



Night Train to Umea

Dolores Anderson

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A vivid and sometimes humorous story of how the author's alcoholism developed and how she finally "hit bottom." Read how the horrendous ending of her fourth marriage and subsequent voluntary relinquishment of her children did not have a sufficient impact on her drinking, and what finally did get through the fog. The author tells about many gifts of sobriety, including a trip to Sweden, where she has an experience that amazes her. Like a train coming out of a tunnel, she views her life journey as coming out of the fog of alcoholism into a spiritual enlightenment. Anyone who has experienced this disease will relate to this book, and maybe find hope.

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