

# Beautiful Boy A Fathers Journey Through His Sons Addiction David Sheff

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**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.

**Hopeful Healing** Mackenzie Phillips 2017-02-07 "As the daughter of lead singers of the 1960s band The Mamas and The Papas, Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near-fatal drug addiction. Now, delivered with warmth and candor, she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor. Using her own

life experiences as examples of proven recovery methods, she shares the tools and holistic approaches that are available to help you on your journey to recovery."--Amazon.com

**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

**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.

*Beautiful Boy* David Sheff 2008-02 David Sheff's 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. Before meth, Sheff's son Nic was a varsity athlete, honor student, and award-winning journalist. After meth, he was a trembling wraith who stole money from his eight-year-old brother and lived on the streets. With haunting candour, Sheff traces the first subtle warning signs, the denial (by both child and parents), the three a.m. phone calls (is it Nic? the police? the hospital?), the attempts at rehab, and, at last, the way past addiction. He shows us that whatever an addict's fate, the rest of the family must care for one another too, lest they become addicted to addiction.

*Strung Out* Erin Khar 2020-02-25 "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.

**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

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.

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.

**Age of Opportunity** Laurence D. Steinberg 2014 A leading expert on adolescence cites new research and describes how to raise happy, successful kids by helping parents navigate this challenging, but developmentally crucial, time through strategies that instill self-control during the teenage years. 25,000 first printing.

**Creating a Cash Cow in Kenya** Nat Robinson 2015-12-24 "What started as an eight-month assignment turned into a six-year adventure and the creation of a social business to help Kenya's

farmers lift themselves out of poverty. The social business, Juhudi Kilimo, provides microloans to enable smallholder farmers to buy productive assets, such as cows, tools and so on. Since its foundation in 2009, Juhudi Kilimo has provided over 50,000 loans worth \$30 million and financed the purchase of 23,100 cows by some of Kenya's poorest farmers. In its six years Juhudi managed to rack up an impressive list of international investors The Rockefeller Foundation, The Ford Foundation, Acumen Fund, Soros Economic Development Fund, Grameen Foundation, Deutsche Bank and Kiva.org. The company also won a Charles Schwab Social Entrepreneur of the Year Award and part of CIO Magazine's top 100 list. The challenges faced by the company in its early years reveal a dark underbelly of investor greed, corruption and the deep multicultural misunderstandings that can lead to conflicts. The company was driven by a young entrepreneur from the US, who admits he had no idea what he was doing but learned along the way. The lessons he presents here can help guide those starting new ventures or trying to defy the odds with a new social business in East Africa. The business stories are intertwined with his adventures, racing camels, running from rhinos and much more."--Summary from Amazon.

**Bodies in Motion and at Rest** Thomas Lynch 2001 A Michigan poet, funeral director, and American Book Award-winning author of *The Undertaking* continues his quirky observations on the relations between the literary and mortuary arts, in a collection of illuminating essays and observations on life, death, and creative expression. Reprint.

52 Things Sons Need from Their Dads Jay Payleitner 2014-03-01 Perfect? No. But you're still the right dad for your boy. Bestselling author Jay Payleitner, dad of four grown sons (and one amazing daughter), gives you a bucketful of man-friendly ideas on how build a father-and-son relationship. Good news is, you don't have to say a lot. By your life and example, you can show your boy why it's good to be a guy demonstrate how to treat women well teach him to work hard and have fun, often at the same time show him how to live with honesty and self-respect give him the inner confidence to live a purposeful life These 52 quick-to-read chapters offer great ways to relate or spend time as dad and son. And each idea provides a new building block for a father-son relationship that will help your boy along the path to becoming a man.

