

Tweak Growing Up On Crystal Meth

Traces the author's twenty-year stint as crystal meth addict, from his lonely childhood in Iowa with his grandmother, an alcoholic artist, to his wild acid trips and experiences navigating through the dark underworld of cooks, users, club kids, dealers, and other unforgettable characters. Original.

Just Say Know! With drug education for children more important than ever, this nonfiction book draws on the experiences of the NY Times bestselling father/son team of David and Nic Sheff to provide all the information teens and tweens need to know about drugs, alcohol, and addiction. From David Sheff, author of Beautiful Boy (2008), and Nic Sheff, author of Tweak: Growing Up on Methamphetamines (2008), comes the ultimate resource for learning about the realities of drugs and alcohol for middle grade readers. This book tells it as it is, with testimonials from peers who have been there and families who have lived through the addiction of a loved one, along with the cold, hard facts about what drugs and alcohol do to our bodies. From how to navigate peer pressure to outlets for stress to the potential consequences for experimenting, Nic and David Sheff lay out the facts so that middle grade readers can educate themselves.

"There are precious few things in this life of which I am certain. One is the love I have for my son, Andy... The other thing of which I am certain is this: no one wants to be an addict." - from the book. Here's what readers have to say: "Kim's writing style is clear, lucid, revealing, and on a par with the best of skilled non-fiction authors - Thor Heyerdahl, Thomas Thompson, even James Michener or my favorite, Jan de Hartog, and she is able to make the reader relive her addictions - all of them - to the point that I HAD to put the book down several times and "de-tox" myself, or at least breathe normally, before I could return to it. I've never felt so much inside the skin of someone who is going through the horror of addiction as when reading this biography." "Kim has cleansed her soul by once again facing the demons of her past, and I can only imagine how much strength it took for her to reopen her wounds and recount them one by one." "Crystal Clean is a book I couldn't put down about an amazing woman who was once completely immersed in the world of crystal meth. If you didn't know that she made it through the other side (because she is telling her own story), you might not believe she will come out of it alive. Kim lays out her life story, with memories that help show her state of mind as she started using different drugs and then meth. But it's not a "woe is me" story, and she doesn't dwell on the bad things that contributed to her mental state. It is ultimately a story about how a mother's love can overcome the terrible odds associated with this addiction." "This is a well-written, entertaining book. The author's style is light even when the subject is not. It would have been easy to simply write about the misery that must come with Meth addiction. Instead, the author gives insight into her background and motivations. You can't help but root for the author as she describes her descent into drug addiction "hell," even though she is responsible for all her choices." "Being a mom of a special needs son (only child) and struggling to be everything to that child, while barely hanging on yourself is such a familiar story to me." "While reading this book, it hit home so much I had to stop reading it for moments at a time. So real and writing was so descriptive, I had to separate her feelings from my own in some regard. Thank you for opening up to your readers and trusting us with your story. I picture you kind of like a female "Rocky" winning in the end. Can't help but root for you and Andy!" "What an insightful and bravely written book. What Kim has shared is an amazingly helpful understanding to anyone who has been touched by the outreaching fingers of meth addiction and mental illness. And to those who haven't, a good reminder that not everyone or everything is as it may seem." "A beautiful memoir about one mom's struggle with her lot in life and how she chose to deal with it using illegal drugs. It's told in a brave, clear manner with no careful wording. I loved reading more about Andy and was absolutely rooting for Wollenburg through it all." "At first, you don't understand Kim. Then you love her." "Kim illustrates with graphic detail and genuine emotion the pain of addiction as well as the sometimes circuitous path to recovery. This book is extremely well written. I wish I lived next door to this courageous mother, daughter, and woman of worth." "CRYSTAL CLEAN: A mother's struggle with meth addiction and recovery is an honest and transparent look at the world of meth addiction and recovery. As a reader, I was swallowed up into this world of addiction, pain, anger, and fear. Many times I wanted out -- I wanted to skip to the end of the book and be assured that this young woman was going to be okay. I applaud the author for her obvious courage in sharing her story and exposing her pain and allowing herself to be so vulnerable. The author's writing is superb -- strong imagery and an authenti

