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American Drug Addict Spent Memoirs of an Addicted Brain Portrait of an Addict as a Young Man Apology to the Young Addict In My Skin Memoirs of an Addicted Brain How to Grow an Addict More, Now, Again Trapped Skinful As Needed for Pain Insatiable The Taste of Cigarettes Strung Out Everything I Never Wanted to Be How to Murder Your Life Addict Chick UnCaged The Los Angeles Diaries Good Morning, Destroyer of Men's Souls Between Breaths Saving Sara What's Left of Us Good Morning, Destroyer of Men's Souls Dreamseller How to Grow an Addict The Mindful Addict The Urge The Book of Drugs Broken The Addict with a Thousand Faces The Recovering Helping the Addict You Love Addicted to Danger Never Enough Painkiller Addict Beautiful Things How to Murder Your Life United States of Grace Confessions of a Street Addict

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse. Cramer takes readers on a no-holds-barred tour of life on Wall Street--revealing how the game is played, who breaks the rules, and who gets hurt. I crush up my pills and snort them like dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, *Prozac Nation*, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressant medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. *More, Now, Again* is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her

life. As honest as a confession and as heartfelt as a prayer, *More, Now, Again* recounts a courageous fight back to a life worth living. *The Addict with a Thousand Faces* is an adventurous memoir of Jacob O'Cain's heroic journey of transformation. Unbound, he travels from the safety of the suburbs to the unknown world of Peru and the Amazon Jungle in hopes to navigate the polarity of good and evil within. Along the way, he makes frequent visits to mental hospitals and drug rehabs, but his will to live in freedom is ever present. Jacob gives a voice to the inner forces that help and haunt him: While *That Voice* attempts to coax him into a life of decadence, the Old Man stands by his side, armed to guide him toward liberation. His story of drug addiction, recovery, and the Hero's Journey highlights what it means to be a human struggling to get out of his own way and learn the lessons that darkness has to teach. *The Addict with a Thousand Faces* captures the author's raw determination like lightning in a bottle on display for all to see. The gripping narrative will keep you enthralled and play with your emotions. Enhanced by questions for group discussion, the book also serves as a workbook—a tool for healing and communication about drug addiction, recovery and the human condition. "This lyrical testament to life as 'a blind date with mercy' will challenge and inspire."--Publishers Weekly [Starred Review] In 1991, when he was 13 years old, Lenny Duncan stepped out of his house in West Philadelphia, walked to the Greyhound station, and bought a ticket--the start of his great American adventure. Today Duncan, who inspired and challenged audiences with his breakout first book, *Dear Church*, brings us a deeply personal story about growing up Black and queer in the U.S. In his characteristically powerful voice he recounts hitchhiking across the country, spending time in solitary confinement, battling for sobriety, and discovering a deep faith, examining pressing issues like poverty, mass incarceration, white supremacy, and LGBTQ inclusion through an intimate portrayal of his life's struggles and joys. *United States of Grace* is a love story about America, revealing the joy and resilience of those places in this country many call "the margins" but that Lenny Duncan has called home. This book makes the bold claim that God is present with us in the most difficult of circumstances, bringing life out of death. Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found methamphetamine and LSD and heroin. He sniffed nitrous oxide in Malaysia and frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most addicts: into a life of addiction, desperation, deception, and crime. But unlike most addicts, Lewis recovered and became a developmental psychologist and researcher in neuroscience. In *Memoirs of an Addicted Brain*, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind. He explains the neurological effects of a variety of powerful drugs, and shows how they speak to the brain—itsself designed to seek rewards and soothe pain—in its own language. And he illuminates how craving overtakes the nervous system, sculpting a synaptic network dedicated to one goal—more—at the expense of everything else. From the New York Times bestselling author and former beauty editor Cat Marnell, a "vivid, maddening, heartbreaking, very funny, chaotic" (*The New York Times*) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at *Lucky*, one of the top fashion magazines in America—and that's all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a "doctor shopper" who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell's amphetamine-fueled rise from intern to editor through the beauty departments of *NYLON*, *Teen Vogue*, *Glamour*, and *Lucky*. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors' offices and mental hospitals, Marnell "treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist" (*The New York Times Book Review*) what it is like to live in the wild, chaotic, often

