

American Drug Addict: A Memoir

THE INTERNATIONAL BESTSELLER Coming
November 2020 as a major motion picture from Netflix
starring Amy Adams and Glenn Close 'The political book
of the year' Sunday Times 'A frank, unsentimental,
harrowing memoir ... A superb book' New York Post
In 1996, Scott was nineteen and lost in adulthood with an
endless job and no future ambitions. Teenage
Degenerate is his story about drug addiction, music and
growing up. Over the course of ten months, he quickly
descends into the dark and dangerous world of crystal
methamphetamine. Scott experiments with crystal meth

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in a dark, deserted parking lot in the suburbs of Denver, Colorado and soon after his crew of misfits will do almost anything for their next high. One by one, family and friends disappear, and he is left alone with a decision to continue fighting or give up. This is his struggle to reclaim a normal life and the search for something real. Teenage Degenerate is a book about meth that is a brutally truthful, humorous and heartbreaking journey that explores the depths of addiction.

“Of the countless writers out there whose focus is addiction, no one can begin to touch the brilliance of Maia Szalavitz.” —Kristen Johnston, actress, author of the New York Times bestselling memoir Guts, addiction

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advocate, founder of SLAM NYC Drug overdoses now kill more Americans annually than guns, cars, or breast cancer. But the United States has tried to solve this national crisis with policies that only made matters worse. In the name of “sending the right message,” we have maximized the spread of infectious disease, torn families apart, incarcerated millions of mostly Black and Brown people—and utterly failed to either prevent addiction or make effective treatment for it widely available. There is another way—one that is proven to work. However it runs counter to much of the received wisdom about substances and related problems. It is called harm reduction. Created by a group of people who

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use drugs and by radical public health experts, harm reduction offers a new way of thinking—one that provides startling insights into behavioral and cultural issues that go far beyond drugs. In a spellbinding narrative rooted in an urgent call to action, *Undoing Drugs* tells the untold tale of a quirky political movement that has unexpectedly shaken the foundations of world drug policy. It illustrates how hard it can be to take on widely accepted conventional thinking—and what is necessary to overcome this resistance. Ultimately, *Undoing Drugs* offers a path forward—led by characters who spent many years being dismissed as worthless, only to develop a breakthrough philosophy that can

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dramatically improve world health.

From a renowned behavioural neuroscientist and recovering addict, a rare, page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In Never

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Enough, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she learns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. Drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or

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drug, highlights the changes that take place in the brain and behaviour as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a 'cure' for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its colour, candour, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives. It offers crucial new insights into how we can solve the epidemic of abuse.

Marilyn was a desperate woman on drugs, managing rock bands at night, pretending to be okay, but ultimately

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giving up on herself, losing her husband, children, family, and friends due to her addiction. An intervention forced her into treatment, where she began her recovery. Newly sober, a chance encounter with Gray Hawk, a 74-year old Native American, showed her that healing would include looking within, taking Steps, and creating a house of healing for other women. From 1990-2011, she opened and managed North House, an award-winning residential facility for women. Today Marilyn is a Certified Addiction Recovery Empowerment Specialist, celebrating thirty-two years of abstinence-based recovery. This book is her journey.

the neuroscience and experience of addiction

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One Hit Away

Four Seconds

One Last Hit and Other Lies That Nearly Killed Me

The Bitter Taste of Dying

A Memoir of Addiction

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

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What makes one of the most gifted, charismatic and successful literary agents in New York fall into full-blown crack-addiction: a collapse that would cost him his business, his home, many of his friends and - very nearly - his life? In his utterly compulsive narrative, Bill Clegg leads us through the grimeiest back-rooms of Manhattan's underbelly, through scenes of blank-eyed sex and squalor, into the febrile paranoia of a mind gone out of control.

