

Broken My Story Of Addiction And Redemption

Are you feeling exasperated and helpless about your family member's addiction? Are you at your wit's end, having tried everything you can think of to make them stop? If someone you love is engaging in addictive behaviors such as alcohol and drug misuse, eating disorders, smoking, gambling, Internet addiction, sex addiction, compulsive overspending, or relationship addiction, you are undoubtedly experiencing unpredictability in your relationship. Some of the most common emotions you will experience include: - Guilt and shame - Anger and anxiety - Confusion and powerlessness Whether the addict in your life is your spouse, partner, parent, child, friend, or colleague, the key to changing this reality for yourself lies in shifting your focus from your loved one's addiction to you own self-care. This book presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict ' s mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food. *Saving Sara* chronicles Somers ' s addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she—like every addict—experiences when her obsession sets in again. Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won ' t allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution, and learns to live life on life ' s terms. A raw account of Somers ' s decades-long journey, *Saving Sara* underscores the challenges faced by food addicts of any age—and the hope that exists for them all.

"Awaken your brain and unleash your hidden potential. An awakened brain allows you to live life from the optimal brain state, discover your broadest range of skills, and unleash the growth and potential that too often lies dormant. Drawing from her unique background as a neuropsychologist and former nun, Charlotte Tomaino explores the impact of belief and spirituality on the actual function and structure of the brain. Through effective, hands-on exercises, Tomaino gives us the tools to expand our consciousness, raise our awareness, and fully utilize the power of the brain to create the life we desire. As a clinical neuropsychologist, Tomaino has helped hundreds of patients develop practical solutions for the loss of brain function due to trauma, which gives her remarkable insight into the potential for us all. Now, with *Awakening the Brain*,

she teaches us to unleash this latent power and live up to our full potential. Tomaino, who has garnered broad media attention for her groundbreaking work in neuroscience, explains the basic workings of the brain in direct, simple language. No science classes required. In addition, Microsoft tags throughout the book link to free explanatory videos to enhance the experience for those who want more"--

A former addict provides information for those dealing with addiction, including identifying when someone needs help, finding a treatment program, and establishing a support system.

A Memoir of Panic and Addiction

You Ought to Do a Story About Me

A Father's Memoir of Addiction, Recovery, Love, and Loss

Addiction, an Unlikely Friendship, and the Endless Quest for Redemption

A Novel

My Story and Likely Yours Too

Hitting Rock Bottom

Stories of Loss, Hope, and Recovery.

The son of broadcaster Bill Moyers shares his personal battle with alcoholism and drug addiction, describing his privileged childhood, multiple relapses, and rise to a key player at the Hazelden Foundation, an addiction treatment center.

Addiction: A Mother's Story follows the 23 year heroin and cocaine addiction of her deeply loved son through the eyes of his mother. It includes stories of all the various "players" that make up the world of drug use and the dramatic consequences of drug addiction within a family.

Candid, shocking, and unforgettable, Broken is a haunting and clear-eyed tale that offers hope for all those wrestling with addiction Unlike some popular memoirs that have fictionalized and romanticized the degradations of drug addiction, Broken is a true-life tale of recovery that stuns and inspires with virtually every page. The eldest son of journalist Bill Moyers, William Cope Moyers relates with unforgettable clarity the story of how a young man with every advantage found himself spiraling into a love affair with crack cocaine that led him to the brink of death-and how a deep spirituality allowed him to conquer his shame, transform his life, and dedicate himself to changing America's politics of addiction. "William Cope Moyers's lucid, measured tale of his own plunge into crack-addled hell [is] frightening in its very realism." -USA Today

