



# **An Evening With Bryony Gordon**

**Wednesday, August 19, 2020  
1:30 P.M. - 2:30 P.M.**

The bestselling author takes us on a journey to the darkest moments of her addiction and back up again through the rollercoaster of self-acceptance, friendship, and love. Bryony Gordon is a respected journalist, a number-one bestselling author and an award-winning mental health campaigner. She is also an alcoholic.

In this livestreamed conversation with journalist and Times Radio presenter Hannah MacInnes, Bryony will open up about a toxic twenty-year relationship with alcohol and drugs and explains exactly why hitting rock bottom – for her, a traumatic event and the abrupt realization that she was putting herself in danger, time and again – saved her life.

Known for her trademark honesty, Bryony will re-live the darkest and most terrifying moments of her addiction, never shying away from the fact that alcoholism robs you of your ability to focus on your family, your work, your health, your children, yourself. And then, a chink of light as the hard work begins – rehab; AA meetings; endless, tedious, painful self-reflection – to a joy and pride in staying sober that her younger self could never have imagined.

Shining a light on the deep connection between addiction and mental health issues, this livestream promises to be shocking, brutal, dark, funny, hopeful and uplifting.

Access to the livestream is \$5.00, or free with a copy of Bryony's new book, **Glorious Rock Bottom**. Books will be shipped within two weeks after the event.

**To register, go to:**

[https://www.howtoacademy.com/events/an-evening-with-bryony-gordon/?mc\\_cid=e2e66962f2&mc\\_eid=f0461f00ee](https://www.howtoacademy.com/events/an-evening-with-bryony-gordon/?mc_cid=e2e66962f2&mc_eid=f0461f00ee)