

Beautiful Boy By Sheff David Hardcover

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The American Drug Culture - Thomas S. Weinberg
2017-12-14

The American Drug Culture uses sociological and other perspectives to examine drug and alcohol use in U.S. society. The text is arranged topically rather than by drug categories and explores diverse aspects of drug use, including popular culture, sexuality, legal and criminal justice systems, other social institutions, and mental and physical health. It covers alcohol, the most widely used drug in the United States, more extensively than other texts on this subject. The authors include case studies from their own field research that give students empathetic insights into the situations of those suffering from substance and alcohol abuse.

Note Found in a Bottle - Susan Cheever 2000

Cheever looks back with clear-eyed candor on a way of life that brought her perilously close to the edge in a book about recovery that is both wrenching and ultimately inspiring.

Undoing Drugs - Maia Szalavitz 2021-07-27

From "one of the bravest, smartest writers about addiction anywhere" (Johann Hari, New York Times bestselling author)—the untold story of harm reduction, a surprisingly simple idea with enormous power Drug overdoses now kill more Americans annually than guns, cars or breast cancer. But we have tried to solve this national crisis with policies that only made matters worse. In the name of "sending the right message," we have maximized the spread of infectious disease, torn families apart, incarcerated millions of mostly Black and Brown people—and utterly failed to either prevent addiction or make effective treatment for it widely available. There is another way, one that is proven to work. However, it runs counter to much of the received wisdom of our criminal and medical industrial complexes. It is called harm reduction. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behavior and culture that has relevance far beyond drugs. In a spellbinding narrative rooted in an urgent call to action, *Undoing Drugs* tells the story of how a small group of committed people changed the world, illuminating the power of a great idea. It illustrates how hard it can be to take on widely accepted conventional wisdom—and what is necessary to overcome this resistance. It is also about how personal, direct human connection and kindness can inspire profound transformation. Ultimately, *Undoing Drugs* offers a path forward—revolutionizing not only the treatment of addiction, but also our treatment of behavioral and societal issues.

Tweak - Nic Sheff 2012-12-11

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

Impossible Owls - Brian Phillips 2018-10-02

NEW YORK TIMES BESTSELLER. SEMI-FINALIST FOR THE PEN/DIAMONSTEIN-SPIELVOGEL AWARD FOR ART OF THE ESSAY. One of Amazon, Buzzfeed, ELLE, Electric Literature and Pop Sugar's Best Books of 2018. Named one of the Best Books of October and Fall by Amazon, Buzzfeed, TIME, Vulture, The Millions and Vol. 1 Brooklyn. "Hilarious, nimble, and thoroughly illuminating." -Colson Whitehead, author of *The Underground Railroad* A globe-spanning, ambitious book of essays from one of the most enthralling storytellers in narrative nonfiction In his highly anticipated debut essay collection, *Impossible Owls*, Brian Phillips demonstrates why he's one of the most iconoclastic journalists of the digital age, beloved for his ambitious, off-kilter, meticulously reported essays that read like novels. The eight essays assembled here—five from Phillips's *Grantland* and MTV days, and three new pieces—go beyond simply chronicling some of the modern world's most uncanny, unbelievable, and spectacular oddities (though they do that, too). Researched for months and even years on end, they explore the interconnectedness of the globalized world, the consequences of history, the power of myth, and the ways people attempt to find meaning. He searches for tigers in India, and uncovers a multigenerational mystery involving an oil tycoon and his niece turned stepdaughter turned wife in the Oklahoma town where he grew up. Through each adventure, Phillips's remarkable voice becomes a character itself—full of verve, rich with offhanded humor, and revealing unexpected vulnerability. Dogged, self-aware, and radiating a contagious enthusiasm for his subjects, Phillips is an exhilarating guide to the confusion and wonder of the world today. If John Jeremiah Sullivan's *Pulphed* was the last great collection of New Journalism from the print era, *Impossible Owls* is the first of the digital age.

