



Cleaning Up: How I Gave Up Drinking and Lived

Tania Glyde

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Imagine not drinking a bottle of wine before making a pass; not moving in like a starving cat when someone is at the bar; not apologising for something you don't remember doing. Once upon a time, Tania Glyde couldn't imagine living any other way. She wondered whether she had a problem, but so many people drank more and as a clock-watching 6pm-er who hardly ever threw up in public, by general standards she was fine - despite the constant hangover and the bottle of vodka stashed in her handbag.

At the end of a 23-year love affair with alcohol, Tania Glyde remembers her inner white wine witch. Exposing the culpability of the drinks industry, the enabling qualities of Class As and our powerful sense of entitlement to drink until we fall over, *Cleaning Up* examines a moral panic of our time, exploring why women drink, how to stop and what life after alcohol is really like.

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