sinister world of a young female addict who can't say no. Combining "all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer's true-life journey to recover her former health, happiness, ambitions, and identity" (Harper's Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary. A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out. WINNER OF THE BIG RED READ PRIZE FOR NON-FICTION IN 2013. Cathryn Kemp was a successful travel journalist who was struck down by a life-threatening illness, pancreatitis. After four years of operations and mis-diagnoses she left hospital with a repeat prescription for fentanyl, a painkiller 100 times stronger than heroin. Within two years she was taking more than ten times the NHS maximum, all on prescription. Her family struggled to understand; her boyfriend left her, she hit rock bottom. Discovering she had only six months to live if she didn't give up the drugs she sold everything she owned and checked into rehab. In the addiction treatment centre she was told that she was unlikely to recover from 'the highest level of opiate-abuse in the clinic's history'. To everyone's amazement, she proved them wrong. This is an extraordinarily poignant, vivid and honest memoir. Based on the twenty-four diaries that the author kept during this period, we travel with Cathryn through her hospital agony, descend with her into the hell of addiction and cheer her as she pulls herself out and upwards. It is a love story, a horror story, a survival story, and one that shows only too clearly the very real dangers of the over-prescription of painkillers and tranquillisers. There is also a resource section for sufferers and their loved ones. This is the frank, harrowing, and true story of one young woman's descent into addiction and prostitution, and the long arduous struggle to reclaim her life. A shy, bookish college graduate, a nice girl from a solid middle-class home but uncertain of her way in life, Kate Holden tried her first hit of heroin as a one-time experiment—an adventure with friends—but the drug took over. Hooked, she lost her job and her apartment, and she stole from her family. Desperation drove her onto the streets, where she became "Lucy," offering her body for cash to the first car to stop, risking arrest and, worse, the human predators—anything for her next fix. With her name on the police blotter, she eventually left the streets and offered her services to a high-class brothel. There she discovered hidden strengths, as well as parts of herself that frightened her. Throughout, however hurt and dismayed, her family never abandoned her, and their acceptance and unyielding love helped her defeat the drug and leave her netherworld behind. In taut, devastating prose, Kate Holden recounts her journey with an emotional honesty and genuineness that will leave no reader untouched. Who hasn't sometimes wanted to change their life and start over? When Robyn Flemming left Australia to wander the world as a nomadic freelance editor, she was single and nearing sixty. It wasn't the first time she had shed an old skin for a new one in the hope of changing who she was on the inside. Was her decision to risk everything yet again an act of faith or of folly? Was she running from the truth about her dependence on alcohol, or running towards a solution? In this captivating recovery and travel memoir, Robyn finds the courage to change not only her surroundings but herself. Finally, she can be at home in her own skin as well as in the world. *Skinful* is about the questions we ask at life's turning points: Who am I? What life do I want to live? This heart-warming, sometimes heart-

wrenching, memoir sends a strong message of hope: it's never too late to make a new path to a different future. It's okay to love them. It's your right to help them. Addiction destroys people and can even end lives. When you know or suspect that someone you love is suffering from addiction you have two goals: getting your loved one into treatment and turning that treatment into full-fledged sobriety. Many addiction experts tell you that you have to disengage or risk being an enabler, a codependent bystander, in the wreckage of an addict's life; that you have to cut all ties or be taken advantage of financially and emotionally; that you have to protect yourself from your loved one, who isn't the person you used to know. But many friends and family members find it unnatural, even impossible, to turn away from a person they love who is at his lowest point, and refuse to believe that their addict is lost to addiction. Backed by his years of experience, Dr. Westreich guides you through the process of getting the addict you love on the road to treatment and recovery. He provides detailed scripts to lead you through pivotal conversations with the addict in your life, highlighting the words that he's found to be most effective and the words to avoid. With this book in hand, family and friends will know, for example, how to motivate their addict to recognize his problem based on the addict's own definition of what addiction looks like; how to "raise the bottom" that addicts so often must hit to a more acceptable level -- such as embarrassment, job loss, or ill health; and when to use gentle disagreement, quiet listening, or forceful confrontation to move the addict toward treatment, while managing and protecting their own emotions. Dr. Westreich also shows you how to engage a therapist in the process and provides methods for combating an addict's defense mechanisms. By outlining several treatment options, he helps you to weigh what each can and cannot accomplish, which is the most effective treatment for the kind of addiction you are dealing with, what each treatment requires of the recovering addict and the friend or family member, and how successful each is. Dr. Westreich also takes care to discuss the kinds of special situations you may face when the addict in your life, in addition to having a substance abuse problem, is a minor, is pregnant, has mental or medical diseases, or has other issues that are likely to affect recovery. Helping the Addict You Love is the guide that so many loved ones of addicts have desperately needed. Dr. Westreich supports you through the emotional process of helping the addict you love, tells you it's okay to want to help, and teaches you how to do so. "Blunt and honest. . . A stunning piece of work." --T.J. English "Deeply moving. . . What's Left of Us is a rush of blood to the head and heart, the kind only true art can deliver." --Andre Dubus "An amazing story not just of survival, but redemption." --Mary McGarry Morris