The brain is the most complex organ in our body. Indeed, it is perhaps the most complex structure we have ever encountered in nature. Both structurally and functionally, there are many peculiarities that differentiate the brain from all other organs. The brain is our connection to the world around us and by governing nervous system and higher function, any disturbance induces severe neurological and psychiatric disorders that can have a devastating effect on quality of life. Our understanding of the physiology and biochemistry of the brain has improved dramatically in the last two decades. In particular, the critical role of cations, including magnesium, has become evident, even if incompletely understood at a mechanistic level. The exact role and regulation of magnesium, in particular, remains elusive, largely because intracellular levels are so difficult to routinely quantify. Nonetheless, the importance of magnesium to normal central nervous system activity is self-evident given the complicated homeostatic mechanisms that maintain the concentration of this cation within strict limits essential for normal physiology and metabolism. There is also considerable accumulating evidence to suggest alterations to some brain functions in both normal and pathological conditions may be linked to alterations in local magnesium concentration. This book, containing chapters written by some of the foremost experts in the field of magnesium research, brings together the latest in experimental and clinical magnesium research as it relates to the central nervous system. It offers a complete and updated view of magnesium's involvement in central nervous system function and in so doing, brings together two main pillars of contemporary neuroscience research, namely providing an explanation for the molecular mechanisms involved in brain function, and emphasizing the connections between the molecular changes and behavior. It is the untiring efforts of those magnesium researchers who have dedicated their lives to unraveling the mysteries of magnesium's role in biological systems that has inspired the collation of this volume of work.

A myth-shattering look at drug abuse and addiction treatment, based on cutting-edge research Addiction is a preventable, treatable disease, not a moral failing. As with other illnesses, the approaches most likely to work are based on science — not on faith, tradition, contrition, or wishful thinking. These facts are the foundation of Clean. The existing addiction treatments, including Twelve Step programs and rehabs, have helped some, but they have failed to help many more. To discover why, David Sheff spent time with scores of scientists, doctors, counselors, and addicts and their families, and explored the latest research in psychology, neuroscience, and medicine. In Clean, he reveals how addiction really works, and how we can combat it. “A guide for those affected by addiction, but also a manifesto . . . for America as it confronts its drug problem. [Sheff] has performed a vital service by compiling sensible advice on a subject for which sensible advice is in short supply.” — New York Times Book Review “As a journalist, father, and clear-eyed chronicler of addiction, David Sheff is without peer.” — Sanjay Gupta, M.D., chief medical correspondent, CNN

A unique and irreverent take on everything that's wrong with our “national conversation about race”—and what to do about it How to Be Less Stupid About Race is your essential guide to breaking through the half-truths and ridiculous misconceptions that have thoroughly corrupted the way race is represented in the classroom, pop culture, media, and politics. Centuries after our nation was founded on genocide, settler colonialism, and slavery, many Americans are kinda-sorta-maybe waking up to the reality that our racial politics are (still) garbage. But in the midst of this reckoning, widespread denial and misunderstandings about race persist, even as white supremacy and racial injustice are more visible than ever before. Combining no-holds-barred social critique, humorous personal anecdotes, and analysis

of the latest interdisciplinary scholarship on systemic racism, sociologist Crystal M. Fleming provides a fresh, accessible, and irreverent take on everything that's wrong with our "national conversation about race." Drawing upon critical race theory, as well as her own experiences as a queer black millennial college professor and researcher, Fleming unveils how systemic racism exposes us all to racial ignorance—and provides a road map for transforming our knowledge into concrete social change. Searing, sobering, and urgently needed, *How to Be Less Stupid About Race* is a truth bomb for your racist relative, friend, or boss, and a call to action for everyone who wants to challenge white supremacy and intersectional oppression. If you like Issa Rae, Justin Simien, Angela Davis, and Morgan Jerkins, then this deeply relevant, bold, and incisive book is for you.

One woman's journey to the bottom of the bottle—and back. In this tragicomic memoir about alcoholism as spiritual thirst, Heather King—writer, lawyer, and National Public Radio commentator—describes her descent into the depths of addiction. Spanning a decades-long downward spiral, King's harrowing story takes us from a small-town New England childhood to hitchhiking across the country to a cockroach-ridden "artist's" loft in Boston. Waitressing at ever-shabbier restaurants, deriving what sustenance she could from books, she became a morning regular at a wet-brain-drunks' bar—and that was after graduating from law school. Saved by her family from the abyss, King finally realized that uniquely poetic, sensitive, and profound though she may have been, she was also a big-time mess. Casting her lot with the rest of humanity at last, she learned that suffering leads to redemption, that personal pain leads to compassion for others in pain, and, above all, that a sense of humor really, really helps.