A Wild Winter Swan - Gregory Maguire 2020-10-06

After brilliantly reimagining the worlds of Oz, Wonderland, Dickensian London, and the Nutcracker, the New York Times bestselling author of *Wicked* turns his unconventional genius to Hans Christian Andersen's "The Wild Swans," transforming this classic tale into an Italian-American girl's poignant coming-of-age story, set amid the magic of Christmas in 1960s New York. Following her brother's death and her mother's emotional breakdown, Laura now lives on the Upper East Side of Manhattan, in a lonely townhouse she shares with her old-world, strict, often querulous grandparents. But the arrangement may be temporary. The quiet, awkward teenager has been getting into trouble at home and has been expelled from her high school for throwing a record album at a popular girl who bullied her. When Christmas is over and the new year begins, Laura may find herself at boarding school in Montreal. Nearly unmoored from reality through her panic and submerged grief, Laura is startled when a handsome swan boy with only one wing lands on her roof. Hiding him from her ever-bickering grandparents, Laura tries to build the swan boy a wing so he can fly home. But the task is too difficult to accomplish herself. Little does Laura know that her struggle to find help for her new friend parallels that of her grandparents, who are desperate for a distant relative's financial aid to save the family store. As he explores themes of class, isolation, family, and the dangerous yearning to be saved by a power greater than ourselves, Gregory Maguire conjures a haunting, beautiful tale of magical realism that illuminates one young woman's heartbreak and hope as she begins the

inevitable journey to adulthood.

Failing Up - Leslie Odom, Jr. 2018-03-27

Leslie Odom Jr., burst on the scene in 2015, originating the role of Aaron Burr in the Broadway musical phenomenon Hamilton. Since then, he has performed for sold-out audiences, sung for the Obamas at the White House, and won a Tony Award for Best Leading Actor in a Musical. But before he landed the role of a lifetime in one of the biggest musicals of all time, Odom put in years of hard work as a singer and an actor. With personal stories from his life, Odom asks the questions that will help you unlock your true potential and achieve your goals even when they seem impossible. What work did you put in today that will help you improve tomorrow? How do you surround yourself with people who will care about your dreams as much as you do? How do you know when to play it safe and when to risk it all for something bigger and better? These stories will inspire you, motivate you, and empower you for the greatness that lies ahead, whether you're graduating from college, starting a new job, or just looking to live each day to the fullest.

Beautiful Boy - David Sheff 2009

Sheff's story tells of his teenage son's addiction to meth, in this real-time chronicle of the shocking descent into substance abuse and the family's gradual emergence into hope.

High - David Sheff 2019

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.

Fresh & Pure: Organically Crafted Beauty Balms & Cleansers (Pretty Zen) - Jules Aron 2018-03-06

75 simple recipes for all-natural homemade beauty products Tired of wondering exactly what went into her beauty products, holistic health and wellness coach Jules Aron decided to make her own. Whipping up a luxurious face mask using little more than honey, apricots, and coconut oil, and an acne-fighting toner with cooling cucumber and antioxidant-rich green tea, she knew without a doubt that no preservatives or toxic chemicals were used. In Fresh & Pure, Aron explains how to use fruit, flowers, herbs, and minerals to craft healthy beauty products that promote radiant skin, strong nails, and shiny hair. With this helpful guide, readers will be able to pamper themselves from head to toe with aromatic, forward-thinking potions like charcoal soap, strawberry rose facial mist, pineapple sunflower body scrub, and aloe and avocado hair conditioner.

Schizo - Nic Sheff 2014-09-30

The fascinating, shocking, and ultimately quite hopeful story of one teen's downward spiral into mental illness by the bestselling author of Tweak. Miles's little brother Teddy is missing. The police believe he drowned at the beach—the very same day Miles had his first schizophrenic episode. But Miles knows better—Teddy is alive. Kidnapped. There was even a witness! Fueled by guilt, Miles sets off to rescue Teddy. There is so much to overcome, though. The endless pills he must take. The girl who steals his heart and plays with it. The black crows that follow him. As seen through Miles's distorted perception, his world closes around him as he pushes to keep it open. What you think you know about his world is actually a blur of gray, though, and the sharp focus of reality proves startling. The New York Times bestselling author of Tweak, son of David Sheff (author of Beautiful Boy, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet), Nic Sheff offers a fascinating and ultimately quite hopeful story of one teen's downward spiral into mental illness.