Richie Farrell grew up in a working-class Irish neighborhood in Massachusetts. To overcome a birth defect, his father pushed him to become a star athlete, grooming him for Notre Dame. Sometimes, he would use a belt as a learning tool. Once, he used an electric carving knife. . . The headline read Crippled at Birth: Farrell Now Grid Star. A month later, I tore up my knee and fell in love with pain medication. By time he was thirty, Richie was a heroin addict, stealing from friends, shooting up during visits to his children, living in abandoned mill buildings, running from the shameful secrets of his family. Hopeless and in pain, he attempted suicide. When that failed, he was ordered to detox. He looked at me. "Be honest," he said, "or you'll be on the street in 15 minutes. Jail, death, or honesty. You choose." In this harrowing, astounding memoir, Richard Farrell chronicles a life of desperation, violence, lies--and the pure oblivion of heroin. A gritty, hauntingly written tale of a descent into hell and a slow, uncertain climb out of it, What's Left Of Us is a true story of redemption: of how low a man can get, and how hard he must fight to escape a shattered life. . . "[Farrell] carries you on this rollercoaster ride of ugliness and beauty. Don't miss it." --Phyllis Karas

Richard Farrell is an author, filmmaker, teacher, journalist, and adjunct professor of English at the University of Massachusetts in Lowell. His documentary, High on Crack Street, was aired on HBO and received Columbia University's duPont Award. He is the co-author of A Criminal and an Irishman: The Inside Story of the Mob-IRA Connection. He is the screenwriter for the upcoming film The Fighter, and makes his home in Milford, New Hampshire. A scorching memoir of a love affair with an addict, weaving personal reckoning with psychology and history to understand the nature of addiction, codependency, and our appetite for obsessive love "Ferocious . . . glints with hard-won truths . . . Aron lights a path through the darkness of her past toward a better future."—Los Angeles Times

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PARADE

"The disease he has is addiction," Nina Renata Aron writes of her boyfriend, K. "The disease I have is loving him." Their love affair is dramatic, urgent, overwhelming—an intoxicating antidote to the

