

## Memoirs Of An Addicted Brain A Neuroscientist Examines His Former Life On Drugs

### White Out

Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way. Mining the expertise of 35 leading researchers, clinicians and psychiatrists, she explores the early predictors of addictive behaviour, such as trauma, temperament and impulsivity. Drawing on neuroscience, she explains why other self-destructive behaviours – such as eating disorders, compulsive buying and high-risk sex – are interchangeable with problematic substance use. From her childhood in suburban Slough to her chaotic formative years in the London music scene, we follow her journey to Australia, where she experiences firsthand treatment facilities and AA groups, and reflects whether or not they are meeting the needs of women. *Woman of Substances* is an insightful, rigorous and brutally honest read. In Australia it was nominated for a prestigious Walkley Book Award. 'Employing expert interviews and research, each rich personal episode is contextualised within the under-examined issue of women's substance abuse. Detailed, insightful and told with a feature writer's narrative flair' Bookseller and Publisher. 'Engages readers with storytelling while presenting scientific findings and theories in a way that is accessible to a broad audience' Broadsheet. 'Part monograph, part memoir, part Ginsbergian howl of outrage at a culture in which gender bias is a tenet. It is a work of compellingly articulate anger' The Australian. 'In straightforward, lively prose she relates even her darkest moments without self-pity or aggrandisement, and often with a streak of gallows humour, leading to more laugh-out-loud lines than you might expect' The Saturday Paper. 'We need books like this, and writers like Valentish, to give voice to our frustrations and concerns, to help legitimise and mobilise' Kill Your Darlings. 'Valentish's passion lies in exploring the underlying causes and their effects and, in the most female of ways, offering companionship and reassurance for her readers' The Monthly. 'Doesn't mince her words' Sydney Morning Herald.

**A NEW YORK TIMES BESTSELLER** From a renowned behavioral 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 limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, 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 behavior 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 color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

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.

A new model of addiction that incorporates neurobiology, social relationships, and ecological systems. Understanding addiction is no longer just about understanding neurons or genes, broken brain functioning, learning, or faulty choices. Oliver J. Morgan provides a fresh take on addiction and recovery by presenting a more inclusive framework than traditional understanding. Cutting-edge work in attachment, interpersonal neurobiology, and trauma is integrated with ecological-systems thinking to provide a consistent and comprehensive picture of addiction. Humans are born into connection and require nourishing relationships for healthy living. Adversities, however, bring fragmentation and create the conditions for ill health. They create vulnerabilities. In order to cope, individuals can turn to alternatives, “substitute relationships” that ease the pain of disconnection. These can become addictions. *Addiction, Attachment, Trauma, and Recovery* presents a model, a method, and a mandate. This new focus calls for change in the established ways we think

and behave about addiction and recovery. It reorients understanding and clinical practice for mental health and addiction counselors, psychologists, and social workers, as well as for addicts and those who love them.

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 onebackstabbing 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?

“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.

A gripping, triumphant memoir about the power of addiction and its effect on the brain Marc Lewis knows addiction: that desperate ambition to get high accompanied him around the world for many years. In the 1960s, Lewis was a teenager in boarding school, experimenting with cough syrup and alcohol to assuage his depression. When he moved to Berkeley, California, the pulsing heart of the counter-cultural movement, he began using LSD and heroin. His spiralling journey of addiction eventually led him to Asia, where he sniffed nitrous oxide in the Malay jungle, took speed in Kuala Lumpur, and lost himself in the opium dens of Calcutta. This was the beginning of his descent into a moonlit world of crime, poverty, and desperation. Returning to Toronto, Lewis lived a double life: by day, he was a psychology student; and by night, he stole from homes and laboratories to get high. Thirty-four years on, Lewis is a neuroscientist, and he studies the brains of troubled children. But he never forgets that he was once one of those kids — and that, no matter how many scientific conferences he attends, he always will be. In this mesmerising memoir, Lewis recounts his relationship with drugs from the inside out, giving a revelatory analysis of the chemical changes in his brain that sustained his addiction. This is not just the story of a man who found his calling while fighting a habit that crossed continents and brought him in contact with the wilder edges of life. It is also a penetrating, powerful analysis of addiction, offering a fascinating insight into the human brain, and what drives it to self-destruction.

