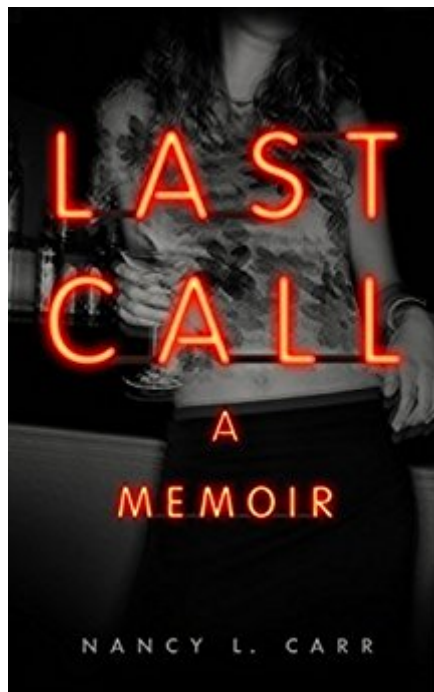


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# Last Call: A Memoir



## Synopsis

Memoir Synopsis  
That evening I wanted to go to a teenage party, and I wanted to drink alcohol, the grownup beverage of choice, the potion glamorized on TV and in movies, the stuff the older cool kids were drinking every weekend. I wanted to be cool. I wanted to fit in. Whatever it took. • She was attractive, popular and determined to grow up in a hurry. How would she have known that at age thirteen, during her first teenage drinking party, her life would play out in such a way that it would rule her life decisions going forward? The handsome boys and pretty girls were guzzling a certain punch, and she wanted to be like them. Tentatively, she ladled the jungle juice from the punch bowl and had her first sip of alcohol. She wanted more. It couldn't have come at a better time. This is what she'd been searching for – relief. Instant relief. Getting drunk becomes her rite of passage as she careens through junior and senior high school caving in to peer pressure for her need to feel accepted. Through secretarial school and early jobs, her twenties are a blur. Quicker than she can take a tequila shot in a Mexican café, change her lovers weekly, and party with the dregs of society, as well as the socialites and future executives – Nancy finds a lifestyle that seems to work for her. She continues on and drinks and uses cocaine through the snows of Aspen, the desert heat of Scottsdale, the California coast and her Pennsylvania homelands, only to find herself alone and desperate in her quest for love and her own identity. Milk, she decides, has a longer shelf life than her romantic interludes. Surfer Boy, Boston Boy, Blondie Boy. Her big question becomes, who is going to marry her? As she approaches her early 30s, she thinks getting married will fix her. I am sitting on my couch finishing up a second bottle of Two Buck Chuck, watching Sarah Jessica Parker on Sex and the City, crying and wondering why I'm still single. I understand why Sarah is single. She spends too much money on shoes, and no one wants to marry a shoe whore. She had the perfect man too. She was a fool to let Aidan get away. Ever since high school the perennial question from my parents and friends was always the same, Are you going to marry him? • It never occurred to Nancy to blame her loneliness on her beverages of choice. She'd kept her career going. She wasn't an alcoholic. In fact, she relished hearing confessions of real alcoholics so she could assure herself that they – and not she – had a problem. Hello, Black Kettle? This is Pot calling! Terribly alone after receiving her second DUI at age 37, Nancy experiences a moment of clarity. She's been looking for answers everywhere but the place she least wants to examine: the mirror. What glares back at her is over twenty-four years of living life in the fast lane, zooming by all the red flags. • Sitting in the jail cell I thought about hitting bottom. I could stop digging now. My life couldn't get any worse. How could years of my free-wheeling lifestyle as a partier, mainly a social drinker, bring me to this place? • Compelled by a

judge, Nancy walks into an Alcoholics Anonymous meeting and begins the hellacious journey of rethinking her life to finally find what sheâ™d been searching for â “ her true self. Now sober for over ten years, married and with a thriving career, Nancy wants to tell other young women what she wishes someone had told her.

