist. She has written a book for us all about truth, bravery, and the hope that a new day brings."~Diane Sawyer  
"What my colleague Elizabeth has produced is not only a compelling read but also an act of true courage. This book is going to help a lot of people."~Dan Harris, author of 10% Happier

Elizabeth Vargas is the Co-anchor of 20/20 on ABC News. She resides in Manhattan with her two children.

Elizabeth Vargas has been a favorite journalist of mine for years. I've always thought she was so elegant, classy, and well spoken with just a hint of vulnerability. I've followed a lot of the stories she's reported on and always look forward to seeing her when I tune into 20/20. I was quite shocked to learn in 2014 that she was struggling with alcohol addiction and was in rehab. I was tuning into a 20/20 episode when her colleague announced it on air as he gave her words of encouragement and

support from him and others from ABC. I was really taken aback. Elizabeth always seemed so poised and "together". I just really could not reconcile this addiction with the elegant woman I tune into every Friday night. I have eagerly awaited this book since her interview with Diane Sawyer on Friday, Sept. 9th. I pre-ordered it on . Only had to wait three days and started reading it at about 9:15 pm on Monday night. I found her story to be fascinating. She is open and honest about her lifetime struggle with anxiety. She used alcohol to ease that anxiety in her later years. It worked at first, but later, just made the problem worse, as it always does. She is honest and very candid. I was rooting for her the whole time I was reading and still am! What a lovely woman. I wish her all the best! Highly recommend this book!

Inspiring story. Elizabeth has told my story too, and that of so many alcoholic mothers. The shame, guilt, remorse are what leads to our next drink. I suffer from anxiety and depression and have for most of my life. I want to embrace Elizabeth and tell her "to keep coming back..." Thank you for a wonderful share.

Inspired by a woman who so carefully held it all together while falling apart inside. Respect!

Five stars. Elizabeth went to hell, and back. Several times. This book is beautifully written, heartfelt, and took a hell of a lot of courage on her part, to write. I couldn't help but shake my head at her husband's actions while she was in rehab. Granted, we don't have all of the facts, but it seemed so absolutely heartless to have an affair while she was in rehab, fighting for her life. I just wanted to give Elizabeth a hug, throughout. It's a hell of a struggle, being an alcoholic, and coupled with anxiety, well, she sure as hell fought like hell to come back. Well done and best wishes to you, Elizabeth. Keep on fighting.

How many people this very second walk in the same shadow as Elizabeth? Her story helps those who struggle with one or both of these dreadful diseases to know how to cope. Maybe not in the same way she did. But to know we are not alone and there is help no matter if you are rich or poor. Great Read.

I've always liked Elizabeth since she began on NBC. She really opens up in this book and despite her insecurities and self-doubt, she emerges as a victor over alcohol. She demonstrates that seemingly having everything in life isn't enough to beat addiction. We are all battling something. It

takes work and dedication! Congratulations to Elizabeth! She truly is a remarkable woman!

Was a good book..and helpful too...interesting...Only 4 stars as there was no photo of her first son...Ms Vargas shared only what she wanted to share ...and that OK its her story

I really enjoyed Between Breaths. I thought Elizabeth Vargas did an excellent job explaining the root cause of her alcohol problem and taking the reader back to her childhood days where these problems first manifested themselves. I was very impressed that Ms. Vargas did not take this opportunity to write a 'tell all' that revealed other peoples problems. She does not name names, even though she knows we can all go Google this information. I pray that each day Ms. Vargas finds the strength and courage she needs to battle her disease. I pray that in the years to come her sons will be blessed with love and wisdom and that they share their forgiveness with their Mom and I hope that she will be able to accept it when it is given. The book is an excellent read. It is enlightening and entertaining. It's honest and real.

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