**Beautiful Boy** David Sheff 2008 The story of one teenager's descent into methamphetamine addiction is told from his father's point of view, describing how a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

Harmony House Nic Sheff 2016-03-22 Carrie meets American Horror Story meets *The Shining* in this terrifying YA horror novel from the author of *Tweak* and *Schizo*. Something's not right in Beach Haven. Jen Noonan's father thinks a move to Harmony House is the key to salvation, but to everyone who has lived there before, it is a portal to pure horror. After her alcoholic mother's death, Jen's father cracked. He dragged Jen to a dilapidated old manor on the shore of New Jersey to start their new lives—but Jen can tell that the place has an unhappy history. She can feel it the same way she can feel her anger flowing out of her, affecting the world in strange ways she can't explain. But Harmony House is more than just a creepy old estate. It's got a chilling past—and the more Jen discovers its secrets, the more the house awakens. Visions of a strange boy who lived in the house long ago follow Jen wherever she goes, and her father's already-fragile sanity disintegrates before her eyes. As the forces in the house join together to terrorize Jen, she must find a way to escape the past she didn't know was haunting her—and the mysterious and terrible power she didn't realize she had.

The Joy of the Gospel Pope Francis 2014-10-07 The perfect gift! A specially priced, beautifully designed hardcover edition of *The Joy of the Gospel* with a foreword by Robert Barron and an afterword by James Martin, SJ. "The joy of the gospel fills the hearts and lives of all who

encounter Jesus... In this Exhortation I wish to encourage the Christian faithful to embark upon a new chapter of evangelization marked by this joy, while pointing out new paths for the Church's journey in years to come." – Pope Francis This special edition of Pope Francis's popular message of hope explores themes that are important for believers in the 21st century. Examining the many obstacles to faith and what can be done to overcome those hurdles, he emphasizes the importance of service to God and all his creation. Advocating for "the homeless, the addicted, refugees, indigenous peoples, the elderly who are increasingly isolated and abandoned," the Holy Father shows us how to respond to poverty and current economic challenges that affect us locally and globally. Ultimately, Pope Francis demonstrates how to develop a more personal relationship with Jesus Christ, "to recognize the traces of God's Spirit in events great and small." Profound in its insight, yet warm and accessible in its tone, *The Joy of the Gospel* is a call to action to live a life motivated by divine love and, in turn, to experience heaven on earth. Includes a foreword by Robert Barron, author of *Catholicism: A Journey to the Heart of the Faith* and James Martin, SJ, author of *Jesus: A Pilgrimage*

**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.

**Note Found in a Bottle** Susan Cheever 2015-09-01 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.

**Judy Moody Declares Independence** Megan McDonald 2018-04-10 After visiting Boston, Judy Moody's in the mood for liberty and freedom. Will she be able to prove her family that she's ready for more independence, or will she just wind up in hot water?

**Gate of the Sun** Elias Khoury 2012-03-01 *Gate of the Sun* is the first magnum opus of the Palestinian saga. After their country is torn apart in 1948, two men remain alone in a deserted makeshift hospital in the Shatila camp on the outskirts of Beirut. We enter a vast world of displacement, fear, and tenuous hope. Khalil holds vigil at the bedside of his patient and spiritual father, a storied leader of the Palestinian resistance who has slipped into a coma. As Khalil attempts to revive Yunes, he begins a story, which branches into many. Stories of the people expelled from their villages in Galilee, of the massacres that followed, of the extraordinary inner strength of those who survived, and of love. Khalil—like Elias Khoury—is a truth collector, trying to make sense of the fragments and various versions of stories that have been told to him. His voice is intimate and direct, his memories are vivid, his humanity radiates from every page. Khalil lets his mind wander through time, from village to village, from one astonishing soul to another, and takes us with him. *Gate of the Sun* is a Palestinian Odyssey. Beautifully weaving together haunting stories of survival and loss, love and devastation, memory and dream, Khoury humanizes the complex Palestinian struggle as he brings to life the story of an entire people.

**Beautiful Boy** David Sheff 2009 The story of one teenager's descent into methamphetamine

addiction is told from his father's point of view, describing how a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

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.

**Runnin' with Frogs: A Navy Memoir** George R. Worthington 2019-03-30 This book is an autobiographical sketch of a Naval career, highlighting challenging assignments during a spectacular era in America. Details of deployments and special events of international and national moment associated with operational and command tours are described. Actions, decisions, and personal learning impacts are forthrightly discussed with in-depth descriptions of special training.