A groundbreaking memoir of a double life fueled by heroin addiction and mental illness While his wife and two-year-old daughter watched TV in the living room, David Poses was in the kitchen, measuring the distance from his index finger to his armpit. He needed to be sure he could pull the trigger with a shotgun barrel in his mouth. Twenty-six inches. Thirty-two years old. More than a decade in a double life fueled by heroin addiction and mental illness. The Weight of Air chronicles David's struggle to overcome the depression that led him to opioids as a teenager. By nineteen, he'd been through medical detox, inpatient rehab, twelve-step programs, and a halfway house, unable to reconcile his experience with conventional wisdom. He saw his addiction as secondary, as a symptom of depression, but the experts insisted that addiction was the primary problem. Over the next thirteen years, he went from one relapse to the next, drowning in guilt, shame, and secrets--until he finally found the treatment that saved his life. With grit and brutal honesty, David shines a bright light on the flaws in our traditional

addiction and recovery models, exposing the opioid crisis for what it really is: a convergence of two deadly epidemics. "The Weight of Air is a moving, tender, thoughtful account of addiction and also a compelling critique of a lot that's wrong with the dominant model of addiction treatment."--Johann Hari, New York Times best-selling author of Chasing the Scream "Entertaining, honest, darkly comedic, and smart as hell, David Poses's The Weight of Air is a painfully accurate portrayal of heroin addiction and the sorts of treatments forced upon us. . . . Poses is about to turn your whole worldview on addiction upside down in the best way."--Amy Dresner, author of My Fair Junkie: A Memoir of Getting Dirty and Staying Clean "A fluidly written, disarmingly blunt account of heroin addiction and recovery."--Keith Humphreys, former White House drug policy adviser to presidents George W. Bush and Barack Obama

A Story of the Lies about Addiction and the Truth about Recovery

Addict In The Family

A Memoir

An Insider's Guide to Addiction and Recovery

A Physician's Story of Addiction, Depression, Hope, and Recovery

A Guided Journal

My Story of Being Indigenous, Homeless, and Finding My Way

Recovery

A pediatric oncologist and palliative care physician, Dr. Adam B. Hill, suffers stress and disillusionment with the culture of medicine, leading to alcoholism, depression, and suicidal thoughts. Then while in recovery, he loses a mentor to suicide, revealing the extent of the burnout epidemic in the medical field. By sharing his harrowing story, Dr. Hill shows how this problem manifests, considers ways to address it, and confronts commonplace attitudes regarding self-care, recovery/treatment, empathy, and vulnerability amongst medical practitioners. His book is a road map for better practices at a time when doctors around the world are struggling in silence. Long Walk Out of the Woods is a game-changing personal narrative and prescriptive book. It expands on Dr. Hill's famous 2017 essay in the New England Journal of Medicine, "Breaking the Stigma: A Physician's Perspective on Recovery and Self-Care."

America Anonymous is the unforgettable story of eight men and women from around the country -- including a grandmother, a college student, a bodybuilder, and a housewife -- struggling with addictions. For nearly three years, acclaimed journalist Benoit Denizet-Lewis immersed himself in their lives as they battled drug and alcohol abuse, overeating, and compulsive gambling and sexuality. Alternating with their stories is Denizet-Lewis's candid account of his own recovery from sexual addiction and his compelling examination of our culture of addiction, where we obsessively search for new and innovative ways to escape the reality of the present moment and make

ourselves feel "better." Addiction is arguably this country's biggest public-health crisis, triggering and exacerbating many of our most pressing social problems (crime, poverty, skyrocketing health-care costs, and childhood abuse and neglect). But while cancer and AIDS survivors have taken to the streets -- and to the halls of Congress -- demanding to be counted, millions of addicts with successful long-term recovery talk only to each other in the confines of anonymous Twelve Step meetings. (A notable exception is the addicted celebrity, who often enters and exits rehab with great fanfare.) Through the riveting stories of Americans in various stages of recovery and relapse, Denizet-Lewis shines a spotlight on our most misunderstood health problem (is addiction a brain disease? A spiritual malady? A moral failing?) and breaks through the shame and denial that still shape our cultural understanding of it -- and hamper our ability to treat it. Are Americans more addicted than people in other countries, or does it just seem that way? Can food or sex be as addictive as alcohol and drugs? And will we ever be able to treat addiction with a pill? These are just a few of the questions Denizet-Lewis explores during his remarkable journey inside the lives of men and women struggling to become, or stay, sober. As the addicts in this book stumble, fall, and try again to make a different and better life, Denizet-Lewis records their struggles -- and his own -- with honesty and empathy.

