

## American Drug Addict: A Memoir

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. 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. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller

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 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.

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 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.

Mike Doughty first came to prominence as the leader 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.

In 1996, Scott was nineteen and lost in adulthood with an endless job and no future ambitions. *Teenage Degenerate* is his story about drug addiction, music and growing up. Over the course of ten months, he quickly descends into the dark and dangerous world of crystal methamphetamine. Scott experiments with crystal meth in a dark, deserted parking lot in the suburbs of Denver, Colorado and soon after his crew of misfits will do almost anything for their next high. One by one, family and friends disappear, and he is left alone with a decision to continue fighting or give up. This is his struggle to reclaim a normal life and the search for something real. *Teenage Degenerate* is a book about meth that is a brutally truthful, humorous and heartbreaking journey that explores the depths of addiction.

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.

Kate Holden recounts her descent into heroin addiction and prostitution, describing how she managed to fight her addictions and demons to reclaim her life and find happiness once again.

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 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 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.

[A Memoir of Addiction](#)

[My Incredibly Wonderful, Miserable Life](#)

[Dry](#)

[The Incredible True Story of One Addict's Double Life](#)

[A Neuroscientist Examines his Former Life on Drugs](#)

[Portrait of an Addict as a Young Man](#)

[A Memoir of Panic and Addiction](#)

[Great Leaders Live Like Drug Addicts](#)

[A shocking exploration of addiction](#)

[A Memoir of Alcoholism and Addiction, Faith and Family, Hope and Humor](#)

[In Pillness and in Health](#)

[Burn the Place](#)

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

**THE 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**

**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.**

**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 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.**

**As seen on *The Today Show* A page-turning memoir from a former opioid addict in an opioid addicted community--and an up-close look at America's new health crisis. Behind closed doors, millions of people abuse opioids. Nicholas Bush was one of them. In this beautifully raw and refreshingly honest memoir, Bush boldly allows readers into his addiction-ravaged community. We see how heroin nearly claimed his life on multiple occasions, how it stole the lives of his young siblings and friends, and how it continues to wage a deadly toll on American neighborhoods--claiming thousands of lives and decreasing the average lifespan. But we also see that there is a way off of the devastating rollercoaster of opioid addiction, even for the most afflicted. Nicholas fights for recovery, claws his way out of a criminal livelihood, and finds his footing with faith and family, providing Americans with the**

inspirational story that is deeply needed today.

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 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 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.

What if you learned that to lead well, you'd need to live like a drug addict? During treatment for drug addiction, Michael Brody-Waite learned three principles that became the difference between life and death: Practice rigorous authenticity Surrender the outcome Do uncomfortable work Leaving rehab, Michael entered the workplace where he was shocked to see most business leaders doing what he had been taught would kill him. He began to see striking similarities between drug addiction and what he calls "mask addiction." Leaders everywhere were hiding their authentic selves in order to get what they wanted. They were doing things like: Saying yes when they could say no Hiding their weaknesses Avoiding difficult conversations Holding back their unique perspectives Instead of chasing drugs, leaders were chasing professional, financial, and social success from behind a mask—to the detriment of themselves and the people around them. Thanks to his recovery, Michael's three principles gave him an unlikely competitive advantage throughout his career, resulting in a level of success unexpected for a "drug addict." In *Great Leaders Live Like Drug Addicts*, Michael explains what drug addicts do to recover and provides a step-by-step program you can use to break free from your mask addiction to thrive in both work and life. He equips you with the tools you need to live and lead mask-free—tools to enable you to stop following others, lead yourself, and become one of the dynamic, growing, authentic leaders this world desperately needs.

