“Women might want to think before they drink, observes Stewart, a professor of sociology, as she presents a compelling case for abstaining in this heavily footnoted book. Unfortunately, more women are indulging, despite alcohol use being linked to breast cancer, psychiatric disorders, infertility, and reproductive problems. Why? Among other things, movies and social media portray imbibing as fun and funny. Amy Schumer guzzles boxed wine in Trainwreck, stressed-out moms post joky videos about partaking on TikTok, glamorous Sex and the City featured four educated career women downing cosmos, and Hoda Kotb and Kathy Lee Gifford drank wine at 10 a.m. on Today. Grocery stores sell cinnamon- and tangerine-flavored vodkas, book clubs morph into wine clubs, and memes show images like, “Today’s forecast: 99% chance of wine,” and “I make pour decisions.” Stewart, who wants to understand why more women are drinking, interviews many during the summer of 2019, pre-pandemic, then follows up with an online survey in June 2020. And yes, nearly two-thirds reported drinking more since the beginning of the pandemic. Important and informative.” -Booklist