An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.”—Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and

alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

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 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 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.

Strong in the Broken Places

A Memoir of Getting Dirty and Staying Clean

A Revolutionary New Way of Understanding Addiction

True Stories of Addiction, Grief, Recovery, and Courage

Foundations of Addiction Counseling Plus Mycounselinglab with Pearson Etext -- Access Card Package

From the Ashes

Drunks

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

You've finally reached the pivotal moment in your life to get clean and sober. I welcome you to join me as I share my quest for addiction recovery and sobriety. This book is hopeful and encouraging. It is a must read for the fellow addict that deserves a new chapter in life. I wrote this book with the burning desire and a passion for reaching out to fellow addicts as a resource for them to possibly utilize some of my experiences and methods for recovery and relapse prevention. The book encompasses my life journey from my early teen years into adulthood as an addict, which details some of the painful aspects that encouraged me to turn to substance abuse as a coping mechanism. This book also alludes to my experience with the recovery process which I share many of the self-researched and time-tested techniques that helped me cultivate my successful rehabilitation process. Addiction exerts a long and powerful influence on the brain that manifests in three distinct ways: craving for the object of addiction, loss of control over its use, and continuing involvement with it despite adverse consequences. While overcoming addiction is possible, the process is often long, slow, and complicated. The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction - or has tried to help someone else to do so - understands why, and ultimately, we can understand that addiction is a "dis-ease". From my experience, addiction is also a disease of isolation. The question of whether addiction is a disease or not has perplexed clinicians and scholars and researchers for decades. At one point, addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. The word "addiction" is derived from a Latin term for "enslaved by" or "bound to." Anyone who has struggled to overcome an addiction - or has tried to help someone else to do so - understands why, and ultimately, we can understand that addiction is a "dis-ease". From my experience, addiction is also a disease of isolation. The question of whether addiction is a disease or not has perplexed clinicians and scholars and researchers for decades. At one point, addiction was easily called the disease. At other points in time, there was considerable debate about how to classify these phenomena. I think it's best to talk about the disease of addiction. My story is like so many others who chose to foolishly abuse alcohol and drugs...most of us were unaware that we had these addictions that are conveniently labeled as a "disease." However, the fact is that each one of us is a unique individual with our own story to tell. Usually, the suffering alcoholic/ addict hits a point called "rock bottom" in their lives where they choose to get better or turn for the worse. When this happens, life-changing events usually transpire to test the person's character and integrity. Hitting "rock bottom" was my personal alarm clock for realizing I had a serious substance abuse problem. There was a defining moment in my

life that turned a page, sending me in a new direction. Making the transition from being actively addicted to being in recovery is a complex physical and psychological process. There is a lot to learn in recovery and we have to make a lot of changes internally and externally. Writing this book has given me a wholesome and hopeful perspective on life and the world we live in. I find that I spend more time embraced in bold prayer and meditation which grants me the influence to believe in miracles for others. I trust that there are great people in this world that contribute to making a significant difference, consequently making the world a better place for all of us to live in. Composing this book was my contribution to 'pay it forward' in a positive way. I am honored.

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read.

This #1 internationally bestselling and award-winning memoir about overcoming trauma, prejudice, and addiction by a Métis-Cree author as he struggles to find a way back to himself and his Indigenous culture is "an illuminating, inside account of homelessness, a study of survival and freedom" (Amanda Lindhout, bestselling coauthor of *A House in the Sky*). Abandoned by his parents as a toddler, Jesse Thistle and his two brothers were cut off from all they knew when they were placed in the foster care system. Eventually placed with their paternal grandparents, the children often clashed with their tough-love attitude. Worse, the ghost of Jesse's drug-addicted father seemed to haunt the memories of every member of the family. Soon, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, resulting in more than a decade living on and off the streets. Facing struggles many of us cannot even imagine, Jesse knew he would die unless he turned his life around. Through sheer perseverance and newfound love, he managed to find his way back into the loving embrace of his Indigenous culture and family. Now, in this heart-wrenching and triumphant memoir, Jesse Thistle honestly and fearlessly divulges his painful past, the abuse he endured, and the tragic truth about his parents. An eloquent exploration of the dangerous impact of prejudice and racism, *From the Ashes* is ultimately a celebration of love and "a story of courage and resilience certain to strike a chord with readers from many backgrounds" (*Library Journal*).

