

HANGOVERHEADLINES.com Launches: The First Humor-Driven Digital Magazine Promoting Alcohol Abstinence & Recovery

New Recovery Humor Publication Fills Critical Gap in Addiction Recovery Media – Delivering Laugh-Out-Loud Drunk Tales and Thoughtful Insights to Support Sobriety Across America

Williamsport, Pennsylvania Jan 29, 2026 ([IssueWire.com](https://www.issuewire.com)) - HANGOVERHEADLINES.COM, a groundbreaking monthly digital magazine, has officially launched to address a major void in the addiction recovery community: the lack of outlets that explore alcohol abstinence and recovery through brutally honest, laugh-out-loud storytelling.

Founded in December 2025 by journalist and Editor-in-Chief Chris Benson—author of the forthcoming book [Reporting from Detox: A Journalist's Guide to America's Addiction & Mental Health Crisis—and the Power of Community to Transform](#)—HANGOVERHEADLINES.com serves as America's go-to hub for stories from the hangover hall of fame, dark humor rooted from lived addiction experiences, and uplifting narratives that celebrate sobriety without dwelling on despair, and mock the U.S. alcohol industry.

"When my brain finally cleared after years of heavy drinking, I became obsessed with how people actually reach and sustain recovery," said CHRIS BENSON, Editor-in-Chief of HANGOVERHEADLINES.com. "And what I discovered was there remains a lack of publications which tackle the idea of recovery in a way that pulls readers beyond topics of human misery—and the best way to do that is to deploy humor. We exist in an era where long-accepted treatment practices should guide us, not hold back progress."

"Research shows humor can reframe negative experiences, reduce stress, build social bonds in recovery groups, and even support long-term abstinence — yet few publications embrace it. In 2026, we need content that meets people where they are: ready to laugh at the absurdity while moving toward sobriety," added BENSON. "We aim to reframe the narrative that hilarious stories from drunken encounters aren't wasted—they can educate, inspire growth, and entertain."

Recent studies, including qualitative research published in the [Journal of Substance Use and Addiction Treatment](#), highlight how humor helps individuals in recovery reframe dark moments, lower tension, and foster connections in settings like 12-step programs. Experts describe the thoughtful use of humor in addiction recovery as "worthy of further investigation," noting its potential to promote laughter, learning, and mirth while aiding sobriety journeys.

According to the latest data from the [National Institute on Alcohol Abuse and Alcoholism](#) (NIAAA) and the 2024 National Survey on Drug Use and Health (NSDUH), more than 27 MILLION Americans ages 12 and older had alcohol use disorder (AUD) in the past year — underscoring the urgent need for innovative, accessible approaches to promoting alcohol abstinence.

A [Gallup poll conducted in August 2025](#) found that alcohol consumption among Americans had fallen to record lows.

HANGOVERHEADLINES.com sources authentic, deeply personal stories from everyday Americans navigating addiction or thriving in recovery — and compensates contributors with modest fees, providing meaningful opportunities during a challenging time.

"When Chris pitched HANGOVER HEADLINES, I was immediately on board," said MARISA SHAFFER, Certified Recovery Specialist (CRS) and Acquisitions Manager. "We hear endless tragic tales of addiction, but rarely celebrate the downright ridiculous, hilarious moments. This platform lets people laugh at the stupidity we survived under the influence — and that relatability can be incredibly healing."

SHAFFER added: "At the end of my own dark road, looking back, some moments were pure comedy. Sharing that dark humor in recovery helps others see they're not alone—and that laughter builds the bonds that keep us sober."

Operated by a dedicated team of people in recovery and based in Williamsport, Pennsylvania, HANGOVERHEADLINES.com believes humor can hit harder than a hangover. The publication aims to inspire and support alcohol abstinence through accessible, humorous, honest, human-driven stories that serve the greater good.

Visit HANGOVERHEADLINES.COM today to explore the latest issue, submit your own story, or subscribe for monthly doses of recovery humor that entertains, connects, and empowers.

Discover a passage from **Reporting from Detox** by Chris Benson—[click here to read!](#)

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