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Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found methamphetamine and LSD and heroin. He sniffed nitrous oxide in Malaysia and frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most

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addicts: into a life of addiction, desperation, deception, and crime. But unlike most addicts, Lewis recovered and became a developmental psychologist and researcher in neuroscience. In *Memoirs of an Addicted Brain*, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind. He explains the neurological effects of a

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variety of powerful drugs, and shows how they speak to the brain -- itself designed to seek rewards and soothe pain -- in its own language. And he illuminates how craving overtakes the nervous system, sculpting a synaptic network dedicated to one goal -- more -- at the expense of everything else. On the surface, Cameron Douglas had everything: descended from Hollywood royalty (son of Michael Douglas, grandson of Kirk Douglas), he was born

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into a life of wealth, privilege, and comfort. But by the age of thirty, he had become a drug addict, a thief, and—after a DEA drug bust—a convicted drug dealer sentenced to five years in prison, with another five years added while he was incarcerated. Through supreme willpower, a belief in himself, and a steely desire to alter his life's path, Douglas began to reverse his trajectory, to understand and deal with the psychological turmoil that

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tormented him for years, and to prepare for what would be a profoundly challenging but successful reentry into society at large. A brutally raw and honest memoir, *Long Way Home* is a powerful story of one man's descent into the depths of addiction and self-destruction—and his successful renewal of family ties that had become almost irreparably frayed.

In the tradition of *Blackout* and *Permanent Midnight*, a darkly funny and

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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

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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

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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

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one woman's battle with all forms of
addiction, hitting rock bottom, and
forging a path to a life worth living.

A Memoir

Heroin, Hurricane Katrina, and the
Howling Within

Beautiful Things

A Memoir that Explores the Depths of
Methamphetamine and Drug Addiction

One Nurse's Journey Through Addiction

LONGLISTED for the NATIONAL BOOK AWARD A

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“blistering yet tender” (Publishers Weekly) memoir that chronicles one chef’s journey from foraging on her family’s Midwestern farm to running her own Michelin-starred restaurant and finding her place in the world. Iliana Regan grew up the youngest of four headstrong girls on a small farm in Indiana. While gathering raspberries as a toddler, Regan learned to only pick the ripe fruit. In the nearby fields, the orange flutes of chanterelle mushrooms beckoned her while they eluded others. Regan’s profound connection with food and the earth began in childhood, but connecting with people

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was more difficult. She grew up gay in an intolerant community, was an alcoholic before she turned twenty, and struggled to find her voice as a woman working in an industry dominated by men. But food helped her navigate the world around her—learning to cook in her childhood home, getting her first restaurant job at age fifteen, teaching herself cutting-edge cuisine while hosting an underground supper club, and working her way from front-of-house staff to running her own kitchen. Regan's culinary talent is based on instinct, memory, and an almost otherworldly connection to

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ingredients, and her writing comes from the same place. Raw, filled with startling imagery and told with uncommon emotional power, Burn the Place takes us from Regan's childhood farmhouse kitchen to the country's most elite restaurants in a galvanizing tale that is entirely original, and unforgettable.

The author offers an account of her descent into Ritalin addiction, her experiences as an addict, and her difficult struggle to gain control over the drug and her life.

An advertising executive remembers his childhood with his eccentric foster family and his

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early adulthood experiences of trying to establish an independent life for himself. By the author of Running with Scissors. Reader's Guide available. Reprint.

Bill Clegg had a thriving business as a literary agent, representing a growing list of writers. He had 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

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to 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. PORTRAIT OF AN ADDICT AS A YOUNG MAN is an utterly compelling narrative-lyrical, irresistible, harsh, and honest-from which you simply cannot look away.

