

High Achiever The Incredible True Story Of One Addicts Double Life

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High Achiever

Tiffany Jenkins is a wife, and mother to three awesome human beings. She realized her love of writing last year when she started her blog, “Juggling the Jenkins”, where she writes about motherhood, addiction, marriage and adulting. Tiffany has acquired a huge social media following where her videos receive millions of views. She uses her platform to help and inspire others who are struggling with mother-hood, mental health, addiction, and those who just need a good laugh. Her articles have been featured on “BLUNTmoms.com”, “Themighty.com” and

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"Thoughtcatalog.com", and her Blog and Face-book page have been covered on several news outlets and television programs. This year she will be celebrating five years clean and sober from drugs and alcohol. She feels that publishing a book, is a wonderful way to celebrate this milestone.

High Achiever

Lisa Smith was a bright, young lawyer at a prestigious firm in NYC in the early nineties when alcoholism started to take over her life. What was once a way of escaping her insecurity and negativity became a means of coping with the anxiety and stress of an impossible workload. *Girl Walks Out of a Bar* is Smith's darkly comic and wrenchingly honest story of her formative years, the decade of alcohol and drug abuse, divorce, and her road to recovery. Smith describes how her spiraling circumstances conspired with her predisposition to depression and self-medication, nurturing an environment ripe for addiction to flourish. *Girl Walks Out of a Bar* is a candid portrait of alcoholism through the lens of gritty New York realism. Beneath the façade of success lies the reality of addiction.

Keeping Their Marbles

"A refreshingly raw, contrasting perspective on the foolproof idea of motherhood."--POPSUGAR "By turns painful and funny A searingly candid memoir."--Kirkus

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"Far from your cookie-cutter story of addiction [I'm Just Happy to Be Here] describes Hanchett's journey to recovery and sobriety in imperfect and unconventional ways."--Bustle In this unflinching and wickedly funny memoir, Janelle Hanchett tells the story of finding her way home. And then, actually staying there. Drawing us into the wild, heartbreaking mind of the addict, Hanchett carries us from motherhood at 21 with a man she'd known three months to cubicles and whiskey-laden domesticity, from judging meth addicts in rehab to therapists who "seem to pull diagnoses out of large, expensive hats." With warmth, wit, and searing B.S. detectors turned mostly toward herself, Hanchett invites us to laugh when we probably shouldn't and to rejoice at the unconventional redemption she finds in desperation and in a misfit mentor who forces her to see the truth of herself. A story of ego and forced humility, of fierce honesty and jagged love, of the kind of failure that forces us to re-create our lives, Hanchett writes with rare candor, scorching the "sanctity of motherhood," and leaving beauty in the ashes.

Big Chicken

Fifteen million Americans a year are plagued with alcoholism. Five million of them are women. Many of them, like Caroline Knapp, started in their early teens and began to use alcohol as "liquid armor," a way to protect themselves against the difficult realities of life. In this extraordinarily candid and revealing memoir, Knapp offers important insights not only about alcoholism, but about life itself and how we learn to cope with it. It was love at first sight. The beads of moisture on a chilled bottle. The way the glasses clinked and the conversation

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flowed. Then it became obsession. The way she hid her bottles behind her lover's refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many love stories, it fell apart. Drinking is Caroline Kapp's harrowing chronicle of her twenty-year love affair with alcohol. Caroline had her first drink at fourteen. She drank through her years at an Ivy League college, and through an award-winning career as an editor and columnist. Publicly she was a dutiful daughter, a sophisticated professional. Privately she was drinking herself into oblivion. This startlingly honest memoir lays bare the secrecy, family myths, and destructive relationships that go hand in hand with drinking. And it is, above all, a love story for our times—full of passion and heartbreak, betrayal and desire—a triumph over the pain and deception that mark an alcoholic life. Praise for *Drinking* “Quietly moving . . . Caroline Knapp dazzles us with her heady description of alcohol's allure and its devastating hold.”—Los Angeles Times Book Review “Filled with hard-won wisdom . . . [a] perceptive and revealing book.”—San Francisco Chronicle “Eloquent . . . a remarkable exercise in self-discovery.”—The New York Times “Drinking not only describes triumph; it is one.”—Newsweek

UnSweetined

Addiction to heroin and other drugs, legal and illegal, has grown to epidemic proportions worldwide, impacting a drastically increasing number of people and their families. "Dark Corner of the Mind" exposes the real-life experiences a person very rarely lives to describe and opens windows of understanding to an addict's thoughts and actions. Author Anthony Anonimo is one of the rare survivors of this chaotic lifestyle and far-reaching poor decisions. His is a story that

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usually could only be told from the grave of one of addiction's many victims. Anonimo's heartfelt and brutally honest account describes the real-life deceit in our society that manifests itself through greed, power, and white-collar crime, all of which he played a role in creating. This powerful and poignant memoir takes readers to whole new level of understanding of addiction itself, the depth of its insanity, and the path of destruction it leaves behind.

