

## Tweak Growing Up On Methamphetamines

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### Tweaked

Ever wonder who was the first kid to keep a wallet on a big chunky chain, or wear way-too-big pants on purpose? What about the mythical first guy who wore his baseball cap backwards? These are the Innovators, the people on the very cusp of cool. Seventeen-year-old Hunter Braque's job is finding them for the retail market. But when a big-money client disappears, Hunter must use all his cool-hunting talents to find her. Along the way he's drawn into a web of brand-name intrigue- a missing cargo of the coolest shoes he's ever seen, ads for products that don't exist, and a shadowy group dedicated to the downfall of consumerism as we know it.

### Smashed

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

### Based on a True Story

Gordie Jessup tries to hold his family together as his brother Chase falls deeper into crystal methamphetamine addiction.

### No More Letting Go

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 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*

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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.

### Hamilton Hume

#### Portrait of an Addict as a Young Man

This self-development book offers practical steps to consciously create a life of rewarding challenge, fulfillment, and achievement. Using his own life experiences and wisdom as the roadmap, Ryuho Okawa inspires us with practical steps for building courage, choosing a constructive perspective, finding a true calling, cultivating awareness, and harnessing our personal power to realize our dreams. Think Big! offers the support and encouragement to shift to new ways of thinking and mastering self-discipline. Okawa's self-proven approach fosters stability and strength in the challenges each of us faces. In addition to his relatable stories and a motivational voice to keep us going, each chapter builds on the next for concrete methodologies that, when added up, are a track to support your dreams, yourself, and your life. Put in place, these day-to-day life tools can help us in living courageously with no regrets, and maximizing our potential. Think Big! also offers the map that helps us confront self-doubts and move us past discouraging obstacles. This book lets us shift our perspectives on failure and vulnerability, learn to charge toward difficult situations, and move away from judgment when we make mistakes. Fast-tracking our goals takes more than just positive thinking it takes a plan, passion, action and habits that create success. Okawa's simple, relatable wisdom is outlined to cultivate knowledge-seeking, motivated beings that translate personal visions into action for greater

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happiness and success. Off the pages comes the courage to get unstuck, get clear and focused, and get into action. The transformation is simple; it starts with thinking big. Think Big! a self-development book that can make a big impact toward a meaningful future."

### The Burn Journals

**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.

### Impulse

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I wish my father had been present in my life, so I would not have accepted a lot of crap from men Growing up, I didn't feel loved by my mother which caused. It is hard to find and maintain a solid group of trustworthy girlfriends to do life with I was devastated by a previous lover and that hurt changed me for the worse I avoid family functions like the plague because there is sure to be some tension present I often don't feel loved I don't know what to do with my life and I feel like I'm just going through the motions I'm not happy with how my life turned out.If you have ever said any of the above, then this book is for you, sis. This means there may be emotional wounds that are stopping you from living your best life. Disappointments, rejection, competition, overthinking, and family secrets are some of the emotional wounds that cause inner chaos and damage our sense of self. As black girls, we suffer differently, and our history is complex. Nijjama Smalls is all too familiar with the suffering of black girls and shares her personal journey of uncovering the origin of Black girl trauma while also addressing the ongoing process of healing and recovery from wounds caused by past hurts.The beauty of this book is that it provides a prescription for healing in the form of a soul-cleansing process. Enter this journey so that you can be set free to live the life God has planned for you. Sis, it's time to heal and end the suffering.

### Weird Girl and What's His Name

In the podunk town of Hawthorne, North Carolina, high school geeks Lula and Rory share everything-- sci-fi and fantasy fandom, an obsession with old X-Files episodes, and the feeling that they'll never quite fit in.