long, lonely days of early motherhood. Soon after they get together, K starts using again, and years of relapses and broken promises follow. Even as his addiction deepens, she stays, convinced she is the one who can get him sober. After an adolescence marred by family trauma and addiction, Nina can't help but feel responsible for those suffering around her. How can she break this pattern? If she leaves K, has she failed him? Writing in prose at once unflinching and acrobatic, Aron delivers a piercing memoir of romance and addiction, drawing on intimate anecdotes as well as academic research to crack open the long-feminized and overlooked phenomenon of codependency. She shifts between visceral, ferocious accounts of her affair with K and introspective analyses of the part she plays in his addictions, as well as defining moments in the history of codependency, from the temperance movement to the formation of Al-Anon to more recent research in the psychology of addiction. *Good Morning, Destroyer of Men's Souls* is a blazing, bighearted book that illuminates and adds nuance to the messy tethers between femininity, enabling, and love. Praise for *Good Morning, Destroyer of Men's Souls* "Unflinching . . . Aron writes in gripping prose about the thrills and dangers of her own substance use and relationship with K—their weak-kneed passion and wolfish needs, as well as her guilt-ridden enabling and savior-complex optimism."—San Francisco Chronicle "In Nina Renata Aron's scorching, unvarnished memoir, an addiction story gets spun from the perspective of the helpless partner, the lover too stuck in a dangerous dynamic to find her way out."—Entertainment Weekly "A raw and eloquently unflinching memoir."—Kirkus Reviews Bill Clegg had a thriving business as a literary agent, a supportive partner, trusting colleagues, and loving friends when he walked away from his world and embarked on a two-month crack binge. He had been released from rehab nine months earlier, and his relapse would cost him his home, his money, his career, and very nearly his life. What is it that leads an exceptional young mind want to disappear? Clegg makes stunningly clear the attraction of the drug that had him in its thrall, capturing in scene after scene the drama, tension, and paranoid nightmare of a secret life--and the exhilarating bliss that came again and again until it was eclipsed almost entirely by doom. He also explores the shape of addiction, how its pattern--not its cause--can be traced to the past. *Portrait of an Addict as a Young Man* is an utterly compelling narrative--lyrical, irresistible, harsh, honest, and beautifully written--from which you simply cannot look away. "From Cat Marnell, 'New York's enfant terrible' (The Telegraph), a candid and darkly humorous memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at *Lucky*, one of the top fashion magazines in America--and that's all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a 'doctor shopper' who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything--anything--to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school--and with a prescription for Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell's amphetamine-fueled rise from intern to editor through the beauty departments of *NYLON*, *Teen Vogue*, *Glamour*, and *Lucky*. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Conde Nast building (where she rides the elevator alongside Anna Wintour) to seedy nightclubs, from doctors' offices and mental hospitals, Marnell shows--like no one else can--what it is like to live in the wild, chaotic, often sinister world of a young female addict who can't say no. Combining lightning-rod subject matter and bold literary aspirations, *How to Murder Your Life* is mesmerizing, revelatory, and necessary"-- Hunter Biden recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her

painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, **BETWEEN BREATHS** is an inspiring read. A compelling coming-of-age story outlining a young woman's progression into drug addiction. "For anyone who has felt the thrill of snapping up a bargain or buying something extravagant, this glimpse of the far side of shopping's emotional kicks can be fascinating." --Malcolm Ritter, San Francisco Chronicle

As a child, Avis Cardella devoured the glamorous images in her mother's fashion magazines. She grew up to be one of the people in them, living a life that seemed to be filled with labels and luxury. But shopping had become a dangerous addiction. She forwent food for Prada. Credit card debt blossomed like the ever-increasing pile of unworn shoes and clothing in the back of her closet. She defined herself by the things she owned and also lost herself in the mad hunt for the perfect pair of pants or purse that might make her feel whole. Spent is Avis Cardella's timely, deeply personal, and shockingly dramatic exploration of our cultural need to spend, and of what happens when someone is consumed by the desire to consume. At age 14, Lori Stephens was thrown out into the streets by her mother. This was the beginning of a life no one deserves to endure, ever. Through her struggle to stay alive, in a world she barely understood. Lori survived the next 30 years of drug and alcohol addiction, homelessness, rape, domestic violence, assault, conflict with the Law and jail. See how she was forced to resort to physical violence to stay alive. How she escaped with the courage and the will to stay alive, out of the toughest trap from which one might ever have to escape. And her heroism to help others do the same, are all described profoundly in this book, and can only inspire and encourage every person in their daily lives. Plagued by the suicides of both his siblings, heir to alcohol and drug abuse, divorce, and economic ruin, novelist James Brown lived a life clouded by addiction, broken promises, and despair. Beautifully written and limned with dark humor, these twelve deeply confessional, interconnected chapters address personal failure, heartbreak, the trials of writing for Hollywood, and the life-shattering events that finally convinced Brown he must change or die. A scorching memoir of a love affair with an addict, weaving personal reckoning with psychology and history to understand the nature of addiction, codependency, and our appetite for obsessive love "Ferocious . . . glints with hard-won truths . . . Aron lights a path through the darkness of her past toward a better future."—Los Angeles Times

NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PARADE "The disease he has is addiction," Nina Renata Aron writes of her boyfriend, K. "The disease I have is loving him." Their love affair is dramatic, urgent, overwhelming—an intoxicating antidote to the long, lonely days of early motherhood. Soon after they get together, K starts using again, and years of relapses and broken promises follow. Even as his addiction deepens, she stays, convinced she is the one who can get him sober. After an adolescence marred by family trauma and addiction, Nina can't help but feel responsible for those suffering around her. How can she break this pattern? If she leaves K, has she failed him? Writing in prose at once unflinching and acrobatic, Aron delivers a piercing memoir of romance and addiction, drawing on intimate anecdotes as well as academic research to crack open the long-feminized and overlooked phenomenon of codependency. She shifts between visceral, ferocious accounts of her affair with K and introspective analyses of the part she plays in his addictions, as well as defining moments in the history of codependency, from the temperance movement to the formation of Al-Anon to more recent research in the psychology of addiction. **Good Morning, Destroyer of Men's Souls** is a blazing, bighearted book that illuminates and adds nuance to the messy tethers between femininity, enabling, and love. Praise for **Good Morning, Destroyer of Men's Souls** "Unflinching . . . Aron writes in gripping prose about the thrills and dangers of her own substance use and relationship with K—their weak-kneed passion and wolfish needs, as well as her guilt-ridden enabling and savior-complex optimism."—San Francisco Chronicle "In Nina Renata Aron's scorching, unvarnished memoir, an addiction story gets spun from the perspective of the helpless partner, the lover too stuck in a dangerous dynamic to find her way out."—Entertainment Weekly "A raw and eloquently unflinching memoir."—Kirkus Reviews

Husband, addict, father, skeptic. Now sixty—with years of sobriety under his belt—the celebrated author of *The Los Angeles Diaries* and *This River* returns with his most moving work yet. Opening with the tragic tale of an elderly couple consumed by opioid addiction and moving through the horrors of a Las Vegas

massacre to the loss of a beloved sponsor, these essays draw on Brown's personal journey to illustrate how an individual life, in all its messiness and charm, can offer a blueprint for healing. From writing about finding a new path in life while raising three sons, to making peace with the family whose ghosts have haunted him, and helping the next generation of addicts overcome their disease, this haunting and hopeful book is a reinvention of the recovery story and a lasting testimony from the master of the modern memoir. "The third panel in Brown's masterwork triptych on addiction from youth to sixty, *Apology to the Young Addict* also accomplishes at last a staggeringly rare mercy—on the ghosts of memory, the ravages of disease, the brutal hypocrisies of religion, and finally—most shockingly—on himself." —Gina Frangello, author of *Every Kind of Wanting* and *A Life in Men*

My name is Brett. I'm a college educated man who once was a husband of 26 years with two children, three businesses, and a large home with an actual white picket fence. I'm also a drug addict. And I have a tale to tell. My story has everything: sex, death, pain, atheism, God, jail, marriage, divorce, heresy, homosexuality, physics, traffic fatalities, computer science, video games, cinnamon toothpicks, Barry Manilow, Nine Inch Nails, pornography, breasts, used tampons, strippers, venereal disease, abortion, prostitutes, AIDS, racism, suicide, infidelity, public nudity, anti-Semitism, marijuana, alcohol, pawn shops, drug dealers, needles, acid, ecstasy, crack, heroin, pain pills, withdrawal, interventions, rehabs, product tampering, road rage, vandalism, elderly abuse, grave desecration, arson, identity theft, burglary, armed robbery, and murder. But more importantly, it's about the despair of addiction and the absolute certainty that it can be overcome. Recovery is not simply abstinence, but a process of growing up. I spent my entire life searching for the key to long-term sobriety. I would like to share with you what I have learned