The High Achiever's Guide

On June 6, 2015, David and Jackie Siegel received the call that no parent should ever get. Their beautiful, vibrant, 18-year-old daughter Victoria had died of a drug overdose. The Siegels vowed to do whatever it takes to prevent this from happening to other parents. Right after Victoria passed away, Jackie received a text from one of Victoria's friends directing her to look in her bedroom nightstand for a secret diary she had kept - and suggesting they publish it. The Siegels decided to honor Victoria's wish. Victoria's Voice is a gripping peak inside the mind of sometimes happy, healthy teen and other times a teen dramatically influenced by drugs and alcohol. This is Victoria's Voice - from beyond the grave. It could save your child's life.

High Achiever

Addiction is a topic that has become far too common within our communities. There is a good chance that addiction has impacted your own life in some way. Perhaps you were stolen from

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so that an addict could get his or her next fix. Maybe your friend or family member struggles with substance abuse. Maybe it is YOU? **BACK ON TRACK**marks is a book about how one young man went from being a well-raised son of a southern Baptist preacher, to a hopeless heroin addict. Love, friendship, partying, drugs, and death. This book goes through, in detail, how Matt was first introduced to opiate pain killers and how his addiction progressed into a heroin addiction that took years away from his friends, family and himself. This book also covers exactly how he was able to recover from his heroin addiction, defines the difference between loving and enabling an addict, different treatment options and advice from Matt's parents and wife. If you are looking for hope, guidance, support or just a great story, **BACK ON TRACK**marks is a must read.

I Forgot to Die

In the tradition of *Blackout* and *Permanent Midnight*, a darkly funny and revealing debut memoir of one woman's twenty-year battle with sex, drugs, and alcohol addiction, and what happens when she finally emerges on the other side. Growing up in Beverly Hills, Amy Dresner had it all: a top-notch private school education, the most expensive summer camps, and even a weekly clothing allowance. But at 24, she started dabbling in meth in San Francisco and unleashed a fiendish addiction monster. Soon, if you could snort it, smoke it, or have sex with, she did. Smart and charming, with Daddy's money to fall back on, she sort of managed to keep it all together. But on Christmas Eve 2011 all of that changed when, high on Oxycontin, she stupidly "brandished" a bread knife on her husband and was promptly arrested for "felony

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domestic violence with a deadly weapon." Within months, she found herself in the psych ward--and then penniless, divorced, and looking at 240 hours of court-ordered community service. For two years, assigned to a Hollywood Boulevard "chain gang," she swept up syringes (and worse) as she bounced from rehabs to halfway houses, all while struggling with sobriety, sex addiction, and starting over in her forties. In the tradition of Orange Is the New Black and Jerry Stahl's Permanent Midnight, Amy Dresner's My Fair Junkie is an insightful, darkly funny, and shamelessly honest memoir of one woman's battle with all forms of addiction, hitting rock bottom, and forging a path to a life worth living.

You'll Grow Out of It

The fabulous collections housed in the world's most famous museums are trophies from an imperial age. Yet the huge crowds that each year visit the British Museum in London, the Louvre in Paris, or the Metropolitan in New York have little idea that many of the objects on display were acquired by coercion or theft. Now the countries from which these treasures came would like them back. The Greek demand for the return of the Elgin Marbles is the tip of an iceberg that includes claims for the Benin Bronzes from Nigeria, sculpture from Turkey, scrolls and porcelain taken from the Chinese Summer Palace, textiles from Peru, the bust of Nefertiti, Native American sacred objects, and Aboriginal human remains. In Keeping Their Marbles, Tiffany Jenkins tells the bloody story of how western museums came to acquire these objects. She investigates why repatriation claims have soared in recent decades and demonstrates how it is the guilt and insecurity of the museums themselves that have stoked the demands for

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return. Contrary to the arguments of campaigners, she shows that sending artefacts back will not achieve the desired social change nor repair the wounds of history. Instead, this groundbreaking book makes the case for museums as centres of knowledge, demonstrating that no object has a single home, and no one culture owns culture.