### Ana's Story

□The first chance I got, I bought my very first bag of crystal

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methamphetamine A monster was born. □ □Try as I might, there is simply no way for me to minimize the impact with which crystal meth slammed into my life, at least not without straying far from the truth. It was like throwing a forty-pound sledge hammer through a plate glass window. □ □What a cunning thing this was that lived inside of me. How could I ever hope to win against it? My good intentions meant nothing □ what I lacked was power. □ Meth Monster is the autobiographical story of one gay African American man's personal journey to faith and deliverance from drugs and alcohol, and particularly from the scourge of crystal methamphetamine. The author takes his readers through his troubled early years in Indiana, hustling on the streets of Hollywood, and dealing drugs in the Tenderloin district of San Francisco. Blaine boldly examines his personal demons from the time they take up residence in his subconscious and through their horrific and destructive manifestations. After numerous visits to jails, prisons and rehab, and after finally confronting his addiction, his sexuality, AIDS and a broken spirit, at last he finds redemption, healing and forgiveness through the grace and mercy of The Living God.

### Beautiful Boy

A twenty-four-year-old survivor of alcoholism recounts her journey from teen experimentation to binge drinking, a process during which she endured depression, rage, sexual exploitation, and troubled relationships before making the decision to heal, in a personal memoir that also offers insight into youth alcohol abuse. Reprint.

### Think Big!

Girl in Pieces meets The Way I Used to Be in this poignant and thought-provoking novel about a girl who must overcome her

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survivor's guilt after a fellow classmate is brutally murdered. I was one of five. The five girls Kyle texted that day. The girls it could have been. Only Jamie--beautiful, saintly Jamie--was kind enough to respond. And it got her killed. On the eve of Kyle's sentencing a year after Jamie's death, all the other "chosen ones" are coping in various ways. But our tenacious narrator is full of anger, stuck somewhere between the horrifying past and the unknown future as she tries to piece together why she gets to live, while Jamie is dead. Now she finds herself drawn to Charlie, Jamie's boyfriend--knowing all the while that their relationship will always be haunted by what-ifs and why-nots. Is hope possible in the face of such violence? Is forgiveness? How do you go on living when you know it could have been you instead?

### Tweaked: A Crystal Meth Memoir

The first daughter reveals the life of a young woman she met while on an internship with UNICEF, and how, despite living with AIDS and losing her family to HIV, she is thriving and looking forward to giving her child a better life. 500,000 first printing.

### Glass

"There are moments when I suddenly realize that I'm a nice boy from Iowa who is entirely comfortable sitting in a room of freaks." So begins Patrick Moore's unforgettable account of life as a crystal meth addict—a "tweaker." Like a wild ride down Alice's rabbit hole with a guide who is darkly funny and heartbreakingly honest, *Tweaked* chronicles a twenty-year trip that stretches from Moore's lonely childhood in Iowa with his grandmother, Zelma—an alcoholic artist who, when loaded, turns frozen food into crafts projects—to the day he sits, naked, in a Los Angeles rental, hallucinating about psycho-robbers while talking to a possum he's sure is God. Along

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the way, there are acid trips at the V.F.W., Dexetrim study halls with his Bad Girl Posse in the seventies, teeth-grinding nights of dancing and anonymous sex in New York City's hottest eighties clubs, taking pictures of Andy Warhol, losing friends and lovers, and navigating a Byzantine underworld of cooks, users, club kids, dealers, and colorful characters as intense as the drug itself. There is Lee, the glamorous, outré bad boy with a devastating wit and a taste for danger; Tony, the tweaker who likes to remove his eyebrows; Ding-Dong, the Depends-wearing, nearly blind housemate; Hisako, the artist and squatter with an impenetrable Japanese accent and a fondness for hot plate cooking; "Mother" Judy, the tough, butch rehab counselor who takes no prisoners, and countless others on the road from crystal meth hell to eventual sobriety. Candid, gripping, and ultimately triumphant, *Tweaked* is that rarest of memoirs—a tale so vivid and personal in the telling it feels like fiction, but every word is true.

### Methland

*High Price* is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami's toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value of school, studying just enough to keep him on the basketball team. Today, he is a cutting-edge neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, Dr. Carl Hart recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and

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motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.