For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict's mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food. Saving Sara chronicles Somers's addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she—like every addict—experiences when her obsession sets in again. Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won't allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution, and learns to live life on life's terms. A raw account of Somers's decades-long journey, Saving Sara underscores the challenges faced by food addicts of any age—and the hope that exists for them all. In her professional life, Shary Hauer was a confident, successful, high-caliber executive coach who advised big-time corporate leaders around the globe—but her personal life was an entirely different matter. When it came to love, she was insecure, clingy, desperate, willing to do anything and everything to win and keep a man. Because without a man by her side, what good was she? In *Insatiable*, Hauer fearlessly chronicles her emotional journey from despair to hope, rejection to redemption, and self-hate to self-love, one man at a time. In candid detail, she relates what it is like to be trapped in the torturous cycle of love addiction—what it's like to be forever searching, needing, obsessing, scheming, and agonizing for love, suffering from a hunger that never ceases—and what it takes to break free of that cycle. An intimate, soul-baring tale that sheds much-needed light on one of the least understood and talked about addictions, *Insatiable* is the story of one woman's journey through the hellish, the humiliating, and the humbling in her single-minded pursuit of the most addictive drug of all: love. Adventurist Jim Wickwire has lived life on the edge -- literally. An eyewitness to glory, terror, and tragedy above 20,000 feet, he has braved bitter cold, blinding storms, and avalanches to become what the Los Angeles Times calls "one of America's most extraordinary and accomplished high-altitude mountaineers." Although his incredible exploits have inspired a feature on 60 Minutes, an award-winning PBS documentary, a Broadway play, and a full-length film, he hasn't told his remarkable story in his own words -- until now. Among the world's most intrepid and fearless climbers, Jim Wickwire has traveled the globe, from Alaska to the Alps, from the Andes to the Himalayas, in search of fresh challenges and new heights to conquer. Along the way he accumulated an extraordinary roster of historic achievements. He was one of the first two Americans to reach the summit of the 28,250-foot K2,

the world's second highest peak, acknowledged as the toughest and most dangerous to climb. He completed the first alpine-style ascent of Alaska's forbidding Mt. McKinley, spending several nights without tents in snowcaves, crevasses, and open bivouacs. But with the triumphs came harrowing incidents of suffering and loss that haunt him still. On one climb, his shoulder broken by a fall, he watched helplessly as a friend slowly froze to death, trapped in an ice crevasse. Buffeted by storms, Wickwire spent two weeks utterly alone on a remote glacier before his rescue. On two other expeditions he witnessed three fellow climbers plunge thousands of feet, vanishing into the mountain mist. A successful Seattle attorney, Wickwire climbed his first mountain in 1960 and discovered the wonder of leaving behind the complexities of the civilized world for the pure life-and-death logic of granite, glacier, and snow. Deeply compelled by the allure of nature and the thrill of risk, he pushed himself to the limits of physical and mental endurance for thirty-five years, ultimately climbing into legend. After more than three decades of uncommon challenges, Wickwire faced a crisis of heart -- a turning point that threatened his faith in himself and his hope in the future. How he reassessed his priorities and rededicated his life -- to his family and to his community -- completes a unique and moving portrait of one man's courage, commitment, and grace under pressure. Addicted to Danger is a tale of adventure in its truest sense. After three decades of living in the sandy beach suburbs of Huntington Beach, Jon Vreeland's heroin addiction has finally destroyed his once promising music career, and estranged himself from his wife and his two daughters. Now Vreeland broods his daughter's absence while living in his old tour van that is broken down and parked on Atlanta Avenue, on the brink of downtown Huntington Beach. He and his brand new lover and longtime junkie, Zoey Leigh, live in the van and sell and shoot heroin, move from place to place, shift from crime to crime, rob the undeserving in their brazen attempt to escape their hypodermic reality and themselves. But no matter where they go or who they stay with, they always circle back to the shores of Huntington Beach, where the dark nights are their lonely playground. But Jon isn't meant for this life--he wants nothing more than to rid himself of this very real nightmare, and return to his estranged family and career. This is the story of how he began to get out. Mike Doughty first came to prominence as the leader of the band Soul Coughing then did an abrupt sonic left turn, much to the surprise of his audience, transforming into a solo performer of stark, dusky, but strangely hopeful tunes. He battled addiction, gave up fame when his old band was at the height of its popularity, drove thousands of miles, alone, across America, with just an acoustic guitar. His candid, hilarious, self-lacerating memoir, *The Book of Drugs*—featuring cameos by Redman, Ani DiFranco, the late Jeff Buckley, and others—is the story of his band's rise and bitter collapse, the haunted and darkly comical life of addiction, and the perhaps even weirder world of recovery. “This is a story she needed to tell; and the rest of the country needs to listen.” — New York Times Book Review “This vital memoir will change how we look at the opioid crisis and how the media talks about it. A deeply moving and emotional read, *STRUNG OUT* challenges our preconceived ideas of what addiction looks like.” —Stephanie Land, New York Times bestselling author of *Maid In* this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother's expired painkillers, Khar started using heroin when she was thirteen. The drug allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn't understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. *Strung Out* is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why people turn to opioids in the first place. INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." --Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting

grace." --Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience--the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come. 2016