**The Land of Stories: The Wishing Spell** Chris Colfer 2012-07-17 Alex and Conner Bailey's world is about to change. When the twins' grandmother gives them a treasured fairy-tale book, they have no idea they're about to enter a land beyond all imagining: the Land of Stories, where fairy tales are real. But as Alex and Conner soon discover, the stories they know so well haven't ended in this magical land - Goldilocks is now a wanted fugitive, Red Riding Hood has her own kingdom, and Queen Cinderella is about to become a mother! The twins know they must get back home somehow. But with the legendary Evil Queen hot on their trail, will they ever find the way? The Land of Stories: The Wishing Spell brings readers on a thrilling quest filled with magic spells, laugh-out-loud humour and page-turning adventure.

The Drop Thad Ziolkowski 2021-07-06 In this revelatory and original book, award-winning author of the acclaimed surf memoir On a Wave illuminates the connection between waves, addiction, and recovery, exploring what surfing can teach us about the powerful undertow of addictive behaviors and the ways to swim free of them. Addiction is arguably the dominant feature of contemporary life: sex, gambling, exercise, eating, shopping, Internet use—there's virtually no pleasurable activity that can't morph into a destructive obsession. For Americans under the age of fifty-five, the leading cause of death is drug overdose. But there is another side of addiction. In some instances, the very activities that can lead to addiction can also lead out of it. As neurologists have recently discovered, surfing is a kind of study in the mechanism of addiction, delivering dopamine to the "pleasure" center of the brain and reshaping priorities and desire in a feedback loop of narrowing focus. Thad Ziolkowski knows this dynamic intimately. A lifelong surfer, he has been surrounded by addiction since his boyhood. In this unique, groundbreaking book, part addiction memoir, part sociological study, part spiritual odyssey, Ziolkowski dismantles the myth of surfing as a radiantly wholesome lifestyle immune to the darker temptations of the culture and discovers among the rubble a new way to understand and ultimately overcome addiction. Combining his own story with insights from scientists, progressive thinkers and the experiences of top surfers and addicts from around the world, Ziolkowski shows how getting on a board and catching a wave is a unique and deeply instructive means of riding out of the darkness

and back into the light. Yet while surfing is his salvation, its lessons can be applied to other activities that can pull us free from the lethal undertow of addiction and save lives.

**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

**America Anonymous** Benoit Denizet-Lewis 2009-01-06 *America Anonymous* is the unforgettable story of eight men and women from around the country -- including a grandmother, a college student, a bodybuilder, and a housewife -- struggling with addictions. For nearly three years, acclaimed journalist Benoit Denizet-Lewis immersed himself in their lives as they battled drug and alcohol abuse, overeating, and compulsive gambling and sexuality. Alternating with their stories is Denizet-Lewis's candid account of his own recovery from sexual addiction and his compelling examination of our culture of addiction, where we obsessively search for new and innovative ways to escape the reality of the present moment and make ourselves feel "better." Addiction is arguably this country's biggest public-health crisis, triggering and exacerbating many of our most pressing social problems (crime, poverty, skyrocketing health-care costs, and childhood abuse and neglect). But while cancer and AIDS survivors have taken to the streets -- and to the halls of Congress -- demanding to be counted, millions of addicts with successful long-term recovery talk only to each other in the confines of anonymous Twelve Step meetings. (A notable exception is the addicted celebrity, who often enters and exits rehab with great fanfare.) Through the riveting stories of Americans in various stages of recovery and relapse, Denizet-Lewis shines a spotlight on our most misunderstood health problem (is addiction a brain disease? A spiritual malady? A moral failing?) and breaks through the shame and denial that still shape our cultural understanding of it -- and hamper our ability to treat it. Are Americans more addicted than people in other countries, or does it just seem that way? Can food or sex be as addictive as alcohol and drugs? And will we ever be able to treat addiction with a pill? These are just a few of the questions Denizet-Lewis explores during his remarkable journey inside the lives of men and women struggling to become, or stay, sober. As the addicts in this book stumble, fall, and try again to make a different and better life, Denizet-Lewis records their struggles -- and his own -- with honesty and empathy.

**China Dawn** David Sheff 2002-03-19 Looks at the technological breakthroughs sweeping through China and discusses the challenges facing top thinkers and entrepreneurs.