### Beneath a Meth Moon

Jacqueline Woodson is the 2018-2019 National Ambassador for Young People's Literature. Laurel Daneau has moved on to a new life, in a new town, but inside she's still reeling from the loss of her beloved mother and grandmother after Hurricane Katrina washed away their home. Laurel's new life is going well, with a new best friend, a place on the cheerleading squad and T-Boom, co-captain of the basketball team, for a boyfriend. Yet Laurel is haunted by voices and memories from her past. When T-Boom introduces Laurel to meth, she immediately falls under its spell, loving the way it erases, even if only briefly, her past. But as she becomes alienated from her friends and family, she becomes a shell of her former self, and longs to be whole again. With help from an artist named Moses and her friend Kaylee, she's able to begin to rewrite her story and start to move on from her addiction. Incorporating Laurel's bittersweet memories of life before and during the hurricane, this is a stunning novel by one of our finest writers. Jacqueline Woodson's haunting - but ultimately hopeful - story is beautifully told and one readers will not want to miss.

### Tim Burton's The Nightmare Before Christmas Pop-Up

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

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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.

### American Drug Addict

Nearly every child will be offered drugs or alcohol before graduating high school. The good news is that a child who gets to age twenty-one without smoking, using drugs, or abusing alcohol is virtually certain never to do so and informed parents have the power to influence their kids to choose not to use. This give parents a realistic picture of the world their teens confront and the tools to help them get through adolescence healthy and drug free. Based on research at the National Center on Addiction and Substance Abuse at Columbia University, this book answers the daunting questions parents across the country have repeatedly asked.

### Leaving Dirty Jersey

From the bestselling author of *Crank*, the story of three kids whose lives collide at a mental hospital after each attempts suicide. Sometimes you don't wake up. But if you happen to, you know things will never be the same. Three lives, three different paths to the same destination: Aspen Springs, a psychiatric hospital for those who have attempted the ultimate act—suicide. Vanessa is beautiful and smart, but her secrets keep her answering the call of the blade. Tony, after suffering a painful childhood, can only find peace

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through pills. And Conner, outwardly, has the perfect life. But dig a little deeper and find a boy who is in constant battle with his parents, his life, himself. In one instant each of these young people decided enough was enough. They grabbed the blade, the bottle, the gun—and tried to end it all. Now they have a second chance, and just maybe, with each other's help, they can find their way to a better life—but only if they're strong and can fight the demons that brought them here in the first place.

### The Last Message Received

It was the summer on Vliet Street when we all started locking our doors Sally O'Malley made a promise to her daddy before he died. She swore she'd look after her sister, Troo. Keep her safe. But like her Granny always said-actions speak louder than words. Now, during the summer of 1959, the girls' mother is hospitalized, their stepfather has abandoned them for a six pack, and their big sister, Nell, is too busy making out with her boyfriend to notice that Sally and Troo are on the Loose. And so is a murderer and molester. Highly imaginative Sally is pretty sure of two things. Who the killer is. And that she's next on his list. Now she has no choice but to protect herself and Troo as best she can, relying on her own courage and the kindness of her neighbors.

### Note Found in a Bottle

'You almost feel you are taking that trek with the party as Robert Macklin cites the obstacles - torrential river crossings, dense bush, the Snowy Mountains and more. Macklin covers Hume's public and private life, emphasising his affinity with the country and rapport with the Indigenous people, as well as providing a portrait of the evolving colony.' SYDNEY MORNING HERALD The stirring untold story of a true Australian hero who opened up the nation.