Secrets

My Story of Addiction and Redemption

Freedom from Our Addictions

High Achiever

The Beauty of Broken

America Anonymous

The Gin Closet

The Top 10 Survival Tips for Loving Someone With an Addiction

Reveals the history of our struggle with alcoholism and the emergence of a search for sobriety that is as old as our nation. In *Drunks*, Christopher Finan introduces us to a colorful cast of characters who were integral in America's moral journey to understanding alcoholism. There's the remarkable Iroquois leader named Handsome Lake, a drunk who stopped drinking and dedicated his life to helping his people achieve sobriety. In the early nineteenth century, the

idealistic and energetic “Washingtonians,” a group of reformed alcoholics, led the first national movement to save men like themselves. After the Civil War, doctors began to recognize that chronic drunkenness is an illness, and Dr. Leslie Keeley invented a “gold cure” that was dispensed at more than a hundred clinics around the country. But most Americans rejected a scientific explanation of alcoholism. A century after the ignominious death of Charles Adams came Carrie Nation. The wife of a drunk, she destroyed bars with a hatchet in her fury over what alcohol had done to her family. Prohibition became the law of the land, but nothing could stop the drinking. Finan also tells the dramatic story of Bill Wilson and Dr. Bob Smith, who helped each other stay sober and then created AA, which survived its tumultuous early years and finally proved that alcoholics could stay sober for a lifetime. This is narrative history at its best: entertaining and authoritative, an important portrait of one of America’s great liberation movements and essential reading for anyone involved in the addiction community.

Publishers Weekly Bestseller Newsweek Fall Must-Read Book Books-a-Million "Must-Read This Fall" Selection "Shot through with hope, purpose and an unflinching love, it's a story that must be read." —Newsweek "Essential, poignant, and insightful reading." —Kirkus Review Award-winning columnist and author David Magee addresses his poignant story to all those who will benefit from better understanding substance misuse so that his hard-earned wisdom can save others from the fate of his late son, William. The last time David Magee saw his son alive, William told him to write their family’s story in the hopes of helping others. Days later, David found William dead from an accidental drug overdose. Now, in a memoir suggestive of Augusten Burroughs meets Glennon Doyle, award-winning columnist and author David Magee answers his son's wish with a compelling, heartbreaking, and impossible to put down book that speaks to every individual and family. With honesty and heart, Magee shares his family’s intergenerational struggle with substance abuse and mental health issues, as well as his own reckoning with family secrets—confronting the dark truth about the adoptive parents who raised him and a decades-long search for identity. He wrestles with personal substance misuse that began at a young age and, as a father, he sees destructive patterns repeat and develop within his own children. While striving to find a truly authentic voice as a writer despite authoring nearly a dozen previous books, Magee ultimately understands that William had been right and their own family’s history is the story he needs to tell. A poignant and uplifting message of hope translates unimaginable tragedy into an inspirational commitment to saving others, as David founded the William Magee Institute for Student Wellbeing at the University of Mississippi. His mission to share solutions to self-medication and addiction, particularly as it touches America’s high school and college students, emphasizes that William’s story is about much more than a tragic addiction—it’s an American story of a family broken by loss and remade with love. Dear William inspires readers to find purpose, build resilience, and break the cycles that damage too many individuals and the people who love them. It’s a life-changing book revealing how voids can be filled, and peace—even profound, lasting happiness—is possible.

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery “This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse.” —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand

understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not “Why are you addicted?” but “What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person’s arms?” Russell has been in all the twelve-step fellowships going, he’s started his own men’s group, he’s a therapy regular and a practiced yogi—and while he’s worked on this material as part of his comedy and previous bestsellers, he’s never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

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 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.