Dying to Live

Growing up on the Navajo Indian Reservation, David Crow and his siblings idolized their dad, a self-taught Cherokee who loved to tell his children about his World War II feats. But as time passed, David discovered the other side of Thurston Crow, the ex-con with his own code of ethics that justified cruelty, violence, lies--even murder. Intimidating David with beatings, Thurston coerced his son into doing his criminal bidding. David's mom, too mentally ill to care for her children, couldn't protect him. Through sheer determination, and with the help of a few angels along the way, David managed to get into college and achieve professional success. When he finally found the courage to refuse his father's criminal demands, he unwittingly triggered a plot of revenge that would force him into a deadly showdown with Thurston Crow. David would have only twenty-four hours to outsmart his father--the brilliant, psychotic man who bragged that the three years he spent in the notorious San Quentin State Prison had been the easiest time of his life. Raw and palpable, *The Pale-Faced Lie* is an inspirational story about the power of forgiveness and the strength of the human spirit.

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Victoria's Voice

Terri Schiavo's husband describes his wife's collapse, the years of care for her up to her death, the reasons why he fought for her right to die, and how he felt justified in having two children with another woman while Terri was still alive.

Let It Go

"When his wife and two of his children were killed in a drunk-driving accident, Chris Williams made the most important decision of his life"--Provided by publisher.

Drinking

NEW YORK TIMES AND NATIONAL BESTSELLER First loves, first songs, and the drugs and reckless high school exploits that fueled them—meet music icons Tegan and Sara as you've never known them before in this intimate and raw account of their formative years. High School is the revelatory and unique coming-of-age story of Sara and Tegan Quin, identical twins from Calgary, Alberta, growing up in the height of grunge and rave culture in the '90s, well before they became the celebrated musicians and global LGBTQ icons we know today. While grappling with their identity and sexuality, often alone, they also faced academic meltdown, their parents' divorce, and the looming pressure of what might come after high school. Written

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in alternating chapters from both Tegan's point of view and Sara's, the book is a raw account of the drugs, alcohol, love, music, and friendships they explored in their formative years. A transcendent story of first loves and first songs, it captures the tangle of discordant and parallel memories of two sisters who grew up in distinct ways even as they lived just down the hall from one another. This is the origin story of Tegan and Sara.

My Fair Junkie

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

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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

Girl Walks Out of a Bar

Hosts of the award-winning *Whine Down* podcast, Jana Kramer and Michael Caussin explore the raw and real moments of their marriage—what it means to love, to fight, and to sincerely forgive—with spiritual guidance and practical advice for anyone seeking stronger, more fulfilling love. From the beginning, Mike and Jana had the kind of everyday arguments that drive even the happiest couples apart. Money, careers, insecurity, jealousy, and then kids, infidelity, addiction, and growing walls around their individual hearts. Many people would have separated. But Jana and Mike discovered something invaluable: While fighting under the worst possible circumstances, they learned how to fight for each other with respect, kindness, humor, and faith. *The Good Fight* reveals how one couple decided to honor their forever love by battling it out and staying together, told from both sides. With honesty, warmth, and hilarity, Jana and Mike walk us through the details of the most complicated fights of their past. They show readers how they've communicated, prayed, forgiven, and radically embraced each other to live their happiest, most fulfilling lives possible, and offer lessons anyone—married, dating, single—can use to give and receive lasting love.

The Good Fight

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A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out. From the Hardcover edition.

In Pillness and in Health

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From the founder of That's Inappropriate—one of the most popular parenting blogs on the web—comes a hilarious, genuine, and relatable essay collection on the ups and downs of motherhood. Meredith Masony founded That's Inappropriate in 2014 as an innocent and humorous way to chronicle her chaotic days as a working mom, child wrangler, and busy wife. It soon evolved into a massive, dynamic community of parents—now nearly three million strong—brought together by their shared belief that parenthood and marriage don't have to be perfect. Now, in *Ask Me What's for Dinner One More Time*, Meredith shares her collection of witty essays on the universal frustrations of being a mom in today's world, presenting her laugh-out-loud perspective on sex, aging, anxiety, friendship, and much more. Perfect for fans of Jenny Lawson, Laura Clery, and Jen Mann, these essays provide laughter, relief, validation, and “a metaphorical hug for all of those moments you spend crying on your bathroom floor, thinking that you are failing at the hardest job on the planet.”