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While English-born soldiers, sailors and surveyors have claimed pride of place among the explorers of the young New South Wales colony, the real pathfinder was a genuine native-born Australian. Hamilton Hume, a man with a profound understanding of the Aboriginal people and an almost mystical relationship with the Australian bush, led settlers from the cramped surrounds of Sydney Town to the vast fertile country that would provide the wealth to found and sustain a new nation. Robert Macklin, author of the critically acclaimed DARK PARADISE, tells the heroic tale of this young Australian man who outdid his English 'betters' by crossing the Blue Mountains, finding a land route from Sydney to Port Phillip and opening up western New South Wales. His contribution to the development of the colony was immense but downplayed in deference to explorers of British origin. HAMILTON HUME uncovers this brave man's achievements and paints an intriguing and at times shocking portrait of colonial life, by the author of the bestselling SAS SNIPER. 'Robert Macklin calls Hamilton Hume 'our greatest explorer', and now that I've read this enthralling but at times shocking story, I totally agree.' \*\*\*\*\* GOOD READING

### High Price

Named one of the Top 10 Most Viral Blogs by Mashable, the Tumblr The Last Message Received—created by 16-year-old Emily Trunko—is now available as a gift book! What if a message someone sends you today is the last you'll ever receive from them? Would you respond differently, or even at all, if you knew that the end of a friendship, a brutal breakup, or worse might be coming, and that this might be your only chance? The collection The Last Message Received includes over a hundred final text messages, social media posts, emails, and more. Adapted from the popular Tumblr The Last Message Received—followed by more than 85,000 people and selected as a finalist for the Shorty Award—the Last Message

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Received book features sudden endings and the type of loss that will inspire readers to reflect on what's essential in their own lives and the importance of celebrating the people they love every day. Includes exclusive content not available on Tumblr! "The emotional gravitas on display is not to be denied." ◻ Kirkus "Readers will return to this volume again and again, especially those in need of a bit of reassurance about the world." ◻ SLJ Praise for the Tumblr The Last Message Received ◻ The Last Message Received Tumblr will break your heart. ◻ Refinery 29 ◻ Get some tissues. Scratch that. Get all the tissues. ◻ Cosmopolitan ◻ It's moving to see that other people have been through similar situations, and let's face it, we've all received messages that we can't stop thinking about. ◻ Teen Vogue

### Why Don't They JUST QUIT?

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

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addiction in itself. But as a journalist, he instinctively researched every treatment that might save his son. And he refused to give up on Nic. [Filled with compelling anecdotes and important insights . . . An eye-opening memoir.] [ Washington Post

### Whistling In the Dark

Like most of the nation, Liza Long spent 14 December 2012, mourning the victims of the Newtown shooting at the hands of mentally ill Adam Lanza. Long is also the mother of a child with a mental illness, and she wondered: What if my son does that someday?' Powerful and shocking, *The Price Of Silence* looks at how society stigmatises mental illness - including in children - and the devastating societal cost. In the wake of repeated acts of mass violence, Long draws from her experience of dealing with a mentally ill child to point the way forward.'

### Growing Up Underground

Experience Tim Burton's iconic film like never before with this nightmarish pop-up of monstrous proportions! From the renowned paper engineer Matthew Reinhart comes a mind-blowing retelling of this classic story in gravity-defying pop-up artwork on every page. A celebration marking the twenty-fifth anniversary of the groundbreaking movie, this is the perfect item for avid *The Nightmare Before Christmas* fans, holiday ghouls, and undead merrymakers alike.

### Meth Monster

Imagine living through the breakthrough moments of Bill Gates, Steve Jobs, and the other icons of today's new economy. The kind of technological revolution that they led in Silicon Valley is now

