

Astoria author shares stories of addiction in new book

‘Our Society: Addiction and More Uncovered’ features 50+ interviews

BY SARAH DOYLE

Gabriella Kőrösi often sits on her back porch in Astoria and observes hummingbirds — hearing their rapid heartbeats and watching them vigorously flap their wings. She relates hummingbirds to people who struggle with addiction, as hummingbirds have to struggle every day to survive, requiring nectar frequently and often dying in their first year of life.

‘Our Society: Addiction and More Uncovered’

Available at [amazon.com](https://www.amazon.com)

“You would save a bird, right? So, do the same for a human being,” she said. In December, Kőrösi self-published “Our Society: Addiction and More Uncovered.” The book culminates months of interviewing more than 50 individuals from around the U.S. and a handful of other countries. Each story delves into what addiction is and how it impacts the lives of those closest to the disease. One anecdote is of Kőrösi’s own life — she recalls losing her uncle in a drunk driving accident at a young age. As addictions continue to claim more lives in the United States, Kőrösi saw the research but felt the numbers have never shown the full picture. She worked for 8 years in addiction recovery at Swedish Medical Center in Seattle and saw the struggle of addiction firsthand. The stories she heard from those in recovery changed her perceptions of addiction. She hopes sharing stories in her book can do the same for others. “I had the misconception that most people could just stop using, or that most of the people that you see on the street want to be there,” Kőrösi said. “I didn’t realize how hard it is to get out of it ... until I was working in it.” Kőrösi was determined to share stories of addiction from multiple perspectives, such as families, friends and healthcare professionals including nurses, doctors, counselors and social workers — and importantly, those suffering from addiction. She felt that weaving all these real-



Gabriella Kőrösi

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