Praise for SCHIZO: Included in CNN.com's roundup of "new

titles to feed your YA addiction" "Readers fascinated by the dark side of the human mind in realistic fiction will enjoy this deft portrayal of a brain and a life spiraling out of control. Miles is an endearing character whose difficult journey will generate compassion and hope." -School Library Journal "[T]he crafting of the plot and the convergence of the different storylines keeps pages turning. Schizo is a thrilling read for teens." -VOYA "[A]n insightful perspective on one teen's struggle with mental illness." -Publishers Weekly "Miles's clipped first-person narration is immediate and intimate." -Horn Book "[A] heartbreaking story, but particularly important in the climate around mental illness today." -Bustle.com

Under Our Roof - Madeleine Dean 2021-02-16

A congresswoman and her son reveal how he survived a ten-year battle with opioid abuse—and what their family's journey to recovery can teach us about finding hope amid the unspeakable. "Beautiful and inspiring."—Maria Shriver's Sunday Paper (Book of the Week) When Madeleine Dean discovered that her son Harry was stealing from the family to feed a painkiller addiction, she was days away from taking the biggest risk of her life: running for statewide office in Pennsylvania. For years, she had sensed something was wrong. Harry was losing weight and losing friends. He had lost the brightness in his eyes and voice, changing from a young boy with boundless enthusiasm to a shadow of himself, chasing something she could not see. Now her worst fears had come to light. Under Our Roof is the story of a national crisis suffered in the intimacy of so many homes, told with incredible candor through the dual perspectives of a mother rising in politics and a son living a double life, afraid of what might happen if his secret is exposed. In this honest, bracing, yet ultimately uplifting memoir, they discuss the patterns of a family dealing with an unspoken disease, the fear that keeps addicts hiding in shame, and the moments of honesty, faith, and personal insight that led to Harry's recovery. In a country searching for answers to the devastating effects of opioids and drug abuse, Under Our Roof is a ray of hope in the darkness. It is not only a love story between mother and son but also an honest account of a pressing national crisis by a family poised to make a difference.

Video Games - David Sheff 1994

Discusses parental misconceptions about video games, looks at issues of sex and violence, and describes the best and worst games

Running Is a Kind of Dreaming - J. M. Thompson 2021-10-05

A powerful, breathtaking memoir about a young man's descent into madness, and how running saved his life. "Voluntary or involuntary?" asked the nurse who admitted J. M. Thompson to a San Francisco psychiatric hospital in January 2005. Following years of depression, ineffective medication, and therapy that went nowhere, Thompson feared he was falling into an inescapable darkness. He decided that death was his only exit route from the torture of his mind. After a suicide attempt, he spent weeks confined on the psych ward, feeling scared, alone, and trapped. One afternoon during an exercise break he experienced a sudden urge. "Run, I thought. Run before it's too late and you're stuck down there. Right now. Run." The impulse that starts with sprints across a hospital rooftop turns into all night runs in the mountains. Through motion and immersion in the beauty of nature, Thompson finds a way out of the hell of depression and drug addiction. Step by step, mile by mile, his body and mind heal. In this lyrical, vulnerable, and breathtaking memoir, J. M. Thompson, now a successful psychologist, retraces the path that led him from despair to wellness, detailing the chilling childhood trauma that caused his depression, and the unorthodox treatment that saved him. Running Is a Kind of Dreaming is a luminous literary testament to the universal human capacity to recover from our deepest wounds.

Running Against the Tide - Captain Lee 2018-09-18

From the star of Bravo's hit reality show Below Deck comes Running Against the Tide, the "Stud of the Sea's" first-ever memoir recounting his journey from landlocked Saginaw, Michigan to the high seas, where he has spent more than twenty-five years as a superyacht captain. The cast members of Below Deck are known for their catfights, scheming, personal attacks, and long-held grudges, but what keeps viewers coming back week after

week is resident hero Captain Lee, the only cast member to appear in all five seasons. But you don't have to be one of Below Deck's 1.5 million weekly viewers to appreciate Captain Lee's story, which offers a glimpse behind-the-scenes at the luxury yachting industry and one of Bravo's biggest franchises. From having to reclaim his drunk captain's lost papers in the Dominican Republic to unwittingly crewing a drug boat out of Turks and Caicos to navigating the outrageous demands of the super-rich in New York City, Captain Lee's tales from the high seas run the gamut, proving time and time again why he's a fan favorite: he's occasionally profane, he's often surprising, but he's never dull and, for the first time, he's here to tell all.