"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"--

[A Memoir of Love and Loss in the Shadows of Opioid America](#)

[Junky](#)

[A Memoir of a Heroin Addict](#)

[The Great Peace](#)

[Mayhem](#)

[The Night of the Gun](#)

[American Overdose](#)

[Running in Circles](#)

[Junkie - a True Baltimore Story](#)

[Hillbilly Elegy: A Memoir of a Family and Culture in Crisis](#)

[More, Now, Again](#)

[The Taste of Cigarettes](#)

*Memoir.*

*An advertising executive remembers his childhood with his eccentric foster family and his early adulthood experiences of trying to establish an independent life for himself. By the author of Running with Scissors. Reader's Guide available. Reprint.*

*"This is a story she needed to tell; and the rest of the country needs to listen." – New York Times Book Review "This vital memoir will change how we look at the opioid crisis and how the media talks about it. A deeply moving and emotional read, STRUNG OUT challenges our preconceived ideas of what addiction looks like." –Stephanie Land, New York Times bestselling author of Maid In this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother's expired painkillers, Khar started using heroin when she was thirteen. The drug allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn't understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. Strung Out is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why*

people turn to opioids in the first place.

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 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.

"A work of compelling honesty. The writing is so powerful, so brutally sure of voice and experience that the reader is immediately jolted straight into the hellish existence of addiction." - Mary McGarry Morris, New York Times Bestselling Author "I am a Heroin Addict" was previously published as "What's Left of Us" by Kensington in 2009. However, there was no heroin epidemic at the time. Today, the opioid epidemic has become America's worst health crisis ever. Accidental drug overdoses killed more people in 2015 than HIV/AIDS at its 1995 peak. Heroin is a Beast, and that Beast has infiltrated every town and city in America. The Beast has come for your sons and daughters. The Beast is hunting for your fathers and mothers. And that Beast has only one mission, to bury as many Americans as possible. Farrell's ultimate goal is that his life story brings hope to all those suffering through the insidious trap of opioid addiction. "I am a Heroin Addict" is the story of how Ritchie Farrell survived a 10-bag-a-day heroin habit to become a bestselling author, WGA screenwriter, and recipient of the prestigious du-Pont-Columbia Award for excellence in journalism. "In the stripped-down, busted-and-back voice of a man with absolutely nothing left to hide, Farrell gives us this deeply moving tale of addiction and redemption. *I am a Heroin Addict* is a rush of blood to the head and heart, the kind that only true art can deliver." Andre Dubus III, New York Times Bestselling Author "How Ritchie Farrell survived his life, I'll never know." - Scott Silver, Academy Award Nominated Screenwriter of *8 Mile* and *The Fighter* "A wild ride from start to finish. Riveting." - Chris Cooper, Academy Award Winning Actor "Ritchie Farrell's raw and visceral writing grabs you, slams you into the soul of an addict, and doesn't let go until you experience the courage it takes to wage a life-or-death war against your inner demons." Harry Ufland, Producer of *The Last Temptation of Christ* "It is a testament to Farrell's stunning writing power that he carries you on this rollercoaster ride of ugliness and beauty. Don't miss it." - Phyllis Karas, New York Times Bestselling Author

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 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 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*

\**LONGLISTED FOR THE ORWELL PRIZE FOR POLITICAL WRITING 2019*\* 'A riveting and urgent reckoning of colossal corruption.' - Philip Gourevitch One hundred and fifty Americans are killed each day by the opioid epidemic, described by a former head of the Food and Drug Administration as 'one of the greatest mistakes of modern medicine'. But as Chris McGreal reveals in *American Overdose*, it was an avoidable tragedy driven by bad science, corporate greed and a corrupted medical system. In a narrative brimming with the guilty, the victims and the unlikely heroes, Chris McGreal travels from West Virginia 'pill mills' to the corridors of Washington DC as he unravels the story of Big Pharma's hijacking of American healthcare and politics to push mass prescribing of 'heroin in a pill'. He meets the police and FBI agents who struggled to get prosecutors to go after doctors they called 'drug dealers in white coats'; the families devastated by painkillers they thought would heal, not kill; and the physicians and scientists who took on the drug companies behind the epidemic. The result is an immensely powerful account of the terrible human cost of the crisis, and a stark warning of the consequences of a healthcare system run as a business, not a service.

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. 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 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?'