At 17, I became a heroin addict. This is the true memoir of how heroin became my boyfriend, my best friend, and my whole life."Replacing my tan

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skin was now an over pale, greyish color. I decided to wear my black hair straight and though it had gotten longer, it was no longer bouncy - just wavy and turning lifeless. I had gotten really skinny over the time of my breakup to pre-dope, but now I could see hip bones when I walked; when I slept I saw ribs during each inhale. Most of the time, probably because I was high, I thought I looked amazing. Tonight, I cried instead. I thought I was the most hideous person in the world. I was no longer the person people came to for advice (except for the select few who I didn't see often who couldn't tell the change in

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me), instead I had become the person who's facebook I'd lurk for the latest drama. I remember thinking people who did drugs and got into fights and didn't give a fuck about anything were cool, and now that I was living and breathing in that lifestyle I hated it. I wasn't ready. I still lived off of the state's insurance, I couldn't adult yet if I tried."

Long Way Home

Cocaine's Son

A Memoir of a Heroin Addict

A Memoir of Recovery

The Book of Drugs

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American Drug Addict

Memoir.

After three decades of living in the sandy beach suburbs of Huntington Beach, Jon Vreeland's heroin addiction has finally destroyed his once promising music career, and estranged himself from his wife and his two daughters. Now Vreeland broods his daughter's absence while living in his old tour van that is broken down and parked on Atlanta Avenue, on the brink of downtown Huntington Beach. He and his brand new lover and longtime junkie, Zooey Leigh, live in the van and sell and shoot heroin, move from place to place, shift from crime to crime, rob the undeserving in their brazen attempt to escape their hypodermic reality and themselves. But no matter where

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they go or who they stay with, they always circle back to the shores of Huntington Beach, where the dark nights are their lonely playground. But Jon isn't meant for this life--he wants nothing more than to rid himself of this very real nightmare, and return to his estranged family and career. This is the story of how he began to get out.

Addiction is seemingly inexplicable. From the outside, it can look like wilful, arrogant self-destruction; from the inside, it can feel as inevitable and insistent as a heartbeat. It is possible to describe, but hard to explore. Yet in *The Recovering*, Leslie Jamison draws on her own life and the lives of addicts of extraordinary talent - John Cheever, John Berryman, Jean Rhys and Amy Winehouse among them - to take us inside the

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experience of addiction, exposing the contours, edges and wholes of an intoxicated life. Part memoir, part group biography, part literary history and part definitive analysis of cultural and social considerations of addiction, *The Recovering* is a significant moment in the history of post-war narrative non-fiction.

Eighteen-year-old Eva Yin is admitted into an ER in the San Francisco Bay Area for a serious blood infection -- the souvenir of a missed shot of heroin. Barely recovered and against medical advice, she leaves the hospital for New York City only to end up homeless and face prostitution and violence. Being a heroin addict is like running in circles. You run and you run and you end up exactly where you started. In the end, Eva

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finally stops running but only after crossing the span of an entire continent and coming back to the shores of California-- she is back to where she started but she isn't the same. Running in Circles is the unflinching true story of one woman's struggle and recovery from heroin addiction. Leaving behind a nightmarish college experience, nineteen-year-old Nicole and her best friend, Eric, escape their home of Bangor, Maine to start a new life in Boston. Fragile and scared, Nicole desperately seeks a new beginning to help erase her past, but there is something besides freedom waiting for her in the shadows, a drug that will make every day a nightmare - heroin.

A Million Little Pieces

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Dying to Survive

All Day Is A Long Time

A Memoir of Getting Dirty and Staying Clean

Strung Out

Burn the Place

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

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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

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key to long-term sobriety. I would like to share with you what I have learned

"This is a story she needed to tell; and the rest of the country needs to listen." — New York Times Book Review "This vital memoir will change how we look at the opioid crisis and how the media talks about it. A deeply moving and emotional read, STRUNG OUT challenges our preconceived ideas of what addiction looks like." —Stephanie Land, New York Times bestselling author of Maid In this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two

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million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother's expired painkillers, Khar started using heroin when she was thirteen. The drug allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn't understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With

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enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. *Strung Out* is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why people turn to opioids in the first place.