The Joey Song - Sandra Swenson 2014-09-09

The Joey Song illuminates the hard truth—sometimes addicts don't recover. However, with love and faith, their families can.

Are You There, Vodka? It's Me, Chelsea - Chelsea Handler 2008-04-22

Welcome to Chelsea Handler's world—a place where absurdity reigns supreme and a quick wit is the best line of defense. When Chelsea Handler needs to get a few things off her chest, she appeals to a higher power—vodka. Seems reasonable, when considering that she discovered her boyfriend was having an affair with a Peekapoo and she had to pretend to be honeymooning with her father in order to upgrade to first class. In this highly entertaining, deliciously skewed collection, Chelsea mines her past for stories about her family, relationships, and career that are at once singular and ridiculous. Whether she's convincing her third-grade class that she has been chosen to play Goldie Hawn's daughter in the sequel to Private Benjamin, deciding to be more egalitarian by dating a redhead, or looking out for a foulmouthed, rum-swilling little person who looks just like her...only smaller, Chelsea has a knack for getting herself into the most outrageous situations. *Are You There, Vodka? It's Me, Chelsea* showcases the candor and irresistible turns of phrase that have made her one of the freshest voices in comedy today.

Game Over - David Sheff 2011-11-02

More American children recognize Super Mario, the hero of one of Nintendo's video games, than Mickey Mouse. The Japanese company has come to earn more money than the big three computer giants or all Hollywood movie studios combined. Now Sheff tells of the Nintendo invasion—a tale of innovation and cutthroat tactics.

Methland - Nick Reding 2010-06-03

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.

Addict in the Family - Beverly Conyers 2021-10-26

The family recovery classic, *Addict in the Family*, has been revised and updated to offer parents and other family members even greater support when faced with the reality of a loved one's addiction. Solid, actionable advice and information about what helps and what doesn't—and how to care for themselves—make this an indispensable guide. For families of addicts, fear, shame, and confusion over a loved one's addiction can cause deep anxiety, sleepless nights, and even physical illness. The emotional distress family members suffer is often compounded by the belief that they somehow caused or contributed to their loved one's addiction—or that they could have done something to prevent it. *Addict in the Family* is a book about the pain of addiction, but more importantly it is a book of comfort, understanding, and hope for anyone struggling with a loved one's addiction. As the compelling personal stories reveal, family members do not cause their loved one's addiction—nor can they control or cure it. What family members can do is find support, set boundaries, detach with love, and eventually discover how to enjoy life more fully. This book helps them do just that—whether the loved one achieves recovery or not.

Red Sparrow - Jason Matthews 2013-06-04

SOON TO BE A MAJOR MOTION PICTURE starring Jennifer Lawrence, Joel Edgerton and Jeremy Irons. Dominika Egorov, former prima ballerina, is sucked into the heart of Putin's Russia, the country she loved, as the twists and turns of a betrayal and counter-betrayal unravel. American Nate Nash, idealistic and ambitious, handles the double agent, codenamed MARBLE, considered one of

CIA's biggest assets. He needs to keep his identity secret for as long as the mole can keep supplying golden information. Will Dominika be able to unmask MARBLE, or will the mission see her faith destroyed in the country she has always passionately defended? 'A great and dangerous spy-game is being played today between Russian intelligence and the CIA. Very few people know about it, including many of our politicians in Washington. But Jason Matthews does, and his thrilling *Red Sparrow* takes us deep inside this treacherous world. He's an insider's insider. He knows the secrets. And he is also a masterful story-teller. I loved this book and could not put it down. Neither will you.' Vince Flynn 'Not since the good old days of the Cold War has a classic spy thriller like *Red Sparrow* come along. Jason Matthews is not making it up; he has lived this life and this story, and it shows on every page. High-level espionage, pulse-pounding danger, sex, double agents and double crosses. What more can any reader want?' Nelson DeMille
The Memoirs of a Beautiful Boy - Robert Leleux 2008-01-08

The author describes his east Texas boyhood and coming of age with his eccentric, flamboyant mother, his life on their in-laws' horse ranch, his mother's successful quest to land a wealthy husband, and meeting his future life partner, Michael.