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.

Laurel Daneau has moved on to a new life, in a new town, but inside she's still reeling from the loss of her beloved mother and grandmother after Hurricane Katrina washed away their home. Laurel's new life is going well, with a new best friend, a place on the cheerleading squad and T-Boom, co-captain of the basketball team, for a boyfriend. Yet Laurel is haunted by voices and memories from her past. When T-Boom introduces Laurel to meth, she immediately falls under its spell, loving the way it erases, even if only briefly, her past. But as she becomes alienated from her friends and family, she becomes a shell of her former self, and longs to be whole again. With help from an artist named Moses and her friend Kaylee, she's able to begin to rewrite her story and start to move on from her addiction. Incorporating Laurel's bittersweet memories of life before and during the hurricane, this is a stunning novel by one of our finest writers.

Jacqueline Woodson's haunting - but ultimately hopeful - story is beautifully told and one readers will not want to miss.

After running away from their troubled homes, two English teenagers move in with a group of squatters in the port city of Bristol and try to find ways to support their growing addiction to heroin. A collection of nine stories explores human conflict, the impact of technology, and future tales of humanity's immortality.

'Delightfully different' – Delia Smith Ed Balls was just three weeks old when he tried his first meal: pureed roast beef and Yorkshire pudding. While perhaps ill-advised by modern weaning standards, it worked for him in 1967, and from that moment on he was hooked on food. *Appetite* is a memoir with a twist: part autobiography, part cookbook, each chapter is a recipe that tells a story. Ed was taught to cook by his mother, and now he's passing these recipes on to his own children as they start to fly the nest. Sitting round the table year after year, the world around us may change, but great recipes last a lifetime. *Appetite* is a celebration of love, family, and really good food.

This book is written for all those lost souls who are stuck in the darkness of Meth addiction. Meth Addiction is one of the major leading problems in this society and is an issue many people are struggling with. This book sheds light on Crystal Meth addiction and contain numerous unknown facts about this drug. By reading this book you will learn useful and lifesaving information about this addiction. If you are an abuser, you will learn about the extensive damage this drug does to the body. In the difficult times of your life you might think that this drug is the solution to your problems, but in actuality it only adds more problems. Have you been trying to quit or finding it hard to make up your mind to quit? Do you want to learn more about this drug? Do you want to know how this drug works and damages your brain? Do you want to know how you can you help a loved one who is using? This book provides tips, information, facts about the addiction, how to better cope, along with advice on treatments, and the best methods for the road to total recovery. By reading this book you find crucial information about crystal meth addiction:Some important information you will find in this book:* History of Crystal Meth* Why it is so Addictive?* Its impact on mind and body* Facts about Meth Addiction* The stages of Meth Experiences

Born into a world ruled and defined by the cocktail hour, in which the solution to any problem could be found in a dry martini or another glass of wine, Susan Cheever led a life both charmed and damned. She and her father, the celebrated writer John Cheever, were deeply affected and troubled by alcohol. Addressing for the first time the profound effects that alcohol had on her life, in shaping of her relationships with men and in influencing her as a writer, Susan Cheever delivers an elegant memoir of clear-eyed candor and unsettling immediacy. She tells of her childhood obsession with the niceties of cocktails and all that they implied -- sociability, sophistication, status; of college days spent drinking beer and cheap wine; of her three failed marriages, in which alcohol was the inescapable component, of a way of life that brought her perilously close to the edge. At once devastating and inspiring, *Note Found in a Bottle* offers a startlingly intimate portrait of the alcoholic's life -- and of the courageous journey to recovery.

Traces the author's descent from a life of wealth and privilege into crystal meth addiction and petty crime throughout the course of a year, a period during which he came to an understanding of the side effects of crystal meth use and suffered a near-psychotic event that prompted his decision to get clean. Reprint. 25,000 first printing.

A teenager recovering from a schizophrenic breakdown is driven to the point of obsession to find his missing younger brother and becomes wrapped up in a romance that may not be the real thing.