Portrait of an Addict as a Young Man

"Americans eat chicken more than any other meat. But our nation's favorite food comes with an invisible cost: its insidious effect on our health. In this extraordinary narrative, acclaimed journalist Maryn McKenna reveals how antibiotic use has altered the way we consume industrially raised meat, and its impact on our daily lives. Drawing on decades of research, as well as interviews with entrepreneurs, epidemiologists, and other specialists, McKenna spins an astonishing story of science gone wrong. In the middle of the last century, antibiotics fueled the rapid rise of chicken from local delicacy to everyday protein source. But with that

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spectacular growth came great risk. As resistance to new wonder drugs crept into the farming process, bacterial outbreaks became harder to treat. And the consequences-to agriculture, to human health, and to modern medicine-were devastating. Beginning with the push to make chicken the affordable entrée of choice and tracing its evolution to a global commodity and carrier of foodborne illness, McKenna shines a light on the hidden forces of industrialization, the repercussions of runaway antibiotic use, and the outcome for future generations. Taking readers from the first poultry farms on the Delmarva Peninsula to the little-known lab where the chicken nugget was invented and into today's factory farms, McKenna reveals that the history of chicken is as much about economics, politics, and culture as it is about what we eat. In these vivid pages, she gives voice to a vanguard of farmers, chefs, and activists who are seeking to return poultry to an honored place at the table-and are changing the way we think about food. Incisive and beautifully written, *Big Chicken* is a cautionary tale of an industry that lost its way-and shows us the way back to healthier eating"--Back cover.

Mindful Eating

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a

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unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

A Piece of Cake

Be Authentic and Aligned in Your Life “It's never too late to pursue your dreams. Maki Moussavi guides us to take action and commit to the vision we have for our lives.” ?Robin Farmanfarmanian, CEO & cofounder of Applied Reality Overlays Are you successful but feeling stuck, restless or unfulfilled? Does your life look great on paper, but it's just not enough?

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You're making money, have a career and lifestyle that you thought you always wanted, but now you're there and it's not all you expected it to be. The High Achiever's Guide shows you how to get that out of that rut, find your purpose, and get that something more that you are searching for. You have more power than you think. You have the power to rewrite the way you think and operate so that you can pursue what matters most. In this book you will get the tools, techniques and encouragement needed to create a meaningful life that you love. The High Achiever's Guide can help you: Discover what isn't working in your life and define what you truly want Rewrite your mental programming with intention Go after what you want with confidence Update your mindset model from traditional success to deeply personal fulfillment Experience authentic happiness From one high achiever to another. Maki Moussavi knows firsthand how it feels to be stuck in the rut of conventional success. A former corporate career professional, Moussavi's early life was filled with messages of working hard, chasing the dream, and making money. After creating the "success" that she'd been taught to value, she found herself questioning how she ended up feeling stuck, restless and unfulfilled. Through a journey of self-examination, she learned how to find her purpose and experience authentic happiness. Readers of books such as Authentic Happiness, The Motivation Manifesto, or The Big Leap, will love The High Achiever's Guide.

Idiot

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

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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 paranoiac 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.

Grit

An inmate finds himself in an impossible predicament after a life-changing encounter in prison, his survival tied to three seemingly unconnected people on the outside. Unseen forces work to destroy them before they can discover their destiny. Divided families, destroyed careers, sexual abuse, drugs, violence, and attempted murder combine to derail their lives and thrust them into peril. If they can find a way to overcome these obstacles, they can change their world forever; but if they fail, they will set in motion a series of events spelling destruction for future generations. A cosmic war rages in an attempt to prevent the unleashing of hell's agenda. Four lives converge at the center of the battle **THREE MUST DIE SO THAT ONE MAY LIVE.**

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Tears of the Silenced

THESE HABITS WILL MAKE YOU EXTRAORDINARY. Twenty years ago, author Brendon Burchard became obsessed with answering three questions: 1. Why do some individuals and teams succeed more quickly than others and sustain that success over the long term? 2. Of those who pull it off, why are some miserable and others consistently happy on their journey? 3. What motivates people to reach for higher levels of success in the first place, and what practices help them improve the most? After extensive original research and a decade as the world's leading high performance coach, Burchard found the answers. It turns out that just six deliberate habits give you the edge. Anyone can practice these habits and, when they do, extraordinary things happen in their lives, relationships, and careers. Which habits can help you achieve long-term success and vibrant well-being no matter your age, career, strengths, or personality? To become a high performer, you must seek clarity, generate energy, raise necessity, increase productivity, develop influence, and demonstrate courage. This book is about the art and science of how to cultivate and practice these proven habits. Whether you want to get more done, lead others better, develop skill faster, or dramatically increase your sense of joy and confidence, the habits in this book will help you achieve it. Each of the six habits is illustrated by powerful vignettes, cutting-edge science, thought-provoking exercises, and real-world daily practices you can implement right now. If you've ever wanted a science-backed, heart-centered plan to living a better quality of life, it's in your hands. Best of all, you can measure your progress. A link to a free professional assessment is included in the book.