Creole Son - E. Kay Trimberger 2020-04-01

Creole Son is the compelling memoir of a single white mother searching to understand why her adopted biracial son grew from a happy child into a troubled young adult who struggled with addiction for decades. The answers, E. Kay Trimberger finds, lie in both nature and nurture. When five-day-old Marco is flown from Louisiana to California and placed in Trimberger's arms, she assumes her values and example will be the determining influences upon her new son's life. Twenty-six years later, when she helps him make contact with his Cajun and Creole biological relatives, she discovers that many of his cognitive and psychological strengths and difficulties mirror theirs. Using her training as a sociologist, Trimberger explores behavioral genetics research on adoptive families. To her relief as well as distress, she learns that both biological heritage and the environment—and their interaction—shape adult outcomes. Trimberger shares deeply personal reflections about raising Marco in Berkeley in the 1980s and 1990s, with its easy access to drugs and a culture that condoned their use. She examines her own ignorance about substance abuse, and also a failed experiment in an alternative family lifestyle. In an afterword, Marc Trimberger contributes his perspective, noting a better understanding of his life journey gained through his mother's research. By telling her story, Trimberger provides knowledge and support to all parents—biological and adoptive—with troubled offspring. She ends by suggesting a new adoption model, one that creates an extended, integrated family of both biological and adoptive kin.

Guts - Kristen Johnston 2012-03-13

The New York Times bestseller—a harrowing and hysterical memoir by the two-time Emmy Award-winning actress from the hit television show *3rd Rock from the Sun*. "It felt like I was speeding on the Autobahn toward hell, trapped inside a DeLorean with no brakes. And even if I could somehow stop, I'd still be screwed, because there's no way I'd ever be able to figure out how to open those insane, cocaine-designed doors." Actress Kristen Johnston has written her first book, a surprisingly raw and triumphant memoir that is outrageous, moving, sweet, tragic, and heartbreakingly honest. *Guts* is a true achievement—a memoir that manages to be as frank and revealing as Augusten Burroughs, yet as hilarious and witty as David Sedaris. Johnston takes us on a journey so truthful and relatable, so remarkably fresh, it promises to stay with you for a long, long time.

China Dawn - David Sheff 2002-03-19

In this breathtaking narrative, journalist David Sheff introduces the visionaries leading Asia into the 21st century. "Wired Warriors" is the definitive book on one of the most extraordinary business and social movements anywhere.

Clean - David Sheff 2013

Combines personal stories and experiences with cutting edge research to describe a new way of treating substance addiction as well as accompanying mental illnesses.

The Handy Forensic Science Answer Book - Patricia

Barnes-Svarney 2018-09-01

Covering the fundamentals, science, history, and analysis of clues, *The Handy Forensic Science Answer Book: Reading Clues at the Crime Scene, Crime Lab and in Court* provides detailed information on crime scene investigations, techniques, laboratory finding, the latest research, and controversies. It looks at the science of law enforcement, how evidence is gathered, processed, analyzed, and viewed in the courtroom, and more. From the cause, manner, time of a death, and autopsies to blood, toxicology, DNA typing, fingerprints, ballistics, tool marks, tread impressions, and trace evidence, it takes the reader through the many sides of a death investigation. Arson, accidents, computer crimes, criminal profiling, and much, much more are also addressed. *The Handy Forensic Science Answer Book* gives real-world examples and looks at what Hollywood gets right and wrong. It provides the history of the science, and it introduces the scientists behind breakthroughs. An easy-to-use and informative reference, it brings the complexity of a criminal investigation into focus and provides well-researched answers to over 950 common questions, such as ... & bull; What is the difference between cause of death and manner of death? & bull; How did a person's skull fit into criminal evidence in the early 1800s? & bull; When were fingerprints first used to identify a criminal? & bull; How is the approximate time of death of a crime scene victim determined? & bull; What is forensic serology? & bull; What is the National Missing and Unidentified Persons System? & bull; Can a forensics expert look at skeletal remains and tell whether the person was obese? & bull; How can a simple knot analyzed in the crime lab be used as evidence? & bull; Can fingerprints be permanently changed or destroyed? & bull; How fast does a bullet travel? & bull; How was a chemical analysis of ink important in the conviction of Martha Stewart? & bull; What types of data are often retrieved from a crime scene cellphone? & bull; Can analyses similar to those used in forensics be used to uncover doping in athletics? & bull; What is the Personality Assessment Inventory? & bull; What are some motives that cause an arsonist to start a fire? & bull; What state no longer allows bite marks as admissible evidence in a trial? & bull; What is the Innocence Project? & bull; Why are eyewitness accounts not always reliable? & bull; Who was "Jack the Ripper"? Providing the facts, stats, history, and science, *The Handy Forensic Science Answer Book* answers intriguing questions about criminal investigations. This informative book also includes a helpful bibliography, glossary of terms, and an extensive index, adding to its usefulness.