NEW YORK TIMES BESTSELLER • The heart-wrenching, uplifting tale about a woman named Cupcake “[Cupcake] Brown’s confessional . . . memoir is one you can’t easily put down. Her life is nothing short of a miracle.”—Chicago Sun-Times There are shelves of memoirs about overcoming the death of a parent, childhood abuse, rape, drug

addiction, miscarriage, alcoholism, hustling, gangbanging, near-death injuries, drug dealing, prostitution, and homelessness. Cupcake Brown survived all these things before she'd even turned twenty. And that's when things got interesting. . . Orphaned by the death of her mother and left in the hands of a sadistic foster parent, young Cupcake Brown learned to survive by turning tricks, downing hard liquor, and ingesting every drug she could find while hitchhiking up and down the California coast. She stumbled into gangbanging, drug dealing, hustling, prostitution, theft, and, eventually, the best scam of all: a series of 9-to-5 jobs. A Piece of Cake is unlike any memoir you'll ever read. Moving in its frankness, this is the most satisfying, startlingly funny, and genuinely affecting tour through hell you'll ever take. Praise for A Piece of Cake "[Brown] reflects now with insight and honesty on her experiences. . . . An engaging account . . . of a remarkable life filled with pain and wisdom, hope and redemption."—San Francisco Chronicle "Dazzles you with the amazing change that is possible in one lifetime."—Washington Post

The New York Times bestselling, darkly funny memoir of a young New Yorker's daring dual life—advertising art director by day, glitter-dripping drag queen and nightclub beauty-pageant hopeful by night—was an smash literary debut for Josh Kilmer-Purcell, now known for his popular PlanetGreen television series The Fabulous Beekman Boys. His story begins here—before the homemade goat milk soaps and hand-gathered honeys, before his memoir of the city mouse's move to the country, The Bucolic Plague—in I Am Not Myself These Days, with "plenty of dishy anecdotes and moments of tragi-camp delight" (Washington Post).

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.

Traces the efforts of a small Iowa community to counter the pervasiveness of crystal methamphetamine, in an account that offers insight into the drug's appeal while chronicling the author's numerous visits with the town's doctor, the local prosecutor and a long-time addict. Reprint. A best-selling book.

A sequel to Three Little Words traces the author's post-foster care years, describing her adventures in college, her relationship with her spouse and her decision to have both biological and foster children.

Selina Grayson, a centuries' old elf and cop with the Seattle P.D. teams up with Jack Laramie, a special agent with the FBI Magickal Crimes Unit to catch a serial killer.--

When war breaks out in 1939, Patricia and Jean join the Wrens, where they quickly pick up Morse code, and are tasked with intercepting enemy messages and feeding them back to Bletchley Park

Tweak Growing Up on Crystal Meth Tweak Growing Up on Methamphetamines Simon and Schuster

This is the world of the submariner. This is life under pressure. What's it like to spend three months without sunlight, sharing what little space you have with over a hundred fellow crewmen and more firepower than all the bombs dropped in World War II combined? This is the world of the submariner. This is life under pressure. As a restless and adventurous eighteen-year-old, Richard Humphreys joined the Royal Navy submarine service. For five years during the Cold War, he served on the nuclear sub HMS Resolution. Nothing could have prepared him for life beneath the waves. He existed in a world without natural light, surrounded by 140 other men, all eating the same food, breathing the same air, smelling the same putrid smells and surviving together in some of the most forbidding conditions imaginable. Based on Humphreys' firsthand experience, Under Pressure is the candid, visceral and incredibly entertaining account of what it's like to live, work, sleep and eat—and stay sane—in one of the most extreme man-made environments on the planet.

Morgan Menzie takes readers through a harrowing but ultimately hopeful and inspiring account of her eating disorder. Her amazing story is told through the journals she kept during her daily struggle with this addiction and disease. Her triumphs and tragedies all unfold together in this beautiful story of God's grace. Features include: daily eating schedule, journal entries, prayers to God, poems, and what she wished she knew at the time. It's the true story of victory over a disease that is killing America's youth.

Mia and Sophie have been best friends forever — but that's all about to change. Experimenting with alcohol, flirting with boys, and dabbling in drugs, their lives quickly spiral out of control.

There is little currently available for young readers — and their parents — that accurately reflects both the appeal and the consequences of drug use from a teenage perspective, making this an important and valuable novel.

