



Double Double: A Dual Memoir of Alcoholism

Martha Grimes, Ken Grimes

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“We were sitting in a coffee shop talking, looking at the view of downtown Charlottesville, Virginia. This was ten years ago, and we had both been off alcohol for more than a decade. We were disagreeing about the best way to stay sober when my mother said, ‘I think we should write a book about alcoholism.’

“I sat back. ‘We?’

““Both of us. Two points of view.”” —from the Foreword

Double Double is a unique, dual memoir of alcoholism, a disease that affects nearly 45 million Americans each year. People who suffer from alcoholism as well as their families and friends know that while it is possible to get sober, there is no one “right” way to do this.

Now, award-winning mystery writer Martha Grimes and her son, Ken Grimes, offer two points of view on their struggles with alcoholism. In alternating chapters, they share their stories—stories of drinking, recovery, relapse, friendship, travel, work, success, and failure.

For Martha, it was about drinking martinis at home, sometimes with friends, sometimes alone. For Ken, it was partying in bars and clubs. Each hit bottom. Martha spent time doing outpatient rehabilitation, once in 1990 and again two years later. Ken began twelve-step recovery. This candid memoir describes how different both the disease and the recovery can look in two different people—even two people who are mother and son.

Double Double is an intensely personal and illuminating book, filled with insights, humor, a little self-deprecation, and a lot of self-evaluation. Anyone who has faced alcoholism will identify with parts of this book. All readers will find these pages revealing, moving, and compelling.

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