A non-stop trip into one man's land of desperate addicts, failed punk bands, and brushes with sad fame, as he sells drugs during the Seattle grunge

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years. In *American Junkie*, Tom Hansen maps his heroin addiction, from the promise of a young life to the prison of a mattress, from budding musician to broken down junkie, drowning in syringes and cigarette butts, shooting heroin into wounds the size of softballs, and ultimately, a ride to a hospital for a six-month stay and a painful self-discovery that cuts down to the bone. Through it all he never really loses his step, never lets go of his smarts, and always projects quintessential American reason, humor, and hope to make a story not only about drugs, but a compelling study of vulnerability and toughness. Mike Doughty first came to prominence as the leader

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of the band Soul Coughing then did an abrupt sonic left turn, much to the surprise of his audience, transforming into a solo performer of stark, dusky, but strangely hopeful tunes. He battled addiction, gave up fame when his old band was at the height of its popularity, drove thousands of miles, alone, across America, with just an acoustic guitar. His candid, hilarious, self-lacerating memoir, *The Book of Drugs* -- featuring cameos by Redman, Ani DiFranco, the late Jeff Buckley, and others -- is the story of his band's rise and bitter collapse, the haunted and darkly comical life of addiction, and the perhaps even weirder world of recovery.

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A NEW YORK TIMES BESTSELLER 'Inspirational and essential' Bret Easton Ellis, author of American Psycho 'Poignant and tragic' The Spectator 'Easily the most remarkable non-fiction book about drugs and drug taking since Hunter S Thompson's Fear and Loathing in Las Vegas' Observer James Frey wakes up on a plane, with no memory of the preceding two weeks. His face is cut and his body is covered with bruises. He has no wallet and no idea of his destination. He has abused alcohol and every drug he can lay his hands on for a decade - and he is aged only twenty-three. What happens next is one of the most powerful and extreme stories ever told. His

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family takes him to a rehabilitation centre. And James Frey starts his perilous journey back to the world of the drug and alcohol-free living. His lack of self-pity is unflinching and searing. *A Million Little Pieces* is a dazzling account of a life destroyed and a life reconstructed. It is also the introduction of a bold and talented literary voice.

More, Now, Again

An Unlikely Addict

A shocking exploration of addiction

An Addiction Memoir

Undoing Drugs

A Piece of Cake

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David Carr was an addict for more than twenty years -- first dope, then coke, then finally crack -- before the prospect of losing his newborn twins made him sober up in a bid to win custody from their crack-dealer mother. Once recovered, he found that his recollection of his 'lost' years differed -- sometimes radically -- from that of his family and friends. The night, for example, his best friend pulled a gun on him. 'No,' said the

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friend (to David's horror, as a lifelong pacifist), 'It was you that had the gun.' Using all his skills as an investigative reporter, he set out to research his own life, interviewing everyone from his parents and his ex-partners to the policemen who arrested him, the doctors who treated him and the lawyers who fought to prove he was fit to have custody of his kids.

Unflinchingly honest and beautifully written, the result is both a shocking

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account of the depths of addiction and a fascinating examination of how -- and why -- our memories deceive us. As David says, we remember the stories we can live with, not the ones that happened.

"As I walked up the giant stairs, the hallway seemed to get brighter and brighter. I emerged onto the balcony. The sunlight was so blinding to my eyes that had been locked closed from insanity and pain or the weight of the

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Seroquel that I did not take in the whole scene at first. I looked at the sky. It was blue with small hints of grey, and the breeze was still while the clouds were large and puffy. The sky was calm and peaceful and gorgeous. My eyes squinted from brightness and slight nausea; I looked down from the second floor of the raised old house and realized the streets had morphed into rivers. I looked on with both disbelief and amazement.' As the

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whispers of Hurricane Katrina swirled through New Orleans, I did not even consider evacuating. The reason is simple. I did not have enough heroin to make it very far out of the city, without facing the impending doom of dope sickness. This is my story of the storm of the century. Follow me, sloshing through the storm's flood waters, searching for my next fix, with the slow realization that things will never be the same again. Eliza Player

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spent nearly ten years living in New Orleans, soaking up all the dirt and grime that the streets and her addiction had to offer, until Hurricane Katrina threatened that way of life forever. Since she came to her recovery, she graduated from the University of North Carolina at Charlotte, became a proud mother and wife, and has been writing about her past experiences in hopes to shed some light into places some feel are too

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dark."--P. [4] of cover.