Own Your Desire, Live Beyond Recovery, Find Lasting Freedom

Broken People

Voices from the Fallen

A New Day A New Life

Between Breaths

My Fair Junkie

A Memoir of Addiction and Redemption Through Wellness

Unbroken Brain

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.

Voices from the Fallen takes us on an intimate journey inside the lives of people who have experienced the hell of addiction, the relentless defeat of relapse, and hope of recovery. Listen to them speak about fear and desperation, hope and optimism. Sit with them in solitary misery, feel their grief over a lost family member, and share their joy with the promise of a renewed life. Listen closely, for these courageous voices come from those all around us, and can help rebuild shattered families, restore broken hearts, and save lives. "If, like so many others, you've lost sight of your own life in the drama of tending to someone else's addiction, you may find yourself in this book. Fantastic job taking us into the mind of the addict." - Dean Cain, Actor, Producer "This was amazing. I didn't just read these stories, I intensely felt them. My heart was pulled out and put it through the wringer. I seriously was broken reading this." - Jason Campbell, President, JC Films "Voices from the Fallen opens the eyes to the rollercoaster ride for the addicted, as well as the impact on loved ones that must anguish through the daily battle. Mike Tourville illuminates the importance of this problem, which permeates every level of our society. A must-read..." - Paul Connor, West Springfield Chief of Police "These hard-hitting experiences have the potential to save lives. The extraordinary courage of these individuals and family members goes above and beyond normal expectations. This book is essential reading for those who are at risk or know anyone who may be." - William Sapelli, Mayor of Agawam, Massachusetts "...a must-read for anyone looking for insight and understanding into the life of an addict and those affected by it. If you are an addict or love someone who is, reach out. You are not alone. There is HOPE!" - George and Marilyn Ekimovich Ministry Leaders, LifePoint Church, Chicopee, MA Bonus: An excerpt from Michael K. Tourville's A Promise to Astrid included inside!

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

“This masterpiece of dogged and loving reporting will astonish you and touch your heart. The struggles and quest for redemption of football star Jackie Wallace make for a fall-from-grace tale that’s both unsettling and uplifting.”—Walter Isaacson, author of Steve Jobs and Leonardo da Vinci The heartbreaking, timeless, and redemptive story of the transformative friendship binding a fallen-from-grace NFL player and a Pulitzer Prize-winning photojournalist who meet on the streets of New Orleans, offering a rare glimpse into the precarious world of homelessness and the lingering impact of systemic racism and poverty on the lives of NOLA’s citizens. In 1990, while covering a story about homelessness for the New Orleans Times-Picayune, Ted Jackson encountered a drug addict sleeping under a bridge. After snapping a photo, Jackson woke the man. Pointing to the daily newspaper by his feet, the homeless stranger looked the photojournalist in the eye and said, “You ought to do a story about me.” When Ted asked why, he was stunned by the answer. “Because, I’ve played in three Super Bowls.” That chance meeting was the start of Ted’s thirty-year relationship with Jackie Wallace, a former NFL star who rose to the pinnacle of fame and fortune, only to crash and lose it all. Getting to know

Jackie, Ted learned the details of his life, and how he spiraled into the “vortex of darkness” that left him addicted and living on the streets of New Orleans. Ted chronicles Jackie's life from his teenage years in New Orleans through college and the NFL to the end of his pro career and the untimely death of his mother—devastating events that led him into addiction and homelessness. Throughout, Ted pays tribute to the enduring friendship he shares with this man he has come to know and also look at as an inspiration. But Ted is not naïve; he speaks frankly about the vulnerability of such a relationship: Can a man like Jackie recover, or is he destined to roam the streets until his end? Tragic and triumphant, inspiring and unexpected, You Ought to Do a Story About Me offers a rare glimpse into the precarious world of homelessness and the lingering impact of racism and poverty on the lives of NOLA's citizens. Lyrical and evocative, Ted's account is pure, singular, and ambitious—a timeless tale about loss, redemption, and hope in their multifarious forms. “This book will melt your heart. The story of Jackie Wallace is an unforgettable tale of hope, grace, and the miracle of the human spirit. Ted Jackson writes with searing honesty and deep love for a troubled man who started as his subject and became his lifelong friend.”—Jonathan Eig, bestselling author of Ali: A Life and Luckiest Man: The Life and Death of Lou Gehrig