[Beautiful Things](#)

[An Anti-Memoir](#)

[A Piece of Cake](#)

[Between Breaths](#)

[the neuroscience and experience of addiction](#)

[My Fair Junkie](#)

[Teenage Degenerate](#)

[Strung Out](#)

[Dying to Survive](#)

[American Drug Addict](#)

[Never Enough](#)

[What's Left of Us](#)

*The funny, sad, and heartwarming memoir by Leonard Nimoy's son Adam Nimoy—who bounces back after suffering through severe drug addiction, multiple career changes, and a devastating divorce. Augusten Burroughs meets Don Rickles meets Larry David in this riveting chronicle by the son of Spock that includes a thirty-year battle with drug addiction, three career changes, one divorce, a major mid-life crisis, and countless AA meetings. In this frankly humble and hilarious anti-memoir, Adam Nimoy shares the incredibly wonderful, miserable truth about life as a newly divorced father, a forty-something on the L.A. dating scene, a recovering user, and a former lawyer turned director turned substitute teacher...in search of his true self. And, most importantly, he shares the wonderful, miserable truth about growing up the son of a pop culture icon. He's been rushed by crazed Star Trek fans at a carnival, propositioned by his father's leading ladies, promised by his own teenage daughter that she never wants to see him again, and fired by famous television producers for his temper. In a city and amidst an industry where appearing perfect is a way of life, Adam Nimoy doesn't mince words, and My Incredibly Wonderful, Miserable Life is his cautionary, startlingly honest, and very funny tale.*

*In this powerful memoir of addiction, prison, and recovery, a reporter and a photographer tell their gripping story of falling in love, the heroin habit that drove them apart, and the unlikely way a criminal conviction brought them back together. Books for a Better Life Award Finalist • LitHub Best Book of the Month When Susan Stellin asked Graham MacIndoe to shoot her author photo for an upcoming travel book, she barely knew him except for a few weekends with mutual friends at a summer house in Montauk. He was a gregarious, divorced Scotsman who had recently gotten sober; she was an independent New Yorker who decided to take a chance on a rough-around-the-edges guy. But their relationship was soon tested when Susan discovered that Graham still had a drug habit he was hiding. From their harrowing portrayal of the ravages of addiction to the stunning chain of events that led to Graham's arrest and imprisonment at Rikers Island, Chancers unfolds in alternating chapters that offer two perspectives on a relationship that ultimately endures against long odds. Susan follows Graham down the rabbit hole of the American criminal justice system, determined to keep him from becoming another casualty of the war on drugs. Graham gives a stark, riveting description of his slide from brownstone Brooklyn to a prison cell, his gut-wrenching efforts to get clean, and his fight to avoid getting exiled far away from his son and the life he built over twenty years. Beautifully written, brutally honest, yet filled with suspense and hope, Chancers will resonate with anyone who has been touched by the heartache of addiction, the nightmare of incarceration, or the tough choice of leaving or staying with someone who is struggling on the road to recovery. By sharing their story, Susan and Graham show the value of talking about topics many of us are too scared to address. Praise for Chancers "Stellin and MacIndoe, in entries sometimes akin to fighters in the ring, tell the story of their lives as MacIndoe rides a roller-coaster life of drug addiction and prison. . . . [Chancers] grabs in a voyeuristic way and propels page-turning to find out what happens next in a saga no soap opera could create."—The Buffalo News "Emotionally resonant and evenly structured, their tandem chronicle resists overly romanticizing their bittersweet interactions to focus on the dedication and devotion necessary to make their already-complicated relationship survive the fallout of critical hardships. An emotionally complex and intensely personal binary memoir of addiction and sustainable love."—Kirkus Reviews*

*LONGLISTED for the NATIONAL BOOK AWARD A "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 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 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.*