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The Gifted Highly Sensitive Introvert

The Walk-In is an epic true story of a young man's journey through a turbulent life full of tragedy, trauma, adventure, heartbreak, romance, and plenty of sexual exploits as he tries to survive the streets of Hollywood as a down-and-out actor/model. The story is of an innocent boy with humble beginnings who rises up to build an empire, only to have his life shaken by death, loss, and destruction. Add to this a wild supernatural paranormal event, he is plunged into the deepest of depressions on the verge of suicide. The Walk-In chronicles his story through surviving depression on the streets of Hollywood, navigating the "casting couch" (#metoo), rubbing elbows with the rich and famous, Illuminati, and the underbelly of Hollywood. The main character develops special abilities that give him a deeper insight into death and suffering, as well as loving, healing, and helping. The Walk-In is a story of adversity and survival told in a raw and honest way, relatable to everyone's own struggles. It will grab you and never let you go. WHAT PEOPLE ARE SAYING ABOUT "THE WALK-IN" --This book was so interesting I could not put it down. His life had so many ups and downs you can't even imagine all of that happening to one person. Never boring, well written. I would highly recommend it. --I literally just finished the book. I could not put it down. Thank you for your vulnerability and your humbleness. You have no idea how this helped heal hurts in my life. Strange as it may sound. Thank you --I Could Not Put This Book Down, Once I Started It. Brian's Journey Through Life Is Gripping. What A Fascinating Read. You Will Laugh and Cry Along With Brian. He's Funny In The Funny Parts. Loved This Book. Wow Brian Your Strength !!! Just Wow. --I read this entire book this weekend. Omg it was so interesting I didn't want to

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stop. You have come through so much in your young lifetime and are an amazing person. --I gave the book 5 stars because it deserves it. The book was a complete shock to me to learn so much about you and your life, I had no idea about . As the world turns round and round. It's A Fascinating Journey you take your readers on --A truly amazing journey and an incredible story. Great to read something with real guts. --I Love Your New Book and You Are An Amazing Writer. The Emotions We Laugh and Cry With You.

Spilled Milk

Khalil Rafati went to Los Angeles in the 1990s and had it all. He was working with Hollywood movie stars and legendary rock musicians, but it wasn't long before he found his way into the dark underbelly of the City of Angels. When he hit rock bottom addicted to heroin and cocaine, overtaken by paranoia and psychosis, written off by his friends and family he grabbed a shovel and kept digging. At 33, Khalil was 109 pounds, a convicted felon, high school dropout, and homeless junkie living on the infamous Skid Row in downtown L.A.

Up from Down

From nationally bestselling author, YouTube star, and Facebook Video sensation Laura Clery comes a collection of comedic essays that paint “an honest, complicated portrait of how your life can change” (SheKnows). Laura Clery makes a living by sharing inappropriate comedy

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sketches with millions of strangers on the internet. She writes songs about her anatomy, talks trash about her one-eyed rescue pug, and sexually harasses her husband, Stephen. And it pays the bills! Now, in her first-ever book, Laura recounts how she went from being a dangerously impulsive, broke, unemployable, suicidal, cocaine-addicted narcissist, crippled by fear and hopping from one toxic romance to the next...to a more-happy-than-not, somewhat rational, meditating, vegan yogi with good credit, a great marriage, a fantastic career, and four unfortunate-looking rescue animals. Still, above all, Laura remains an amazingly talented, adorable, and vulnerable, self-described...Idiot. With her signature brand of offbeat, no-holds-barred humor, Idiot introduces you to a wildly original—and undeniably relatable—new voice.