Awakening the Brain

Broken

Controversial Treatment Cures My Son's Heroin Addiction

A Memoir of Food Addiction

The Joey Song

Our Broken Wing

Long Walk Out of the Woods

No Place Left to Go But Up

An inspiring memoir about one man's journey to overcome addiction, anxiety, and depression through meditation, yoga, and juicing Quentin Vennie shouldn't be alive—he has walked a path that many don't live long enough to write about. Growing up in Baltimore, he was surrounded by nothing but dead ends. Statistics mapped out his future, and he grew hostile toward a world that viewed him with suspicion and disdain. He was shot at, sold drugs up and down the East Coast, lingered on the brink of incarceration, and stared down death more than once. Haunted by feelings of abandonment and resentment, he struggled with chronic anxiety and depression and battled a crippling prescription drug addiction. The day he contemplated taking his life was the day he rediscovered his purpose for living. Vennie's survival depended upon his finding a new path, but he didn't know where to turn—his doctor was concerned only with prescribing more medication. Vennie refused, and in a

desperate attempt to save his own life, decided to pursue a journey of natural healing. After researching a few self-healing methods, he immediately bought a juicer from an all-night grocery store. He started juicing in the hopes that it would help him repair his body and clear his mind. He jumped headfirst into the world of wellness and started incorporating yoga and meditation into his life. This "wellness trinity" helped him cut back on and then quit the many medications he was on, overcome his addictions, and ultimately, transform his life while inspiring others to find their own unique path to wellness. Strong in the Broken Places is the harrowing story of Vennie's life, the detours that almost ended it, and the inspiring turns that saved it. The odds were stacked against him, but he was able to defy expectations and claw his way out on his own terms. He is living proof that during our weakest moments, we have the power and ability to unlock unimaginable strength.

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, Unbroken Brain, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery-- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, Unbroken Brain provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in The Washington Post, Vice Magazine, The Wall Street Journal, and

The New York Times, in addition to multiple other publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.

Find beauty and hope by facing and dealing with the messiness of family life. The family is an imperfect institution. Broken people become broken parents who make broken families. But actually, broken is normal and exactly where God wants us. In *The Beauty of Broken*, Elisa Morgan, one of today's most respected female Christian leaders, for the first time shares her very personal story of brokenness—from her first family of origin to the second, represented by her husband and two grown children. Over the years, Elisa's family struggled privately with issues many parents must face, including: alcoholism and drug addiction infertility and adoption teen pregnancy and abortion divorce, homosexuality, and death Each story layers onto the next to reveal the brokenness that comes into our lives without invitation. "We've bought into the myth of the perfect family," says Elisa. "Formulaic promises about the family may have originated in well-meaning intentions, but such thinking isn't realistic. It's not helpful. It's not even kind." Instead she offers hope in the form of "broken family values" that allow parents to grow and thrive with God. Values such as commitment, humility, relinquishment, and respect carry us to new places of understanding. Owning our brokenness shapes us into God's best idea for us and enables us to discover the beauty in ourselves and each member of our family.

During his early teens, Jeff Bratton started using drugs. At first, alcohol and pot, but quickly he spiraled into using cocaine, ketamine, crystal meth and eventually heroin. How could this wonderful son, loving brother, and star athlete lose himself to drugs? How could his parents be so clueless? How could his mother, the long-term head of a private school, be so blind? "Stagli vicino", an Italian recovering addict told the author. "Stay close—never leave him, even when he is most unlovable." This is not a book about saving a child. It is a book about what it means to stay close to a loved one gripped by addiction. It is about one son who came home and one mother who never gave up hope. *Stay Close* is one mother's tough, honest, and intimate tale that chronicles her son's severe drug addiction, as it corroded

all relationships from the inside out. It is a story of deep trauma and deep despair, but also of deep hope—and healing. Here is Libby Cataldi's story about dealing with addiction without withdrawing love, learning to trust again while remaining attuned to lies, and the cautious triumph of staying clean one day at a time. He told her, "Mom, never quit believing." And she didn't.