*A memoir by award-winning actor Mena Suvari, best-known for her iconic roles in American Beauty, American Pie, and Six Feet Under. The Great Peace is a harrowing, heartbreaking coming-of-age story set in Hollywood, in which young teenage model-turned-actor Mena Suvari lost herself to sex, drugs and bad, often abusive relationships even as blockbuster movies made her famous. It's about growing up in the 90s, with a soundtrack ranging from The Doors to Deee-Lite, fashion from denim to day-glo, and a woman dealing with the lasting psychological scars of abuse, yet knowing deep inside she desires so much more from life. Within these vulnerable pages, Mena not only reveals her own mistakes, but also the lessons she learned and her efforts to understand and grow rather than casting blame. As such, she makes this a timeless story of girl empowerment and redemption, of*

*somebody using their voice to rediscover their past, seek redemption, and to understand their mistakes, and ultimately come to terms with their power as an individual to find a way and a will to live—and thrive. Poignant, intimate, and powerful, this book will resonate with anyone who has found themselves lost in the darkness, thinking there's no way out. Ultimately, Mena's story proves that, no matter how hopeless it may seem, there's always a light at the end.*

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

*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 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.*

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

[Pill Head](#)

[American Junkie](#)

[I Am a Heroin Addict](#)

[How to Lead Like Your Life Depends on It](#)

[The Opioid Tragedy in Three Acts](#)

[One by One](#)

[The Secret Life of a Painkiller Addict](#)

[A Million Little Pieces](#)

[A Memoir of Getting Dirty and Staying Clean](#)

[The Book of Drugs](#)

[One Last Hit and Other Lies That Nearly Killed Me](#)

[Memoirs of an Addicted Brain](#)

*'Junk is not, like alcohol or weed, a means to increased enjoyment in life. Junk is not a kick. It is a way of life.' Burrough's cult classic is a raw, semi-autobiographical account of drug addiction, which outraged America and influenced generations of writers to come. He relates with unflinching realism the highs and lows of dependency- euphoria, hallucinations, ghostly nocturnal wanderings and strange sexual encounters. Junky is a dark, powerful and mesmerizing account of one man's challenge to turn self-destruction into art.*

*This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality -- the addiction, the withdrawal, and the recovery -- of this newest generation of pill poppers. Joshua Lyon was no stranger to substance abuse. By the time he was seventeen, he had already found sanctuary in pot, cocaine, Ecstasy, and mushrooms -- just to name a few. Ten years later, on assignment for Jane magazine, he found himself with a two-inch-thick bottle of Vicodin in his hands and only one decision to make: dispose of the bottle or give in to his curiosity. He chose the latter. In a matter of weeks he'd found his perfect drug. In the early half of this decade, purchasing painkillers without a doctor was as easy as going online and checking the spam filter in your inbox. The accessibility of these drugs -- paired with a false perception of their safety -- contributed to their epidemic-like spread throughout America's twenty-something youth, a group dubbed Generation Rx. Pill Head is Joshua Lyon's harrowing and bold account of this generation, and it's*

also a memoir about his own struggle to recover from his addiction to painkillers. The story of so many who have shared this experience--from discovery to addiction to rehabilitation -- Pill Head follows the lives of several young people much like Joshua and dares to blow open the cultural phenomena of America's newest pill-popping generation. Marrying the journalist's eye with the addict's mind, Joshua takes readers through the shocking and often painful profiles of recreational users and suffering addicts as they fight to recover. Pill Head is not only a memoir of descent, but of endurance and of determination. Ultimately, it is a story of encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal.

I crush up my pills and snort them like dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, Prozac Nation, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressant medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. More, Now, Again is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her life. As honest as a confession and as heartfelt as a prayer, More, Now, Again recounts a courageous fight back to a life worth living.

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

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 grimmest 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.

The true story of a family's generational battle with alcoholism and drug addiction, "Everything I Never Wanted to Be" is ultimately an uplifting story that contains valuable lessons for parents and teens, alike.

"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 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 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 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.

[Chancers](#)

[How to Murder Your Life](#)

[Addiction, Prison, Recovery, Love: One Couple's Memoir](#)

[In My Skin](#)

[Everything I Never Wanted to Be](#)

[A Memoir](#)

[High Achiever](#)

[A Memoir that Explores the Depths of Methamphetamine and Drug Addiction](#)

[The Bitter Taste of Dying](#)