

Tonight at 10: Kicking Booze and Breaking News



Tonight at 10: Kicking Booze and Breaking News

by Courtney Friel

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3172 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 152 pages
Lending	: Enabled



In her new book, *Tonight at 10: Kicking Booze and Breaking News*, award-winning journalist Trish Regan shares her inspiring journey of breaking free from alcohol addiction and finding her true voice in the world.

With raw honesty and humor, Regan reveals the challenges and triumphs of her recovery, and the lessons she learned along the way. From her early days as a hard-drinking reporter to her eventual decision to get sober, Regan's story is a testament to the power of hope and the human spirit.

Regan's journey is not just a personal one. It is also a story about the challenges facing women in the workplace, the importance of mental health, and the power of speaking out about our struggles.

In *Tonight at 10*, Regan shares her insights on these important issues, and she offers hope to anyone who has ever struggled with addiction or adversity. This is a must-read for anyone who wants to live a more fulfilling and authentic life.

Praise for *Tonight at 10*

"Trish Regan's story is an inspiration to anyone who has ever struggled with addiction or adversity. Her raw honesty and humor will resonate with readers, and her insights on the challenges facing women in the workplace, the importance of mental health, and the power of speaking out about our struggles are invaluable." - **Ann Curry, former anchor of NBC Nightly News**

"Trish Regan is a powerful voice for recovery. Her story is a reminder that we are all capable of overcoming our demons and living full and meaningful lives." - **Russell Brand, comedian and author**

"*Tonight at 10* is a must-read for anyone who wants to live a more fulfilling and authentic life." - **Jenna Lyons, former president and executive creative director of J.Crew**

About the Author

Trish Regan is an award-winning journalist, author, and television host. She is the former host of the Trish Regan Show on Fox Business Network and the former editor-in-chief of ForbesLife magazine. Regan is a graduate of the Columbia University Graduate School of Journalism and the University of California, Berkeley. She lives in New York City with her husband and two children.

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Tonight at 10: Kicking Booze and Breaking News is available now on Our Book Library, Barnes & Noble, and other major retailers.

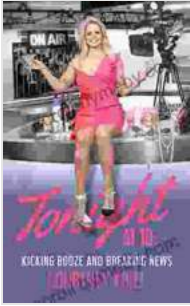


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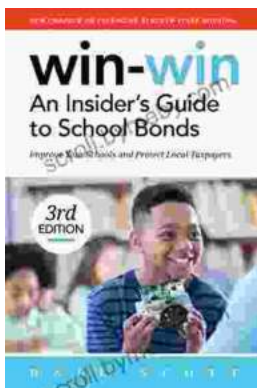


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