Beautiful Boy

A Story of Mental Illness, Addiction and Love

The Urge

Portrait of an Addict as a Young Man

The Neuropsychology of Grace

The Night of the Gun

The Flawed Ones

Our History of Addiction

I wish it never happened.' These are the words of Jonathan Daugherty, a man who had a secret, one that shaped his view of life and relationships for thirteen years. Secrets is his story of overcoming addiction, infidelity, and finally finding the path that led him to a place of true peace and freedom. In this powerful and personal book, Jonathan reveals: --The nature and danger of secrets --The consequences of emotional detachment --Insights for dealing with addiction, death, brokenness, and healing --The secret to living a life of peace and joy Secrets is a true story of one man's journey through brokenness and despair that will captivate you, encourage you, and ultimately motivate you to live your own life to the fullest. Whether you are living a double life of secrecy and lies or not, Secrets will move you to reconsider how you live your life from this moment on, challenging you to live each day with no more regrets.

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- A practical collection of tools and strategies for prospective addictions counselors that includes a solid foundation of research, theory, and history. Practical and comprehensive, Foundations of Addiction Counseling explores an array of techniques and skills that a new practitioner will need in the real world while providing a thorough review of the research, theory, and history of addiction counseling. With chapters written by expert scholars, this text covers many topics in-depth often ignored by other comparable books, such as professional issues in addictions counseling, the assessment of client strengths, gender issues in substance abuse, working in rehabilitation centers, and working with clients with disabilities. The second edition of this unique text offers prospective counselors the tools and strategies they will need for working with general and

special populations, including assessment tools, strategies for outpatient and inpatient treatment, information about maintenance and relapse prevention, and counseling strategies for couples, families, children, adolescents, college students, and recovering addicts. The revised edition includes expanded discussions on a number of topics, new case studies, and completely updated resources and web references.

AS A YOUNG WOMAN, Tilly flees home for the hollow underworld of Nevada, looking for pure souls and finding nothing but bad habits. One day, after Tilly has spent nearly thirty years without a family, drinking herself to the brink of death, her niece Stella—who has been leading her own life of empty promise in New York City—arrives on the doorstep of Tilly's desert trailer. The Gin Closet unravels the strange and powerful intimacy that forms between them. With an uncanny ear for dialogue and a witty, unflinching candor about sex, love, and power, Leslie Jamison reminds us that no matter how unexpected its turns, the life we're given is all we have: the cruelties that unhinge us, the beauties that clarify us, the addictions that deform us, those fleeting possibilities of grace that fade as quickly as they come. The Gin Closet marks the debut of a stunning new talent in fiction.

Turmoil, tears and miracles inspired the sharing of a mother's journey through childhood cancer and the perils of drug addiction. Miraculous events send Mother Nature to cure my son's heroin addiction. Two mothers, Mother Nature and myself worked together to slay the dragon

A Mother's Story of Her Son's Addiction

Dear William

A Father's Journey Through His Son's Addiction

Now What?

Eight Addicts in Search of a Life

The Incredible True Story of One Addict's Double Life

Loving an Addict, Loving Yourself

An American History

BrokenMy Story of Addiction and RedemptionPenguin

Helps families who have a loved one suffering from an addiction learn important lessons on loving, detachment, intervention, and self-care.

Witnessing the addiction of a family member or loved one is a heart-rending experience. But hope can prevail, as shown in this compelling revised and updated book. In *Addict in the Family*, the gripping stories of fathers, mothers, sons, and daughters of addicts offer important lessons on loving, detachment, intervention, and self care.