## **Book Information**

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## **Customer Reviews**

I am newly sober and have been reading many addiction memoirs. Many of them have a very sad and desperate tone to them (which addictions have, there are no illusions about that!) I read Last Call at the same time as Elizabeth Vargas: Between Breaths (another excellent memoir, yet truly sad and heavy). What I enjoyed about Nancy Carr's book is the honesty of her story of the chaos that accompanies alcohol and cocaine addiction. She writes the truth that there are some really funny and crazy times that come with this chaos (loved the men stories, as a single former hard partying straight woman I could completely relate). The fun was fun, until it's not fun any more. Her rock bottom was a second DUI. Mine was a Pool Boy (oh yes, she has names for hers too "Limo Boy, Old Tom, Young Tom, Beantown etc...). I also like how she doesn't seem to beat herself up in recovery - we do that enough in addiction, thank you. She tells her story with humor and wit. It is a

quick and fun read.

Nancy's story begins as a multi-state, crazy romp as she hops from bed to bed, starting her love affair with booze and "Joey," the name she gives to cocaine. It's all silly fun and games until she crashes HARD with her second DUI. The second part of the story deals with her recovery in 12 step meetings. In her down-to-earth style of writing, Nancy offers her experience, strength, and hope to others who find themselves relating to her very relatable story. I felt like Nancy was telling her story to me, as a friend in recovery. Do yourself a favor and read this book. It may even save your life.

Last Call made me want to hang out and be friends with Nancy Carr. Her story is so relatable and she tells it in a engaging and straightforward style. No self-pity here. Just a direct account of what the spiral into addiction looks like and what a path to recovery can look like. She's insightful and funny, able to look at herself in a true way that will no doubt help others look at themselves. A must-read for those touched by the disease of addiction, whether they're an alcoholic, addict, family member or friend.

Loved this book! I could identify in so many ways with the author. The cold, hard truth about relationships gone bad because of alcohol, always searching for happiness and then numbing it out when we don't find it or somehow manage to sabotage it... As she turns a corner for the better - choosing sobriety- it gives you hope that no matter how far gone you feel there is always hope and help whether through AA or just the support of family and friends.. Great read and I highly recommend!

Great book depicting what life is like as an alcoholic. There were many similar things to my own life story, as I too was a raging alcoholic until I got sober at the age of 35.....it's now been 5 years since I've had a drink.

"Last Call: A Memoir" is a fast paced recall of the frenzied chaotic lifestyle of author Nancy Carr (with James Steen). Easily bored, Carr began drinking heavily as a young teen in search of excitement, fun, and good times. As she progressed further into dependence on alcohol and drugs, these times increasingly seemed out of reach as she searched for her next high. From a upper middle class family in Pennsylvania, many of her vacations were spent at an Aspen ski resort with her affluent friends. A teen friend introduced Carr to cocaine during a visit in California. Although her

parents would later divorce, she maintained good relationships with both her mother and father. Carr discarded her first teen love, breaking his heart. Today, he is a happily married family man and company CEO. Carr was truly perplexed as to why she never received any marriage proposals from her numerous lovers and live-in relationships. By her thirties her friends and family members were getting married and starting families, she was acutely aware this wasn't happening for her. Often during or after a party she would black out, or, another time, she found herself 150 miles from home and no money to return. Carr lost many jobs, had frequent moves. There was an constant edginess and instability in her professional and personal life. At age 37, after Carr's second DUI landed her in jail, she resolved to join Alcoholics Anonymous and get clean and sober. The PAWS (post alcohol withdrawal syndrome), the short term memory loss, functioning in a mental fog at 1/2 capacity, the cult of the "unmanageable life" defined by AA "engulfed" her, as she made amends to family and friends. This is also a story of redemption and resiliency, and offers hope and inspiration whether one struggles with alcohol or chemical dependency issues or not. There were numerous helpful references and resources listed.

Last Call is an engaging work, that elicits every possible emotion in the reader. Carr's description of her walk through alcoholism/addiction is brutally honest and relatable. Kudos to the author for her successful recovery!

The book really captures the denial and cycle of insanity that addicts live in every day. It should come across to those in recovery as a gentle reminder of the bulls\*\*\* they left behind and as a message of hope to addicts that they can leave that life behind and be happy sober.

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