American Drug AddictA Memoir

"From Cat Marnell, 'New York's enfant terrible' (The Telegraph), a ... memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs"--

At the age of 24, Jordan Barnes woke up next to a lifeless body, rifled through his dead friends' pockets for any remaining heroin and went right back to

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using. Strung out and homeless during the supposed best years of his life, there was no clear way out of the Opioid Crisis ravaging the streets of Portland, Oregon. But though Jordan had long accepted his fate, his parents still held out hope, and would do everything in their power to get him the help he so desperately needed. After a harrowing journey that proves the life of an active addict will always get worse, never better, Jordan found

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himself at the gates of Sand Island, Hawaii's most notorious two-year inpatient treatment facility. He soon discovers that though his heart was in the right place, the hardest battle of his life was yet to come. *One Hit Away* is his arduous and unlikely true story of recovery, rehabilitation and redemption.

In My Skin

More Than a Junkie

The Night of the Gun

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Teenage Degenerate

How to Murder Your Life

The Untold Story of Harm Reduction and the Future of Addiction

In her debut memoir, Andrade tells of her years with cocaine and crystal meth--using, then selling, until all she had left of the life she wanted was chalk outline and a pack of cigarettes. This is the story of her use and recovery, of the people who frustrated and inspired her, of her slow, often unsteady walk home.

'Exceptional debut' - Tommy Orange, New York

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Times David has a mind that never stops running. He reads Dante and Moby Dick, he sinks into Hemingway and battles with Milton. But on Florida's Gulf Coast, one can slip into deep water unconsciously. At the age of fourteen, David runs away from home to pursue a girl. He tries crack cocaine for the first time and is hooked instantly. Over the course of the next decade, he fights his way out of jail and rehab, trying to make sense of the world around him - a sunken world where faith in anything is a privilege. He makes his way to a tenuous sobriety, but it isn't until he takes a literature class at a community

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college that something within him ignites. All Day is a Long Time is a spectacular, raw account of growing up and managing, against the odds, to carve out a place for hope. David Sanchez's debut resounds with real force and demonstrates the redemptive power of the written word.

In his first book, author Jason Smith explores the depravity and desperation required to maintain an opiate addiction so fierce, he finds himself jumping continents to avoid jail time and learns the hard way that some demons cannot be outrun. While teaching in Europe, he meets a prostitute who

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secures drugs for him at the dangerous price of helping out the Russian mafia; in China, he gets his Percocet and Xanax fix but terrifies a crowd of children and parents at his job in the process; and in Mexico, Smith thought a Tijuana jail cell would be the perfect place to kick his Fentanyl habit, but soon realizes that the power of addiction is stronger than his desire to escape it. The Bitter Taste of Dying paints a portrait of the modern day drug addict with clarity and refreshing honesty. With a gritty mixture of self-deprecation and light-hearted confessional, Smith's memoir deftly describes

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the journey into the harrowing depths of addiction and demonstrates the experience of finally being released from it. "Jason is a great writer who's clearly done the life-destroying research that I can relate to. This is the voice of a new generation of drug addicts." - Jerry Stahl, NY Times bestselling author of Permanent Midnight and Happy Mutant Baby Pills

Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way. Mining the expertise of 35 leading researchers, clinicians and psychiatrists, she explores the early

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predictors of addictive behaviour, such as trauma, temperament and impulsivity. Drawing on neuroscience, she explains why other self-destructive behaviours – such as eating disorders, compulsive buying and high-risk sex – are interchangeable with problematic substance use. From her childhood in suburban Slough to her chaotic formative years in the London music scene, we follow her journey to Australia, where she experiences firsthand treatment facilities and AA groups, and reflects whether or not they are meeting the needs of women. Woman of Substances is an insightful, rigorous and brutally honest