In an age of tell-all addiction memoirs and reality television programs, we gulp down the stories of others in the hope that we, too, can be overcomers—even as we continue to love a person, substance, activity, or ideology too much. As Sharon Hersh writes, "We all suffer from the same condition." In *The Last Addiction*, she explores why we are prone to addiction—to make one thing in our lives more central than it should be—and how we can break free of our compulsions. This is not a book of "self-help" answers or "how-to" steps. It is a book about falling down and getting up again, about realizing that we need more than ourselves to be saved. The truth is, we're not as bad as we think we are—and we are worse than we ever dreamed. When we live between those two realities, we are ready to let go of the last idol: the belief that we can save ourselves. *The Last Addiction* invites you to see your own story more clearly as you better understand your longing for intimacy. It invites you to love boldly and receive love

in return. It invites you to the freedom of redemption.

The son of broadcaster Bill Moyers shares his harrowing personal battle with alcoholism and drug addiction, describing his privileged childhood, multiple relapses, and rise to a key player at the Hazelden Foundation, through which he conducts motivational intervention programs. 100,000 first printing.

Addiction

The Weight of Air

A True Story of Addiction, Infidelity, and Second Chances

The Last Addiction

A Mother's Story (Second Edition)

Stay Close

Saving Sara

A practical guide for people in early recovery committed to developing self-awareness and personal clarity – two of the key principles for living free of drugs and alcohol. Grounded in both addiction science and Twelve Step spirituality, *A New Day, A New Life*--a guided journal and video--is designed to serve as a steadfast companion for those facing the challenges and joys of early recovery. The video features an intimate, candid discussion between best-selling author and recovery advocate William Cope Moyers and a diverse group of people in recovery. By sharing their personal experiences, they give people who are newly sober a breadth of knowledge about what it takes to stay on track. The journal--consisting of daily inspirational and educational messages, meditations, prayers, and affirmations, as well as space for writing thoughts and feelings--helps readers connect the knowledge that they have drawn from the video to their own experiences with addiction and sobriety.

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 *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.

ONE OF THE MOST ANTICIPATED BOOKS OF THE YEAR *Vogue*, *O*, *The Oprah Magazine*, *Parade*, *Library Journal*, *Harper's Bazaar* and more "Profound and affecting."—Chloe Benjamin "Broken People leads us through the winds of time and memory to offer a riveting portrait of transformation. I am better for having read it."—Jamie Lee Curtis A groundbreaking, incandescent debut novel about coming to grips with the past and ourselves, for fans of Sally Rooney, Hanya Yanagihara and Garth Greenwell "He fixes everything that's wrong with you in three days." This is what hooks Sam when he first overhears it at a fancy dinner party in the Hollywood hills: the story of a globe-trotting shaman who claims to perform "open-soul surgery" on emotionally damaged people. For neurotic, depressed Sam, new to Los Angeles after his life in New York imploded, the possibility of total transformation is utterly tantalizing. He's desperate for something to believe in, and the shaman—who promises ancient rituals, plant medicine and encounters with the divine—seems convincing, enough for Sam to sign up for a weekend under his care. But are the great spirits the shaman says he's summoning real at all? Or are the ghosts in Sam's memory more powerful than any magic? At turns tender and acid, funny and wise, *Broken People* is a journey into the nature of truth and fiction—a story of discovering hope amid cynicism, intimacy within chaos and peace in our own skin.

In this compelling novel, Jay Chirino channels his own struggles with depression and addiction, creating a universal story that is painfully relatable for those with similar issues, and eye-opening for the ones that haven't dealt with the challenges of mental illness. After leaving behind a trail of drug-addled destruction, Jay finds himself confined to the walls of a psychiatric hospital. He is now compelled to confront his actions, his issues, and the past that led him to such downhill spiral. But what surprisingly affects him most are the people that he becomes surrounded by; people with considerable deficiencies that will shed some light on the things that truly matter in life. "The Flawed Ones" is a thorough examination of the struggles of mental illness, depression, addiction, and the effects they have on the human condition. Most importantly, it proves that physical and mental shortcomings do not necessarily define who we truly are inside- that the heart is, in fact, untouched by our "flaws", and that love will

always prevail above all.