The Buddhist on Death Row - David Sheff 2020-08-04

The #1 New York Times bestselling author of *Beautiful Boy* explores the transformation of Jarvis Jay Masters who has become one of America's most inspiring Buddhist practitioners while locked in a cell on death row. Jarvis Jay Masters's early life was a horror story whose outline we know too well. Born in Long Beach, California, his house was filled with crack, alcohol, physical abuse, and men who paid his mother for sex. He and his siblings were split up and sent to foster care when he was five, and he progressed quickly to juvenile detention, car theft, armed robbery, and ultimately San Quentin. While in prison, he was set up for the murder of a guard—a conviction which landed him on death row, where he's been since 1990. At the time of his murder trial, he was held in solitary confinement, torn by rage and anxiety, felled by headaches, seizures, and panic attacks. A criminal investigator repeatedly offered to teach him breathing exercises which he repeatedly refused. Until desperation moved him to ask her how to do "that meditation shit." With uncanny clarity, David Sheff describes Masters's gradual but profound transformation from a man dedicated to hurting others to one who has prevented violence on the prison yard, counseled high school kids by mail, and helped prisoners—and even guards—find meaning in their lives. Along the way, Masters becomes drawn to the principles that Buddhism espouses—compassion, sacrifice, and living in the moment—and he gains the admiration of Buddhists worldwide, including many of the faith's most renowned practitioners. And while he is still in San Quentin and still on death row, he is a renowned Buddhist thinker who shows us how to ease our everyday suffering, relish the light that surrounds us, and endure the tragedies that befall us all.

Schizo - Nic Sheff 2015-09-08

The fascinating, shocking, and ultimately quite hopeful story of one teen's downward spiral into mental illness by the bestselling author of *Tweak* and son of David Sheff (author of *Beautiful Boy*, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet). Miles is the ultimate unreliable narrator—a teen recovering from a schizophrenic breakdown who believes he is getting better . . . when in reality he is growing worse. Driven to the point of obsession to find his missing younger brother, Teddy, and wrapped up in a romance that may or may not be the real thing, Miles is forever chasing shadows. As Miles feels his world closing around him, he struggles to keep it open, but what you think you know about his world is actually a blur of gray, and the sharp focus of reality proves startling. Written by Nic Sheff, son of David Sheff (author of *Beautiful Boy*, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet), *Schizo* is the fascinating, and ultimately quite hopeful, story of one teen's downward spiral into mental illness as he chases the clues to a missing brother. Perfect for fans of *Thirteen Reasons Why*, *The Perks of Being a Wallflower*, and *It's Kind of a Funny Story*. "This spare book is a well-written, but painful, read, as readers come to understand the hopelessness Miles feels about his life and his future."—VOYA "In his first novel, memoirist Sheff (*Tweak*) provides an insightful perspective on one teen's struggle with mental illness."—Publishers Weekly

Broken - William Cope Moyers 2007-08-28

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
Cocaine's Son - Dave Itzkoff 2011-01

The New York Times cultural reporter and author of *Lads* describes the impact of his drug-addict father on his early childhood, tracing his efforts as an adult to rebuild their relationship and untangle his father's tragic and complicated past.