In My Skin

Based on a true story, Brooke Nolan is a battered child who makes an anonymous phone call about the escalating brutality in her home. When Social Services jeopardize her safety, condemning her to keep her father's secret, it's a glass of spilled milk at the dinner table that forces her to speak about the cruelty she's been hiding. In her pursuit for safety and justice Brooke battles a broken system that pushes to keep her father in the home. When jury members and a love interest congregate to inspire her to fight, she risks losing the support of family and comes to the realization that some people simply do not want to be saved.

"Beautifully written, hauntingly real, Spilled Milk is a must read for any young adult today." - F.P. Lione, Author

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The Girl in the Photograph

Drug overdose is the leading cause of death for Americans under the age of 50. Addiction is a disease, not a moral failing and it affects 1 out of 8 American adults. Pregame is a young woman's perspective of addiction in the United States. King shares her experience and observations through her personal story, the stories of others in recovery, and policy issues in the U.S. that prevent addressing addiction in a productive manner. The book speaks to the recovery community as well as politicians and lawmakers that have the authority to empower stories of survival, using them to inspire change. In this book, you'll learn about addiction and recovery in America, including: A personal story of recovery An account of addiction throughout the city of Philadelphia Inspiring stories of young people in recovery from drugs and alcohol This book was written for those suffering or who have suffered through addiction, for those whose loved one's have met with irreversible consequences, or for those who seek to understand the truth behind addiction and what it entails.

Dark Corner of the Mind

A “stunningly written memoir” that takes you on the journey of a child abuse and sexual assault survivor turned activist. Photo Gallery included (Medium). A #1 Bestseller in Cults & Demonism and Parenting & Relationships When Misty Griffin was six years old, her family started to live and dress like the Amish. Misty and her sister were kept as slaves on a mountain ranch and

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subjected to almost complete isolation, sexual abuse, and extreme physical violence. Their stepfather kept a loaded rifle by the door to make sure the young girls were too terrified to try to escape. No rescue would ever come since the few people who knew they existed did not care. When Misty reached her teens, her parents feared she and her sister would escape and took them to an Amish community. Devastated to again find herself in a world of fear, cruelty, and abuse, Misty was sexually assaulted by the bishop. After she escaped and reported the bishop, she found herself alone in a modern world with only a second-grade education and no ID or social security card. Misty has a message for abuse survivors: "Please be encouraged, the cycle of abuse can be broken. This is my story of survival and moving past the abuse to embrace my dreams." In June 2019 Misty graduated nursing school. She continues to work to raise awareness about child abuse and sexual assault. "A testament to the courage, fortitude and power of one young woman to take back her life." —Becca Anderson, author of *The Book of Awesome Women*

Ask Me What's for Dinner One More Time

An up-close portrait of the mind of an addict and a life unraveled by narcotics--a memoir of captivating urgency and surprising humor that puts a human face on the opioid crisis. "Raw, brutal, and shocking. Move over, *Orange Is the New Black*."--Amy Dresner, author of *My Fair Junkie* When word got out that Tiffany Jenkins was withdrawing from opiates on the floor of a jail cell, people in her town were shocked. Not because of the twenty felonies she'd committed, or the nature of her crimes, or even that she'd been captain of the high school cheerleading

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squad just a few years earlier, but because her boyfriend was a Deputy Sherriff, and his friends--their friends--were the ones who'd arrested her. A raw and twisty page-turning memoir that reads like fiction, High Achiever spans Tiffany's life as an active opioid addict, her 120 days in a Florida jail where every officer despised what she'd done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery. Tiffany breaks through the stigma and silence to offer hope and inspiration to anyone battling the disease--whether it's a loved one or themselves.

High School

"Do you struggle with self-acceptance and toxic shame when you are feeling less than perfect? Have you been stung because you didn't know the signs of an emotionally abusive relationship? As a highly sensitive person herself, Licensed Professional Counselor Benita A. Esposito's lifelong quest for affirmation and excellence led to chronic fatigue and dysfunctional relationships. Burdened with low self-esteem, she turned to Dr. Elaine Aron's revolutionary psychological research to combat her own emotional insecurity. And now after four decades of hard-won wisdom, she's here to help you forgive your shortcomings and achieve self-actualization."--Amazon.