Amanda Ellis, The West Australian

In 1996, Scott was nineteen and lost in adulthood with an endless job and no future ambitions. Teenage Degenerate is his story about drug addiction, music and growing up. Over the course of ten months, he quickly descends into the dark and dangerous world of crystal methamphetamine. Scott experiments with crystal meth in a dark, deserted parking lot in the suburbs of Denver, Colorado and soon after his crew of misfits will do almost anything for their next high. One by one, family and friends disappear, and he is left alone with a decision to continue fighting or give up. This is his struggle to reclaim a normal life and the search for something real. Teenage Degenerate is a book about meth that is a brutally truthful, humorous and heartbreaking journey that explores the depths of addiction.

THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET 'It was like being in a car with the gas pedal slammed down to the floor and nothing to do but hold on and pretend to have some semblance of control. But control was something I'd lost a long time ago.' Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. Tweak is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father's parallel memoir, Beautiful Boy. Praise for Nic Sheff:- 'Difficult to read and impossible to put down.' Chicago Tribune 'Nic Sheff's wrenching tale is told with electrifying honesty and insight.' Armistead Maupin Sixteen-year-old Gordie Jessup is a good kid but he's living a nightmare. His eighteen-year-old brother Chase's two-year addiction to crystal meth has left their family emotionally and financially drained. And just when Gordie thinks he can no longer stand the manipulating, the lying and the stealing, things get even worse. Chase is arrested for aggravated assault, released on bail and sent home to his family. But his dealers are after him and Chase appeals to Gordie for help. Gordie, disgusted with his brother and fully aware that it's a gamble, risks everything he has in the hope of bringing his family some peace.

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In Switch, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. Switch shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

The "honest, introspective, and harrowing" (Kirkus Reviews) true story of a young female cop who almost loses everything in a downward spiral of addiction—a career she loved, colleagues who respected her, and the island that was once her personal paradise—before finally seeking redemption. As a beautiful, ambitious, and fearless young woman, Allison Moore had everything going for her: She had been the star student of her recruit class and was quickly promoted to vice cop at the Maui Police Department, while earning the respect of her colleagues and a stellar reputation. But when a doomed love affair with another cop led Allison to seek desperate escape, her life took a sudden and violent plunge. Using her position of authority and skills of manipulation, Allison hid her addiction from her lover and her department for as long as possible. She fabricated an elaborate story that she had cancer and needed to seek treatment on the mainland, while actually traveling to get a steady supply of meth from a brutal Seattle drug dealer. When her intensifying dependence on meth put her at the mercy of the ruthless dealer, he made her a prisoner in his house, subjecting her to unthinkable physical and sexual abuse, and monitoring her every move through a web of hidden surveillance cameras. Astounding, gripping, and astonishingly candid, Shards spares no detail of Allison's horrific experiences and the tangle of addiction and betrayal that cost her nearly everything.

The author shares the story of his methamphetamine addiction, suicide attempt, brief experiences of heaven and hell, and the extensive facial reconstruction that has been a part of his new life.

A Very Fine House is an intimate memoir of a mother's Norman Rockwell family turned upside down by her daughter's descent into meth addiction and crime. Bright and beautiful, Annie is an unlikely candidate for meth. Living fast and hard on the streets of Bend, Oregon, she commits crimes against herself, the community, and her own family. The author chronicles her child's addiction in a way that other writers have not written about addiction. What begins as an obsession to save her daughter, and a rage against God for allowing drugs to devour her college-age girl, transforms into release in a life changing letting-go-and-letting-God moment. The reader is first introduced to the Stofen family and Barbara's dream for its idyllic future. Kinks in the perfect life appear. When Annie's alcoholism, drug use, and criminality ensue, Barbara fights to save her. There is all-consuming grief and the devastating loss of not just her daughter, but her dream for her own life as well. Barbara eventually finds support and a new way of thinking. While she continues the battle to save her daughter, she ultimately finds the courage to save herself. The conclusion deals with Annie's recovery—and Barbara's. Both experience a spiritual awakening and are transformed. A new and better dream for Barbara's life is born.

Sheff relates his personal struggle with drugs and alcohol in this poignant and often disturbing memoir. Paul Michael Garcia is the perfect choice for narrator; his stern and entirely believable voice captures the desolation in Sheff's tale. His reading is wonderfully underplayed, and necessarily so. Garcia becomes Sheff, offering a gritty and raw performance that demonstrates just how dire the circumstances surrounding Sheff's existence really were.