INTERNATIONAL BOOK AWARDS - WINNER IN ADDICTION & RECOVERY 2016 NATIONAL INDIE EXCELLENCE AWARDS (NIEA)- WINNER IN ADDICTION & RECOVERY 2016 INDEPENDENT PUBLISHER BOOK AWARDS (IPPY)- BRONZE MEDAL — LITERARY FICTION 2015 FOREWARD REVIEWS INDIEFAB BOOK OF THE YEAR AWARDS HONORABLE MENTION FOR GENERAL FICTION 2015 USA BEST BOOK AWARDS FINALIST FOR GENERAL FICTION

Randall Grange has been tricked into admitting herself into a treatment center and she doesn't know why. She's not a party hound like the others in her therapy group—but then again, she knows she can't live without pills or booze. Raised by an abusive father, a detached mother, and a loving aunt and uncle, Randall both loves and hates her life. She's awkward and a misfit. Her parents introduced her to alcohol and tranquilizers at a young age, ensuring that her teenage years would be full of bad choices, and by the time she's twenty-three years old, she's a full-blown drug addict, well acquainted with the miraculous power chemicals have to cure just about any problem she could possibly have—and she's in more trouble than she's ever known was possible. Illustrates how spiritual connection and the practice of meditation can promote healing and enhance recovery. Named a Best Book of the Year by *The New Yorker* and *The Boston Globe*

An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.” —Beth Macy, author of *Dopesick*

Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also

literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges. Candid, shocking, and unforgettable, *Broken* is a haunting and clear-eyed tale that offers hope for all those wrestling with addiction. Unlike some popular memoirs that have fictionalized and romanticized the degradations of drug addiction, *Broken* is a true-life tale of recovery that stuns and inspires with virtually every page. The eldest son of journalist Bill Moyers, William Cope Moyers relates with unforgettable clarity the story of how a young man with every advantage found himself spiraling into a love affair with crack cocaine that led him to the brink of death—and how a deep spirituality allowed him to conquer his shame, transform his life, and dedicate himself to changing America's politics of addiction. "William Cope Moyers's lucid, measured tale of his own plunge into crack-addled hell [is] frightening in its very realism." -USA Today

In the vein of Mary Karr's *Lit*, Augusten Burroughs' *Dry* and Sarah Hepola's *Blackout*, *As Needed for Pain* is a raw and riveting—and often wryly funny—addiction memoir from one of New York media's most accomplished editors which explores his never-before-told story of opioid addiction and the drastic impact it had on his life and career. Dan Peres wasn't born to be a media insider. As an awkward, magic-obsessed adolescent, nothing was further from his reality than the catwalks of Paris or the hallways of glossy magazine publishers. A gifted writer and shrewd cultural observer, Peres eventually took the leap—even when it meant he had to fake a sense of belonging in a new world of famed fashion designers, celebrities, and some of media's biggest names. But he had a secret: opiates. Peres's career as an editor at *W* magazine and *Details* is well known, but little is known about his private life as a high-functioning drug addict. In *As Needed for Pain*, Peres lays bare for the first time the extent of his drug use—at one point a 60-pill-a-day habit. By turns humorous and gripping, Peres's story is a cautionary coming-of-age tale filled with unforgettable characters and breathtaking brushes with disaster. But the heart of the book is his journey from outsider to insecure insider, what it took to get him there, and how he found his way back from a killing addiction. *As Needed for Pain* offers a rare glimpse into New York media's past—a time when print magazines mattered—and a rarefied world of wealth, power, and influence. It is also a brilliant, shocking dissection of a life teetering on the edge of destruction, and what it took to pull back from the brink. The true story of a family's generational battle with alcoholism and drug addiction, "Everything I Never Wanted to Be" is ultimately an uplifting story that contains valuable lessons for parents and teens, alike.