

“Read this book. If you love the sunrise and you want to see courage—the kind that stumbles and falls but rises and rises again. With love of family. And work that saves. My dazzling friend and colleague Elizabeth Vargas has stared straight into the lethal heart of addiction with the eye of a fearless journalist. She has written a book for us all about truth, bravery, and the hope that a new day brings.”

—DIANE SAWYER

READ BY THE AUTHOR
A MOVING STORY OF
ANXIETY, ADDICTION, AND RECOVERY

Elizabeth Vargas, the barrier-breaking co-anchor of ABC's *World News Tonight* and *20/20*, bravely revealed that she is an alcoholic during a televised interview in 2014. But what most people don't know is that Elizabeth has suffered from acute anxiety since childhood, and that after years of silent struggle, she turned to alcohol for relief.

BETWEEN BREATHS is the story of Elizabeth's lifelong battle with the condition, how it began at the age of six when her father was sent to the war in Vietnam, and how it continued to plague her, even as she rose to the top of a profession requiring flawless poise under pressure. She chronicles her desperate attempts to conceal the terrifying panic attacks that gripped her while reporting on some of the biggest stories of her career, and she describes her descent into alcohol dependence and deception, and finally, her redemption through rehab, and learning how to better live with her condition.

Harrowing and inspirational, *BETWEEN BREATHS* re-creates the nightmare of enduring a hidden psychological torture and a secret, crippling addiction in front of an audience of millions. It is an odyssey of illness, isolation, and recovery unlike any other, told with candor and eloquence by one of network television's brightest stars.

ELIZABETH VARGAS is the co-anchor of *20/20* on ABC News. She resides in Manhattan with her two children.



Running Time: Approx. 5.5 Hours • Unabridged

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A MEMOIR OF
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