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read. In Australia it was nominated for a prestigious Walkley Book Award. 'Employing expert interviews and research, each rich personal episode is contextualised within the under-examined issue of women's substance abuse. Detailed, insightful and told with a feature writer's narrative flair' Bookseller and Publisher. 'Engages readers with storytelling while presenting scientific findings and theories in a way that is accessible to a broad audience' Broadsheet. 'Part monograph, part memoir, part Ginsbergian howl of outrage at a culture in which gender bias is a tenet. It is a work of

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compellingly articulate anger' The Australian. 'In straightforward, lively prose she relates even her darkest moments without self-pity or aggrandisement, and often with a streak of gallows humour, leading to more laugh-out-loud lines than you might expect' The Saturday Paper. 'We need books like this, and writers like Valentish, to give voice to our frustrations and concerns, to help legitimise and mobilise' Kill Your Darlings. 'Valentish's passion lies in exploring the underlying causes and their effects and, in the most female of ways, offering companionship and reassurance for her

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readers' *The Monthly*. 'Doesn't mince her words' *Sydney Morning Herald*.

NEW YORK TIMES BESTSELLER "I come from a family forged by tragedies and bound by a remarkable, unbreakable love," Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long

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battle with drug and alcohol addiction. In Beautiful Things, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

The Taste of Cigarettes

Memoirs of an Addicted Brain

American Junkie

Finding North: A Journey from Addict to Advocate

Hillbilly Elegy: A Memoir of a Family and Culture in Crisis

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Mayhem

A Sunday Times Book of the Year 'Riveting, clear-sighted and exceptionally articulate... Her literary and psychoanalytic fluency gives the book an impact that feels arrestingly honest... Heartbreaking' Daily Telegraph 'This is a fierce, lyrical, and lucid memoir that asks agonizing questions about guilt, innocence, and judgment and reminds us how difficult it can be to untangle one from the other' Siri Hustvedt 'Powerful, spare [and] striking' Observer 'Unique and haunting' Sunday Times 'What gives this book its astonishing power is not the guilt, but the intelligence and literary skill.

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Beautifully structured... Rausing sets the scene with painterly delicacy and then steps back to analyse the implications of what she has revealed' Guardian A searingly powerful memoir about the impact of addiction on a family In the summer of 2012 a woman named Eva was found dead in the London townhouse she shared with her husband, Hans K. Rausing. The couple had struggled with drug addiction for years, often under the glare of tabloid headlines. Now, writing with singular clarity and restraint the editor and publisher Sigrid Rausing, tries to make sense of what happened to her brother and his wife. In Mayhem, she asks the difficult

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questions those close to the world of addiction must face. 'Who can help the addict, consumed by a shaming hunger, a need beyond control? There is no medicine: the drugs are the medicine. And who can help their families, so implicated in the self-destruction of the addict? Who can help when the very notion of 'help' becomes synonymous with an exercise of power; a familial police state; an end to freedom, in the addict's mind?'

I wasn't afraid of death. How could I be? I lived under death's shadow every day. When you swallow eighty Vicodin, twenty sleeping pills, drink a bottle of vodka, and still survive, a certain sense of invulnerability stays

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with you. When you continually use drugs with the kind of reckless determination that I did, the limit to how much heroin or crack you can ingest is not defined in dollar amounts, but in the amounts your body can withstand without experiencing a seizure or respiratory failure. Yet at the end of every binge, every night of lining up six, seven, eight crack pipes and hitting them one after the other bam! bam! bam! every night of smoking and snorting bag after bag of heroin . . . after all of that, when you still wake up to see the same dirty sky over you as the night before, you start to think that instead of dying, maybe your punishment is to live---to be

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stuck in this purgatory of self-abuse and misery for an eternity. Sometimes you start to think that death would come as a blessed relief. Toward the end, I found myself contemplating death again. Only this time I wasn't going to leave it to chance. I was going to buy a gun, load the thing, place the barrel in my mouth, and blow my fucking brains out. I sat on my parents' sofa as I pondered this. All I needed was a gun. And then all-- of my problems-- would be solved.