My Remarkable Journey - Katherine Johnson 2021-05-25

The remarkable woman at heart of the smash New York Times bestseller and Oscar-winning film *Hidden Figures* tells the full story of her life, including what it took to work at NASA, help land the first man on the moon, and live through a century of turmoil and change. In 2015, at the age of 97, Katherine Johnson became a global celebrity. President Barack Obama awarded her the prestigious Presidential Medal of Freedom—the nation's highest civilian honor—for her pioneering work as a mathematician on NASA's first flights into space. Her contributions to America's space program were celebrated in a blockbuster and Academy-award nominated movie. In this memoir, Katherine shares her personal journey from child prodigy in the Allegheny Mountains of West Virginia to NASA human computer. In her life after retirement, she served as a beacon of light for her family and community alike. Her story is centered around the basic tenets of her life—no one is better than you, education is paramount, and asking questions can break barriers. The memoir captures the many facets of this unique woman: the curious "daddy's girl," pioneering professional, and sage elder. This multidimensional portrait is also the record of a century of racial history that reveals the influential role educators at segregated schools and Historically Black Colleges and Universities played in nurturing the dreams of trailblazers like Katherine. The author pays homage to her mentor—the African American professor who inspired her to become a research mathematician despite having his own dream crushed by racism. Infused with the uplifting wisdom of a woman who handled great fame with genuine humility and great tragedy with enduring hope, *My Remarkable Journey* ultimately brings into focus a

determined woman who navigated tough racial terrain with soft-spoken grace—and the unrelenting grit required to make history and inspire future generations.

Saving Jake - D'Anne Burwell 2015-08-27

D'Anne Burwell's smart, athletic son—raised in a loving and prosperous home—begins abusing OxyContin as a teenager, and within a year drops out of college, walks out of rehab, and lands homeless on the streets of Boulder. Struggling with fear, guilt, and a desperate need to protect her son, D'Anne grapples with her husband's anger and her daughter's depression as the family disease of addiction impacts them all. She discovers the terrifying links between prescription-drug abuse and skyrocketing heroin use. And she comes to understand that to save her child she must step back and allow him to fight for his own soul. *SAVING JAKE* gives voice to the devastation shared by the families of addicts, and provides vital hope. Above all, it is a powerful personal story of love and redemption.

Leave Out the Tragic Parts - Dave Kindred 2021-02-02

Dave Kindred's extraordinary investigation of the death of his grandson yields a powerful memoir of addiction, grief, and the stories we choose to tell our families and ourselves. Jared Kindred left his home and family at the age of eighteen, choosing to wander across America on freight train cars and live on the street. Addicted to alcohol most of his short life, and withholding the truth from many who loved him, he never found a way to survive. Through this ordeal, Dave Kindred's love for his grandson has never wavered. *Leave Out the Tragic Parts* is not merely a reflection on love and addiction and loss. It is a hard-won work of reportage, meticulously reconstructing the life Jared chose for himself—a life that rejected the comforts of civilization in favor of a chance to roam free. Kindred asks painful but important questions about the lies we tell to get along, and what binds families together or allows them to fracture. Jared's story ended in tragedy, but the act of telling it is an act of healing and redemption. This is an important book on how to love your family, from a great writer who has lived its lessons.

Beautiful Boy - David Sheff 2018-11

THE NUMBER ONE NEW YORK TIMES BESTSELLER SOON TO BE A MAJOR MOTION PICTURE, STARRING STEVE CARELL AND TIMOTHEE CHALAMET 'What had happened to my beautiful boy? To our family? What did I do wrong?' Those are the wrenching questions that haunted every moment of David Sheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery. Before Nic Sheff 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. With haunting candour, David Sheff traces the first subtle warning signs: the denial, the 3am phone calls (is it Nic? the police? the hospital?), the attempts at rehab. His preoccupation with Nic became an addiction in itself, and the obsessive worry and stress took a tremendous toll. But as a journalist, he instinctively researched every avenue of treatment that might save his son and refused to give up on Nic. This story is a first: a teenager's addiction from the parent's point of view - a real-time chronicle of the shocking descent into substance abuse and the gradual emergence into hope. *Beautiful Boy* is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help. Read the other side of Nic Sheff's bestselling memoir, *Tweak*. Praise for *Beautiful Boy*: - '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 'An important book... moving, timely and startlingly beautiful.' Richard Branson

