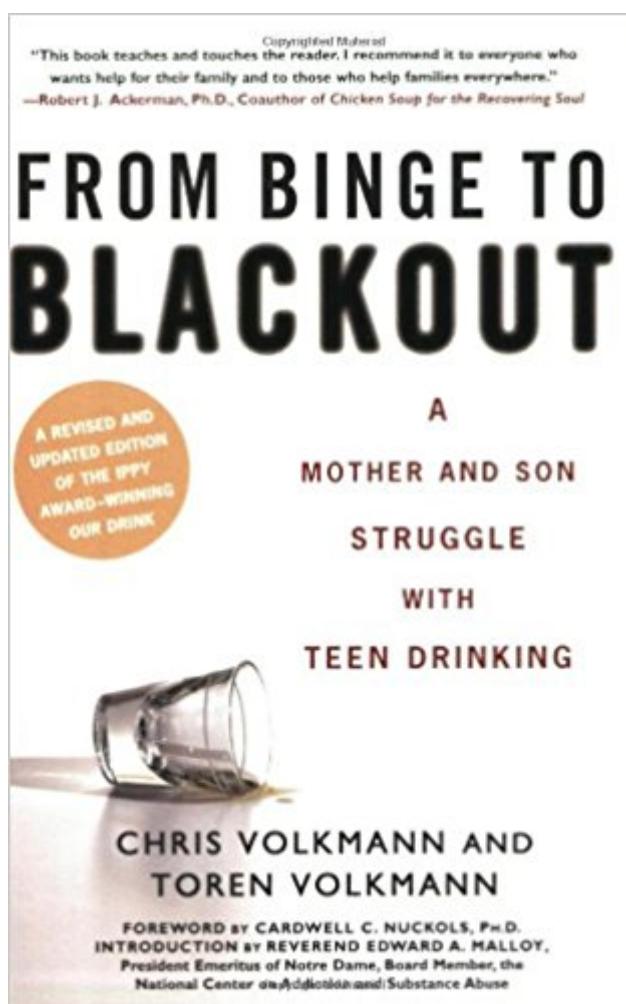


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# From Binge To Blackout: A Mother And Son Struggle With Teen Drinking



## Synopsis

Throughout his college years, Toren Volkmann partied like there was no tomorrow, having what was supposed to be the time of his life. Like so many parents, his mother, Chris, overlooked Toren's growing alcohol problem. But when he graduated, Toren realized he'd become a full-blown alcoholic. And he was not alone. Considered a rite of passage, teenage drinking has skyrocketed to epidemic proportions, fostering a generation of young adults whose lives are already beginning to come apart under the strain. This book, written from the viewpoints of both mother and son, is a riveting, enlightening, and heartbreakingly true story of a family that was able to confront the fear, pain, and denial that threatened to destroy them "and survive the epidemic of teenage drinking that's putting America's future at risk.

## Book Information

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## Customer Reviews

âœAn important book for every parent of a teenager.â This fearless and searching diary brings the reality home that alcohol does not care who it conquers.â From Binge to Blackout offers honesty, hope and hands-on guidance for parents and teens to make empowering choices.â "Marci Shimoff, co-author of Chicken Soup for the Woman's Soul, recommends this book to parents, students, and anyone interested in the current alcohol culture in which many of today's young people have become so entrenched. The dangerous attitudes and behaviors towards alcohol that many are exhibiting are a threat to the future of our children. I admire the courage it took Toren to recognize and overcome the devastation that alcohol was having on his life before it was too late.

We challenge each of you to be aware of alcohol abuse and to educate yourselves and your children about the potential deadly consequences. It cost our family the ultimate, as our daughter, Samantha, died in September, 2004 of acute alcohol poisoning. Our goal is to prevent another family from having to endure the pain of losing a child in such a senseless and preventable manner.â •â "Patty Spady, mother of 19-year-old Samantha Spady, a student who died of alcohol poisoning at Colorado State University

Chris Volkmann, a former classroom teacher, lives in Olympia, Washington. Chris stepped away from her career to parent three sons. She attended Torenâ™s college graduation having no clue her son was part of a not-so-hidden epidemic. She shares what every parent thinks but cannot always say. Toren Volkmann (BA in psychology, former Peace Corps volunteer) lives one day at a time after successfully completing rehab and a six-month residence in a Florida halfway house.

Having navigated through the rocks and landmines of parenting three boys through adolescence, I know that drinking, at least occasionally, can be a part of the journey. We never encouraged it, never "enabled" it, never denied it. But we sure worried about it. My personal take is that teen drinking, especially among boys, is increasing. This book is one that I'd recommend for nearly ANY parent or teen to read. Told from the perspective of both the teen drinker and his mother, it is honest, open and direct. All the stages are discussed candidly, from early experimentation to full-blown blackouts, the shakes, detox, etc. Warning signs are spelled out. Finally, the dangers of teen drinking are noted. Teens are at an increased risk of permanent brain damage from their drinking, according to some experts. This is something a lot of people don't know - or deny. Anyway, this is a wonderful book, very well-written and one I could not put down.

I bought the book after hearing Toren and Chris on a talk show. I grew up as a nerd and never saw drinking or drugs with my group of friends. Now I have a teenager of my own. I am afraid that he and his friends are now drinking. This book gives me some insight into their thought process (or lack of it). It also provides help for parents. I found the resources very useful. I am going to suggest to our high school that the Torens come and speak to both our teens and their parents. It's a scary and dangerous time and I am grateful for any help!

From Binge to Blackout by Chris Volkman and Toren Volkman has been selected by the board of directors of Parents Helping Parents, Inc. [...] as the book of the quarter .Our organization selects

books that will give families a fresh and unique insight into the disease of addiction and this book does a fantastic job of educating families through the shared experiences of the mother and son. Respectfully, Pat Nichols, Chair Edmond Ok Chapter of Parents Helping Parents, Inc.

Real life and close to the issues that I was looking to resolve.

Enjoyed the book and wish your family the best, and thank you for sharing your story through your book. :)

This book was somewhat useful for my research paper on underage drinking. It opened my eyes to the severity of just drinking alcohol and the effect it has on my peers. Despite that, I felt at around page 200 that the book could have been summed up and done with. Many parts were milked and I felt that was unnecessary. Reader be warned: you're in for an interesting, but long ride.

Wonderfully written, inspirational and a must read for all parents of high schoolers. We must awaken to the severity of teen alcohol use and abuse and this personal account brings the reality to life. This book reminds us all that we can no longer bury our heads in the sand and assume drinking is "just part of growing up". Thank you for writing this book and sharing your story!

good read

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