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sweeping through China, but with much more dramatic implications. The dynamic entrepreneurs who are using technology to radically transform business and cultural life in China are fighting not only outdated business models and a tumultuous economy but also an unpredictable government that has a love-hate relationship with the Net, at once pushing its expansion at a feverish pace and censoring it. As Duncan Clark, cofounder of BDA, an Internet consulting company in Beijing, told author David Sheff, "This environment -- the regulations, the competition, the political uncertainties -- makes these the fastest, most courageous, nimblest-thinking people globally. To deal with this level of risk and still sleep is no small accomplishment. But they're hooked on it like some Chinese are becoming hooked on Starbucks cappuccino." In this irresistible, groundbreaking book, Sheff takes us into the trenches of the Chinese technology revolution, introducing the major and minor players who are leading China into the twenty-first century. Players like Bo Feng, the charismatic former sushi chef who is now one of the leading venture capitalists in China. And Edward Tian, a national hero who has been described as China's Steve Jobs and Bill Gates combined, who left his own start-up on the eve of its IPO in order to lead the government's attempt to bring broadband to the entire nation, in the process leapfrogging the United States, Europe, and the rest of Asia with the longest and fastest network in the world. As the U.S. technological revolution wanes, business leaders will be looking to the billion-plus potential customers in China for new growth. In addition, the world's newest member of the World Trade Organization will no longer be a bystander in the global economy; it will be a fierce competitor. And when hundreds of million Chinese have access to unprecedented information and communication, China itself will be profoundly altered. Jay Chang, an analyst who covers China for Credit Suisse First Boston, sums the seismic nature of the changes: "What happens when China successfully transforms from a mainly agrarian/industrial nation into one that has significant input from the

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information technology industry? What happens when eighty percent of the state-owned enterprises in China are able to link economically to the global Internet on fast pipes? What happens when China's engineering talent pool is able to gain access to high-end computing resources and exchange ideas and information easily with their global peers? What happens when fifty percent of the Chinese population gets wired in ten years -- six hundred million people, the largest number of Internet users in the world?" With its compelling, character-driven story, researched over the course of three years, *China Dawn* will be the definitive book on the subject.

### High Achiever

The author recounts the year he spent in a burn unit following his suicide attempt at fourteen, describing the painful treatments, skin-grafting procedures, rehabilitation, and psychotherapy.

### Tweak

Speaking out for the first time, the daughter of a close-knit Mormon family, who was held captive and repeatedly raped, recounts the constant fear she endured, her courageous determination to maintain hope, her dramatic escape and her transformation from victim to advocate. 250,000 first printing.

### So Yesterday

Crank. Glass. Ice. Crystal. Whatever you call it, it's all the same: a monster. And once it's got hold of you, this monster will never let you go. Kristina thinks she can control it. Now with a baby to care for, she's determined to be the one deciding when and how much, the one calling the shots. But the monster is too strong, and before she knows it, Kristina is back in its grips. She needs the monster to

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keep going, to face the pressures of day-to-day life. She needs it to feel alive. Once again the monster takes over Kristina's life and she will do anything for it, including giving up the one person who gives her the unconditional love she craves -- her baby. The sequel to Crank, this is the continuing story of Kristina and her descent back to hell. Told in verse, it's a harrowing and disturbing look at addiction and the damage that it inflicts.

### We All Fall Down

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

### How to Raise a Drug-Free Kid

Not everyone who experiments with substance use or risky behavior becomes addicted, and many who are addicted have been able to

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recover. This authoritative book, now revised and updated, has given tens of thousands of professionals and students a state-of-the-art framework for understanding the journey both into and out of addiction. From Carlo C. DiClemente, codeveloper of the transtheoretical model (TTM), the book identifies the stages and processes involved in initiating, modifying, maintaining, or stopping any pattern of behavior. Grounded in extensive research, and illustrated with vivid case examples, the book shows how using the TTM can help overcome obstacles to change and make treatment and prevention more effective. New to This Edition

- \*Incorporates 15 years of research advances, contemporary prevention and treatment approaches, and the ongoing development of the TTM.
- \*Chapter on current developments in intervention research.
- \*Expanded discussions of neuroscience; self-regulation; behavioral economics; self-help, mutual help, and spirituality; motivational issues; "process addictions" (gambling and sex addiction); and more.
- \*Deeper coverage of risk and protective factors across adolescent and young adult development.