Losing It - Valerie Bertinelli 2008-02-25

Valerie Bertinelli, then: bubbly sitcom star and America's Sweetheart turned tabloid headline and rock star wife. Now: actress, single working mother of teenage rock star, and weight-loss inspiration to millions. We all knew and loved Valerie Bertinelli years ago when she played girl-next-door cutie Barbara Cooper in the hit TV show *One Day at a Time*, and then starred in numerous TV movies. From wholesome primetime in America's living rooms, Valerie moved to late nights with the hardest-partying band of the decadent eighties when she became, at twenty, wife to rock guitarist Eddie

Van Halen. *Losing It* is Valerie's frank account of her life backstage and in the spotlight. Here are the ups and downs of teen stardom, of her complicated marriage to a brilliant, tormented musical genius, and of her very public struggle with her weight. Surprising, uplifting, and empowering, *Losing It* takes you behind the scenes of Valerie's acting career and marriage, recalling the comforts, friendships, and problems of her television family, her close relationships with her parents and brothers, the stress and worries of being the wife of a rock star, and the joys of motherhood. Like many women, Valerie often remembers the state of her life by the food she ate and the numbers on her scale. So despite her celebrity, Valerie's voice is so down-to-earth, honest, and appealing that you'll feel as if you're talking with a girlfriend over coffee. Funny and candid, Valerie recounts her attempts to maintain a healthy self-image while dealing with social pressures to look and act a certain way, and to overcome career insecurities and relationship problems, all of which will be familiar to the hundreds of thousands of women who struggle every day with these same issues. From marital turmoil to the joys of a new career, from being named among Penthouse's ten sexiest women in the world to overhearing whispers about her weight gain in the grocery store, this is Valerie's inspiring journey as she finds new love, raises a terrific kid, and motivates other women as a spokesperson for Jenny Craig.

A Normal Family - Chrysta Bilton 2022-07-14

ONE OF PEOPLE MAGAZINE'S BEST SUMMER READS 2022 5* 'A jaw-dropping memoir' - THE TELEGRAPH 'One of the maddest memoirs you'll read this year... a beautiful, warm, funny book.' -The Times 'A wholly absorbing page-turner that everyone will want to read. You should probably buy two.' -Kirkus Starred Review 'A riveting debut.' -People Magazine 'By turns hilarious, wrenching, and achingly tender.' -Susan Orlean, New York Times bestselling author 'A remarkable and wise book, two memoirs braided together with such tendresse that readers will come to believe the ironic title in earnest' -LA TIMES For most of her life, Chrysta Bilton was one member of a small, if dysfunctional, family of four. There was her sister, Kaitlyn, her hedonistic, glamorous, gay mum Debra, and Jeffrey, who Debra hand-picked, in an LA hairdressers, to be the father of her children. During Chrysta's unstable childhood, Debra struggled to keep the family afloat and Jeffrey wandered in and out of their lives. Then, in her twenties, Chrysta discovered that her father had secretly donated his sperm over 500 times - and that she had at least 35 other siblings. *A Normal Family* is a captivating coming-of-age memoir about Chrysta's reckoning with the secrets both parents had carefully kept from her. Heartfelt, warm and funny, it's a story of embracing the family we have, in all the forms we find it.

Bones & All - Camille DeAngelis 2015-03-10

Now a major motion picture from Luca Guadagnino starring Taylor Russell, Timothée Chalamet and Mark Rylance, screenplay by David Kajganich! Maren Yearly is a young woman who wants the same things we all do. She wants to be someone people admire and respect. She wants to be loved. But her secret, shameful needs have forced her into exile. She hates herself for the bad thing she does, for what it's done to her family and her sense of identity, for how it dictates her place in the world and how people see her—how they judge her. She didn't choose to be this way. Because Maren Yearly doesn't just break hearts, she devours them. Ever since her mother found Penny Wilson's eardrum in her mouth when Maren was just two years old, she knew life would never be normal for either of them. Love may come in many shapes and sizes, but for Maren, it always ends the same—with her hiding the evidence and her mother packing up the car. But when her mother abandons her the day after her sixteenth birthday, Maren goes looking for the father she has never known, and finds much more than she bargained for along the way. Faced with a world of fellow eaters, potential enemies, and the prospect of love, Maren realizes she isn't only looking for her father, she's looking for herself.

Keep It Simple - Anonymous 2009-09-29

A dependable companion for people in all stages of recovery, *Keep It Simple's* meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your

journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

We All Fall Down - Nic Sheff 2011-04-05

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.