This book is a summary of my life. Sounds simple enough, but it was not simple to write. I am an alcoholic and a drug addict, I am also a nurse. I lost everything to

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my drug addiction. I stole my drugs from the hospital where I worked and when they found out my downfall began. But that is only the beginning. My recovery is the real story. There is a huge and growing problem of alcohol and drug addiction among healthcare professionals. It's time we started talking about it. We put our patients and coworkers at risk. We put ourselves at risk. The problem is taboo and nobody wants to talk about it. I want to talk about it. I want to help stop this insidious disease from continuing to infect our entire healthcare system.

Kate Holden recounts her descent into heroin addiction

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and prostitution, describing how she managed to fight her addictions and demons to reclaim her life and find happiness once again.

"Blunt and honest. . .A stunning piece of work." --T.J. English "Deeply moving. . .What's Left of Us is a rush of blood to the head and heart, the kind only true art can deliver." --Andre Dubus "An amazing story not just of survival, but redemption." --Mary McGarry Morris

Richie Farrell grew up in a working-class Irish neighborhood in Massachusetts. To overcome a birth defect, his father pushed him to become a star athlete, grooming him for Notre Dame. Sometimes, he would use

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a belt as a learning tool. Once, he used an electric carving knife. . . The headline read Crippled at Birth: Farrell Now Grid Star. A month later, I tore up my knee and fell in love with pain medication. By time he was thirty, Richie was a heroin addict, stealing from friends, shooting up during visits to his children, living in abandoned mill buildings, running from the shameful secrets of his family. Hopeless and in pain, he attempted suicide. When that failed, he was ordered to detox. He looked at me. "Be honest," he said, "or you'll be on the street in 15 minutes. Jail, death, or honesty. You choose." In this harrowing, astounding memoir, Richard Farrell

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chronicles a life of desperation, violence, lies--and the pure oblivion of heroin. A gritty, hauntingly written tale of a descent into hell and a slow, uncertain climb out of it, What's Left Of Us is a true story of redemption: of how low a man can get, and how hard he must fight to escape a shattered life. . . "[Farrell] carries you on this rollercoaster ride of ugliness and beauty. Don't miss it." --Phyllis Karas Richard Farrell is an author, filmmaker, teacher, journalist, and adjunct professor of English at the University of Massachusetts in Lowell. His documentary, High on Crack Street, was aired on HBO and received Columbia University's duPont Award. He is

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the co-author of A Criminal and an Irishman: The Inside Story of the Mob-IRA Connection. He is the screenwriter for the upcoming film The Fighter, and makes his home in Milford, New Hampshire.

Hero of the Underground

Woman of Substances

Dry

A Story of Addiction (Young Adult Edition)

The Recovering

Intoxication and its Aftermath

It has been ten years since Rachael Keogh was catapulted into the public consciousness, when a

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shocking image of her needle-ravaged arms - skin burnt from injecting heroin into her wasted veins - made front pages around the country. Desperate for help, she made a public appeal to get one of 27 detox beds in Ireland so that she could reclaim her life from the drugs that had ravaged it. What followed was an extraordinary story of grit and determination as she embarked on her recovery journey. Her story became an instant bestseller and has resonated with readers ever since. This edition contains a new introduction from Rachael where she reflects on her story and considers what has changed for

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her and in the drugs culture in Ireland over the last decade. 'The best book by far about the drugs explosion in Dublin' Irish Independent 'This book should be on the school curriculum' Evening Echo

A Neuroscientist Examines his Former Life on Drugs

Never Enough

Memoirs Aren't Fairytales

Portrait of an Addict as a Young Man

What's Left of Us

My Fair Junkie