



Loaded: Women and Addiction

Jill Talbot

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Having an addiction can follow the path of a great relationship that goes sour: there's the first blush of romance, the seduction ("you know you want to"), and the downward spiral into either obsession or breaking free.

Jill Talbot is no stranger to addiction. Part autobiography, part exposé, *Loaded: Women and Addiction* weaves Talbot's own battles with addiction with various addiction stories of other women. The result is a captivating, honest look at the allure of addiction—be it to sex, drugs, alcohol, food, adventure, or infidelity—and ultimately its betrayal.

Though addiction can be seductive, if you're waking up with guilt or making choices that harm others, it's probably a clue that things are out of control. Throughout *Loaded*, Talbot's razor-sharp honesty, heartbreaking self-awareness, and resolve to reveal the difficult truth of her relationship with past and present addictions is humbling and sometimes gut-wrenching. In sharing her struggles and her resolve to attain control over her addictions, Talbot speaks her truth while sending a message of hope to women everywhere.

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