In his follow-up to his bestselling memoir Tweak: Growing Up On Methamphetamines, Nic Sheff reveals a brutally honest account of a young person's struggles with relapse and rehab. In his

bestselling memoir *Tweak*, Nic Sheff took readers on an emotionally gripping roller-coaster ride through his days as an addict. In this powerful follow-up about his continued efforts to stay clean, Nic writes candidly about eye-opening stays at rehab centers, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction. By candidly revealing his own failures and small personal triumphs, Nic inspires readers to maintain hope and to remember that they are not alone in their battles. A group reading guide is included. Nic Sheff's *Tweak*, *We All Fall Down*, and his father's memoir about him (*Beautiful Boy*) are the basis of the film *Beautiful Boy* starring Steve Carell and Timothée Chalamet.

A confessional, uplifting memoir from the beloved YouTube personality. It's not where you begin that matters. It's where you end up. Twenty-three year old Joey Graceffa has captured the hearts of millions of teens and young adults through his playful, sweet, and inspirational YouTube presence (not to mention his sparkling eyes and perfect hair). Yet, Joey wasn't always comfortable in his skin, and in this candid memoir, he thoughtfully looks back on his journey from pain to pride, self-doubt to self-acceptance. To his fans, Joey is that best friend who always captures the brighter side of life but also isn't afraid to get real. In the pages of his first book, he opens up about his years of struggling with family hardships and troubles at school, with cruel bullying and the sting of rejection. He tells of first loves and losses, embarrassing moments and surprising discoveries, loneliness, laughter, and life-changing forks in the road, showing us the incalculable value of finally finding and following your true passion in this world. Funny, warm-hearted, and inspiring, Joey Graceffa's story is a welcome reminder that it's not where you begin that matters, but where you end up.

Clea Myers, a young English woman, comes to America to live the dream but experiences the nightmare. She goes from an Ivy League College to Los Angeles Women's Penitentiary in 3 years, emaciated and addicted to crystal meth. How could things go so wrong and in such a short space of time? Myers shares her descent into the hell of crystal methamphetamine dependence. Her story is of An English girl from a privileged background whose addiction journey brings her from an Ivy League College to Los Angeles Women s Penitentiary in only three years, emaciated and addicted to crystal meth. Myers description of her rapid demise is a sometimes uncomfortable read, as she holds nothing back. The lights of Hollywood twinkled briefly but, once introduced to crystal meth, she became addicted. Dumpster diving became a regular pastime: grovelling in large rubbish containers, diving for articles of value or fascination to her hugely disturbed mind. She was reduced to an animal existence, surrounded by dangerous and sometimes violent people. Arrested and jailed, she hit rock bottom and was offered a chance to leave LA immediately or stay in the drug offenders Programme. Helped by a family member, she returned to England still unable to stop completely. Finally, she did get help and discover a recovery path which combined her buddhist faith and reassures her relationship with the 12-step programme. Crystal meth in England has been reported only on the gay club scene. Part of the reason Myers wrote this book is to warn young people of its dangers. This book could be well used as part of a schools drug education programme.' Review from ADDICTION TODAY Magazine

#1 New York Times bestseller With a new afterword Now a Major Motion Picture Starring Steve Carell * Timothée Chalamet * Maura Tierney * and Amy Ryan “A brilliant, harrowing, heartbreaking, fascinating story, full of beautiful moments and hard-won wisdom. This book will save a lot of lives and heal a lot of hearts.” — Anne Lamott “When one of us tells the truth, he makes it easier for all of us to open our hearts to our own pain and that of others.’ That’s ultimately what *Beautiful Boy* is about: truth and healing.” — Mary Pipher, author of *Reviving Ophelia* What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted David Sheff’s journey through his son Nic’s addiction to drugs and tentative steps toward recovery. Before Nic became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. David Sheff traces the first warning signs: the denial, the three a.m. phone calls—is it Nic? the police? the hospital? His preoccupation with Nic became an addiction in itself. But as a journalist, he instinctively researched every treatment that might save his son. And he refused to give up on Nic. “Filled with compelling anecdotes and important insights . . . An eye-opening memoir.” — Washington Post

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