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High Performance Habits

NATIONAL BESTSELLER • An up-close portrait of the mind of an addict and a life unraveled by narcotics—a memoir of captivating urgency and surprising humor that puts a human face on the opioid crisis. “Raw, brutal, and shocking. Move over, *Orange Is the New Black*.”—Amy Dresner, author of *My Fair Junkie* When word got out that Tiffany Jenkins was withdrawing from opiates on the floor of a jail cell, people in her town were shocked. Not because of the twenty felonies she’d committed, or the nature of her crimes, or even that she’d been captain of the high school cheerleading squad just a few years earlier, but because her boyfriend was a Deputy Sheriff, and his friends—their friends—were the ones who’d arrested her. A raw and twisty page-turning memoir that reads like fiction, *High Achiever* spans Tiffany’s life as an active opioid addict, her 120 days in a Florida jail where every officer despised what she’d done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery. Tiffany breaks through the stigma and silence to offer hope and inspiration to anyone battling the disease—whether it’s a loved one or themselves.

The Pale-Faced Lie

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Through the story of Tamara, an abused Native American child, North Dakota Senator Byron Dorgan describes the plight of many children living on reservations—and offers hope for the future. On a winter morning in 1990, U.S. Senator Byron Dorgan of North Dakota picked up the Bismarck Tribune. On the front page, a small Native American girl gazed into the distance, shedding a tear. The headline: "Foster home children beaten—and nobody's helping." Dorgan, who had been working with American Indian tribes to secure resources, was upset. He flew to the Standing Rock Indian Reservation to meet with five-year-old Tamara who had suffered a horrible beating at a foster home. He visited with Tamara and her grandfather and they became friends. Then Tamara disappeared. And he would search for her for decades until they finally found each other again. This book is her story, from childhood to the present, but it's also the story of a people and a nation. More than one in three American Indian/Alaskan Native children live in poverty. AI/AN children are disproportionately in foster care and awaiting adoption. Suicide among AI/AN youth ages 15 to 24 is 2.5 times the national rate. How has America allowed this to happen? As distressing a situation as it is, this is also a story of hope and resilience. Dorgan, who founded the Center for Native American Youth (CNAY) at the Aspen Institute, has worked tirelessly to bring Native youth voices to the forefront of policy discussions, engage Native youth in leadership and advocacy, and secure and share resources for Native youth. You will fall in love with this heartbreaking story, but end the book knowing what can be done and what you can do.

I'm Just Happy to Be Here

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Izelle Hoffman is on a mission to change perceptions about food and to increase awareness of the benefits of eating the right foods and choosing a life of health and wellness. Did you know, for instance, that the humble sweet potato contains anti-inflammatory properties and regulates blood sugar levels? And that raw honey isn't simply a sweetener – it has antifungal and antiviral properties as well? In *Mindful Eating*, Izelle encourages you to rethink what you put in your body in a fun, healthy way, and demonstrates that living a healthy lifestyle doesn't mean that your diet needs to be boring and restricted, especially where vegetables are concerned. By sharing her recipes for energising breakfasts, quick weekday meals, sweet baked goodies, classics with a healthy (Izelle-approved) twist and family favourites, among others, Izelle aims to help you take back control of your wellbeing. Packed with delicious, nutritious and deceptively simple recipes, *Mindful Eating* is more than a cookbook; it is an inspirational and motivational guide to leading a healthy lifestyle through good eating.

The Walk-In

I made money I'd never imagined and I wore velvet dresses and shone in lamplight. I walked tall in crowds, knowing myself to be desired. I told people I was a prostitute, and smiled as I said it, and dared them to turn their gaze. The smile that I give when I talk about it now is, I can feel, nostalgic, provocative. A brightness comes into my eyes. And, I'm told, a hard look too. In *My Skin* describes an extraordinary journey through an often hidden world of heroin and prostitution. Kate's story is one of survival and resourcefulness, and an unflinching look at the consequences of addiction. More than just a fearless and compelling narrative, *In My Skin* is

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the triumphant announcement of a new talent in Australian writing.

Pregame

PEOPLE'S BEST BOOK OF THE YEAR! ONE OF NEW YORK TIMES' NOTABLE BOOKS OF 2016! INSTANT NEW YORK TIMES AND USA TODAY BESTSELLER! YOU'LL GROW OUT OF IT hilariously, and candidly, explores the journey of the twenty-first century woman. As both a tomboy and a late bloomer, comedian Jessi Klein grew up feeling more like an outsider than a participant in the rites of modern femininity. In YOU'LL GROW OUT OF IT, Klein offers—through an incisive collection of real-life stories—a relentlessly funny yet poignant take on a variety of topics she has experienced along her strange journey to womanhood and beyond. These include her "transformation from Pippi Longstocking-esque tomboy to are-you-a-lesbian-or-what tom man," attempting to find watchable porn, and identifying the difference between being called "ma'am" and "miss" ("Miss sounds like you weigh ninety-nine pounds"). Raw, relatable, and consistently hilarious, YOU'LL GROW OUT OF IT is a one-of-a-kind book by a singular and irresistible comic voice.