**Guts** Kristen Johnston 2013-01-22 The actress best known for her work on "3rd Rock from the Sun" traces the story of her career and the personal difficulties that challenged her after "3rd Rock" ended.

**Chasing the High** Kyle Keegan 2008-03-04 Kyle Keegan was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life. Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as

his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language and along with the psychiatric expertise of Howard Moss, MD, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as which therapies are used to combat addiction, how to talk to family and friends about substance abuse, and how to navigate risky situations. Both an absorbing memoir and a useful resource for young people. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Chasing the High* is at once both an absorbing memoir and a useful resource. It offers hope to those who are struggling with substance abuse and will help them to overcome its challenges and to go on to lead healthy, productive lives.

**8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health)** Babette Rothschild 2010-01-04 The author of *The Body Remembers* offers eight main strategies--mindfulness, a focus on survival, recovery without false memories, creating an inner dialogue that soothes, building psychological defenses to cope and more--for combating the life-altering affects of trauma. Original

**Teenage Degenerate** S. C. Sterling 2016-01-18 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.

**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

**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.

**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.

**Prodigal Daughter** Rob Koke 2019-09-24 A gripping true story, *Prodigal Daughter* narrates a family's darkest time through addiction and their journey toward healing. Father and daughter team, Rob Koke - founder and Senior Pastor of Shoreline Church - and Danielle pull back the curtain on the mind-numbing power of addiction and offer hope and real strategies for those longing for freedom. Unashamed and heartwarming, Danielle shares intimately about her teenage alcohol abuse and dependence on marijuana and Adderall. She offers a rare, first-person insight into the mental and emotional effects of addiction, and what it takes to get and stay clean. Rob tells about his struggle with his daughter's addiction, dealing with its effect on their family, and the reality of what it looks like to love someone battling addiction in your own home. He explores common questions family members ask like: Why can't they just stop? Why did they turn to drugs when I gave them everything I could? Where did I go wrong? How do I help without enabling? In a raw, real-time glimpse, father and daughter reveal the vulnerable letters they shared with each other during Danielle's rehab. With transparency, Rob and Danielle disarm the shame factor, and share lessons and resources to prevent and overcome setbacks. This book is your field guide in the battle of addiction. Whether you're longing for freedom, or helping a loved one along the journey toward recovery, you're not alone. Danielle and Rob's story will challenge you with truth, equip you with strategies for the journey, and infuse your heart with hope.

**How I Became My Father the Drunk** William G. Borchert 2015-08-01 "Addiction to alcohol and/or drugs is a devastating and incomprehensible disease. It reaches down into the very core of the alcoholic and his or her family and destroys their most precious possessions--love, faith, trust, confidence and finally hope. While intimate and painful at times this book tells the dramatic love story of one such family. It finally focuses on how the backlash of alcoholism fomented anger and hatred between a father and son that eventually inundates the entire family. Every glimmer of hope is seemingly drowned and growing despair leads to near devastation. Then, when all seems lost, the miracle of recovery gradually restores torn relationships and emotional health. That is why this deeply personal story was written--to show alcoholics and their families touched by the painful disease of addictions that hope does spring eternal and to encourage and guide them to reach out and seek the path to recovery."--Back cover.

**All We Are Saying** David Sheff 2010-09-24 Twenty years ago David Sheff climbed the back steps of the Dakota into the personal thoughts and dreams of John Lennon and Yoko Ono. From the kitchen to the studio and up those fateful Dakota steps, Sheff recorded 20 hours of tape, discussing everything from childhood to the Beatles. Sheff gives a rare and last glimpse of John

and Yoko, one that seemed to look beyond the kitchen table to the future of the world with startling premonitions of what was to come.

*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.

Beautiful Things Hunter Biden 2021-04-06 NEW YORK TIMES BESTSELLER “I come from a family forged by tragedies and bound by a remarkable, unbreakable love,” Hunter Biden writes in this deeply moving and “unflinchingly honest” (Entertainment Weekly) memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*—“an astonishingly candid and brave book about loss, human frailty, wayward souls, and hard-fought redemption” (Dave Eggers, New York Times bestselling author)—Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.