## The Black Girl's Guide to Healing Emotional Wounds

NEW YORK TIMES BESTSELLER □ □Driving, wild and hilarious□ (The Washington Post), here is the incredible □memoir□ of the actor, gambler, raconteur, and Saturday Night Live veteran. Don't miss Norm's new Netflix special, Hitler's Dog, Gossip & Treachery! When Norm Macdonald, one of the greatest stand-up comics of all time, was approached to write a celebrity memoir, he flatly refused, calling the genre □one step below instruction manuals.□ Norm then promptly took a two-year hiatus from stand-up comedy to live on a farm in northern Canada. When he emerged he had under his arm a manuscript, a genre-smashing book about comedy, tragedy, love, loss, war, and redemption. When asked if this was the celebrity memoir, Norm replied, □Call it anything you damn like.□ Praise for

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Based on a True Story □Dostoyevsky by way of 30 Rockefeller Center . . . the best new book I've read this year or last.□The Wall Street Journal □This book is absurd fiction. . . . Scathing and funny.□The New York Times □Hilarious and filled with turns of phrase and hidden beauty like only a collection of Norm Macdonald stories could be.□Esquire □Raucous . . . a hilarious, innovative work.□A.V. Club □Part personal history and part meta riff on celebrity memoirs, the book, it quickly becomes clear, is also just partly true (and all hilarious).□Vulture □Very, very, very funny! Thanks, Norm, for letting me be part of this Booker Prize□for□literature□quality effort.□David Letterman □Norm is brilliant and thoughtful and there is sensitivity and creative insight in his observations and stories. A lot of comics over the years have been compared to Mark Twain, but I think Norm is the only one who actually matches the guy in terms of his voice and ability. I seriously f\*\*king love Norm Macdonald. Please buy his book. He probably needs the cash. He's really bad with money.□Louis C.K., from the foreword □Norm is one of my all-time favorites, and this book was such a great read I forgot how lonely I was for a while.□Amy Schumer □I always thought Normie's stand-up was the funniest thing there was. But this book gives it a run for its money.□Adam Sandler □Norm is one of the greatest stand-up comics who's ever worked□a totally original voice. His sense of the ridiculous and his use of juxtaposition in his writing make him a comic's comic. We all love Norm.□Roseanne Barr □Norm Macdonald makes me laugh my ass off. Who is funnier than Norm Macdonald? Nobody.□Judd Apatow □Norm Macdonald is more than a triple threat□he's a septuple threat. He is smart, funny, wry, rakish, polite, rakish . . . no, wait. He is polite, insightful, and . . . aaaaah . . . warm. No. He's exciting. Yeah. Exciting! You never know what he'll do. Okay, then make that unpredictable. Add that up. He's amazing.□Alec Baldwin □Norm is a double threat. His material and timing are both top-notch, which is unheard of. He is one of my favorites, both on- and off-stage.□Dave Attell

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Letterman said it best: There is no one funnier than Norm Macdonald. Rob Schneider

## My Fair Junkie

Bill Clegg had a thriving business as a literary agent, a supportive partner, trusting colleagues, and loving friends when he walked away from his world and embarked on a two-month crack binge. He had been released from rehab nine months earlier, and his relapse would cost him his home, his money, his career, and very nearly his life. What is it that leads an exceptional young mind want to disappear? Clegg makes stunningly clear the attraction of the drug that had him in its thrall, capturing in scene after scene the drama, tension, and paranoid nightmare of a secret life--and the exhilarating bliss that came again and again until it was eclipsed almost entirely by doom. He also explores the shape of addiction, how its pattern--not its cause--can be traced to the past. Portrait of an Addict as a Young Man is an utterly compelling narrative--lyrical, irresistible, harsh, honest, and beautifully written--from which you simply cannot look away.

## China Dawn

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.