Late, Late at Night

In the vein of Nic Sheff's "Tweak" and Tori Spelling's "sTori Telling, UnSweetined" reveals the former "Full House" star's harrowing journey from her role as America's sweetheart on a

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popular television show to her struggle with substance abuse. color photo insert.

BACK ON TRACKmarks

Up from Down is not a book about gloom and doom, but an inspirational book that offers hope to all who have faltered. Strung out on heroin, Ted Adamson began his journey with a SWAT team descending on a pharmacy to stop his wild rampage in search of drugs. From the cruelty in the county jail to race riots in state prison, the hard, gritty life of a drug addict is portrayed in all its real-world ugliness and despair. Join Ted as he gives us a picture of what the life of a junkie is really like. Look inside the dark side of drug treatment programs. From the bizarre therapies of the Synanon-like Family to the modern twelve-step programs, you will see what passes as treatment in the modern recovery movement. Up from Down takes readers to the depths of human degradation then brings them back through a journey of redemption.

Terri

Features four bonus videos! Watch Rick discuss the events that have shaped his life; step inside his recording studio to hear him discuss his music, his acting career, coming to America, and his love of dogs; and watch Rick's "What's Victoria's Secret?" music video and his unplugged version of "I Get Excited." In a searingly candid memoir which he authored himself, Grammy Award-winning pop icon Rick Springfield pulls back the curtain on his image as a

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bright, shiny, happy performer to share the startling story of his rise and fall and rise in music, film, and television and his lifelong battle with depression. In the 1980s, singer-songwriter and actor Rick Springfield seemed to have it all: a megahit single in “Jessie’s Girl,” sold-out concert tours, follow-up hits that sold more than 17 million albums and became the pop soundtrack for an entire generation, and 12 million daily viewers who avidly tuned in to General Hospital to swoon over his portrayal of the handsome Dr. Noah Drake. Yet lurking behind his success as a pop star and soap opera heartthrob and his unstoppable drive was a moody, somber, and dark soul, one filled with depression and insecurity. In *Late, Late at Night*, the memoir his millions of fans have been waiting for, Rick takes readers inside the highs and lows of his extraordinary life. By turns winningly funny and heartbreakingly sad, every page resonates with Rick’s witty, wry, self-deprecating, brutally honest voice. On one level, he reveals the inside story of his ride to the top of the entertainment world. On a second, deeper level, he recounts with unsparing candor the forces that have driven his life, including his longtime battle with depression and thoughts of suicide, the shattering death of his father, and his decision to drop out at the absolute peak of fame. Having finally found a more stable equilibrium, Rick’s story is ultimately a positive one, deeply informed by his passion for creative expression through his music, a deep love of his wife of twenty-six years and their two sons, and his life-long quest for spiritual peace.

Memoirs of an Addicted Brain

What if your husband gave you a kidney and you chugged a beer with your painkillers the next

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day? What if your loving marriage became a tortured threesome? Husband, Wife and Pills? Meet Henriette and Kevin. As newlyweds, they move to LA to conquer Hollywood. When the dream begins to fade, Henriette delves into a secret life of Pills. Diagnosed with a rejecting kidney transplant, she becomes crippled by fear. Convinced Kevin can never understand, her part-time narcotic trysts explode into a full-blown pharmaceutical affair. She is in love. Fiorinal, Vicodin, Morphine All of them. Until one backstabbing day, Pills lead her to her first overdose. Shattered, Kevin sacrifices his soul for his wife. He talks the ER out of a psychiatric hold. Later, he looks away when she pops Xanax on dialysis. Alone and barely holding on, Kevin believes the unconditional act of donating his kidney will save his wife's life and heal their marriage. It doesn't. The kidney rejects. There is a second overdose. Nothing seems to break Pills' obsessive hold over Henriette. But will it break Kevin? Will it break them? And after a lifetime of cheating can Henriette imagine a sober marriage of two? In *Pillness and in Health* sweeps its reader into the maelstrom of true love held hostage by disease. Dare to be devastated, over and over, by the relentless tornado of their story. Written with radical honesty, and startling wit, *In Pillness and in Health* shines new light in the dark corners of addiction and codependency, as we wonder how many devastating diseases can one marriage survive?

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