## Addiction and Change, Second Edition

THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM,  
STARRING STEVE CARELL AND BAFTA AND GOLDEN

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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

### How She Died, How I Lived

"Detachment" has been the standard message of most addiction literature for the last twenty years. The conventional wisdom offered to an addict's loved ones has been to let the addict "hit bottom" before intervening. Now intervention specialist Debra Jay challenges this belief and offers a bold new approach to treating addiction that provides a practical and spiritual lifeline to families struggling with alcohol or drug abuse. In No More Letting Go, Jay argues that the traditional advice of "letting go" too often destroys both the addict and the family physically, emotionally, and spiritually. Jay contends that addiction is everybody's business—not just the addict's—and addiction doesn't have the right to trump the

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welfare of a family. In short, highly accessible chapters written with warmth, understanding, and compassion, Jay weaves together philosophical and religious thought; new science on the brain function of an addict; the physical and psychological impact of addiction on family members; and poignant, real-life family stories. *No More Letting Go* is a powerful, informative guide that provides comfort, hope, and practical advice to anyone affected by a family member's addiction. From the Trade Paperback edition.

## The Price of Silence

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 the triumphant announcement of a new talent in Australian writing.

## My Story

Updated Edition! Contains new chapters and info on: Heroin, Shame & Stigma, Harm Reduction, Marijuana, Synthetic Drugs, 12-Step Groups & The Church, and much more! Real-life solutions to help you now! Watching a loved one immersed in an intense battle with alcohol and drug abuse may be the most difficult, complex and harrowing experience you'll ever have. This book offers a message of hope to families and friends, giving practical solutions so they can help anyone struggling with addiction to begin

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the road to recovery. You'll discover: -Why a person doesn't have to hit rock-bottom before getting help. -When helping is actually hurting. -Why quitting is not the same as recovering. -How to deal with a relapse. -The importance of faith and hope in recovery. -Why a parent would leave their child due to their addiction. -How to effectively intervene. Answers to over 30 common, and not so common questions. Inspiring first-hand recovery stories from real people! Praise for Why Don't They Just Quit? This book is a must read. . . I consider Why Don't They Just Quit? to be one of the top five recovery books for families. --Nicholas Taylor, Ph.D., Licensed Clinical Psychologist, National Expert on the Treatment of Methamphetamine Addiction Everyone needs to read this book. After 25yrs of drinking it has saved my life. --Craig M., New Philadelphia, Ohio God bless you. Al-Anon and AA are a Godsend, but I have found other books to be very general and a little outdated with today's times. Joe's book has answered so many questions for me that I can relate to and put into practice. --D.B., Lakewood, Colorado . . . stayed up late last night reading various parts of it; inspiring! This book is for people like me; someone with chemically addicted people in their life-- a must read for the addicted and those who care about them. --Donna Schwartz, MFT, CAC III Valley Hope Treatment Services in Colorado, former Family Program Therapist of Parker Valley Hope Treatment Center This book was a Godsend! I have struggled as a parent of an addict for years, and now I am finally able to see that it is not in my ability to heal him! This book was life changing, LIFE CHANGING! I can now begin to recover myself, even if my child doesn't! Thank you Joe, for writing this book! --Shelley K. (parent) Joe's book helps us to understand the addiction and recovery process. He combines a lifetime of personal and professional experience dealing with this issue in a practical and highly personal overview. The book is excellent. I wish I had read it a year ago. --Sheriff Joe Pelle, Boulder County, Colorado As a Mother, I found this book to be full of empathy, tough-love and practical information. I especially

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appreciate that Joe included the spiritual part of recovery, which other resources often avoid. --Vicki Beatty, Celebrate Recovery Leader/Covenant Chapel, Leawood, Kansas This book will be valued by many, many people. A very meaningful gift of God's grace to families who need sanity in the middle of their runaway insanity. --Mike Richards Jr., Director of Recovery

Ministries/International Bible Society, Houston, Texas Many of you reading this book are facing the battle of your life. Alcohol and drugs consumed my daughter's life. I can't put into words the anguish of attending my daughter's funeral. I wish I would have had this book long ago. Maybe Mia would still be here. I didn't know how to help her. This book is full of answers I could have used. --Pam M. (Mia's Mom), Niwot, Colorado

### In My Skin

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.

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Tweak

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