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Erica C. Barnett had her first sip of alcohol when she was thirteen, and quickly developed a taste for drinking to oblivion with her friends. In her late twenties, her addiction became inescapable. By the time she was in her late thirties, she had run the gauntlet of alcoholism. With brave and vulnerable writing, Barnett expands on her own story to confront the dire

state of addiction today, the rise of alcoholism in women, and the lack of rehabilitation options available. Quitter is essential reading for our age and an ultimately hopeful story of Barnett's own hard-fought path to sobriety.

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.

"After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history." -- back cover.

High Price is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami's toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value of school, studying just enough to keep him on the basketball team. Today, he is a cutting-edge neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, Dr. Carl Hart recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing. INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." --Boston Globe "An honest and

important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting grace." --Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience--the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

This book, written from the perspective of a practicing primary care physician, interweaves patients' stories with fascinating new brain research to show how addictive drugs overtake basic brain functions and transform them to create a chronic illness that is very difficult to treat. The idea that drug and alcohol addiction are chronic illnesses and not character flaws is not news--this notion has been around for many years. *What Hijacked Brains* offers is context and personal stories that demonstrate this point in a very accessible package. Dr. Barnes explores how the healthy brain works, how addictive drugs flood basic reward pathways, and what it feels like to grapple with addiction. She discusses how, for individuals, the combination of genetic and environmental factors determines both vulnerability for addiction and the resilience necessary for recovery. Finally, she shows how American culture, with its emphasis on freewill and individualism, tends to blame the addict for bad choices and personal weakness, thereby impeding political and/or health-related efforts to get the addict what she needs to recover.

“Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

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In the vein of Mary Karr's *Lit*, Augusten Burroughs' *Dry* and Sarah Hepola's *Blackout*, *As Needed for Pain* is a raw and riveting—and often wryly funny—addiction memoir from one of New York media's most accomplished editors which explores his never-before-told story of opioid addiction and the drastic impact it had on his life and career. Dan Peres wasn't born to be a media insider. As an awkward, magic-obsessed adolescent, nothing was further from his reality than

the catwalks of Paris or the hallways of glossy magazine publishers. A gifted writer and shrewd cultural observer, Peres eventually took the leap—even when it meant he had to fake a sense of belonging in a new world of famed fashion designers, celebrities, and some of media’s biggest names. But he had a secret: opiates. Peres’s career as an editor at *W* magazine and *Details* is well known, but little is known about his private life as a high-functioning drug addict. In *As Needed for Pain*, Peres lays bare for the first time the extent of his drug use—at one point a 60-pill-a-day habit. By turns humorous and gripping, Peres’s story is a cautionary coming-of-age tale filled with unforgettable characters and breathtaking brushes with disaster. But the heart of the book is his journey from outsider to insecure insider, what it took to get him there, and how he found his way back from a killing addiction. *As Needed for Pain* offers a rare glimpse into New York media’s past—a time when print magazines mattered—and a rarefied world of wealth, power, and influence. It is also a brilliant, shocking dissection of a life teetering on the edge of destruction, and what it took to pull back from the brink.

A scientific explanation of addiction by a leading neuroscientist looks at how and why people become addicts and discusses advances in prevention and treatment.

Maureen Cavanagh’s gripping memoir *If You Love Me* is the story of a mother who suddenly finds herself on the frontlines of the opioid epidemic as her daughter battles—and ultimately reckons with—substance use disorder. Fast-paced and heartwarming, devastating and redemptive, Maureen’s incredible odyssey into the opioid crisis—first as a parent, then as an advocate—is ultimately a deeply moving mother-daughter story. When Maureen and her ex-husband Mike see their daughter Katie’s needle track marks for the first time, it is a complete shock. But, slowly, the drug use explains everything—Katie’s constant exhaustion, erratic moods, and all those spoons that have gone missing from the house. Once Mike and Maureen get Katie into detox, Maureen goes to sleep that night hoping that in 48 hours she’ll have her daughter back. It’s not that simple. Like the millions of parents and relatives all over the country—some of whom she has helped through her nonprofit organization—Maureen learns that recovery is neither straightforward nor brief. She fights to save Katie’s life, breaking down doors on the seedy side of town with Mike, kidnapping Katie outside a convenience store, and battling the taboo around substance use disorder in her picturesque New England town. Maureen is launched into the shadowy world of overcrowded, for-profit rehabilitation centers that often prey on worried parents. As Katie runs away from one program after another, never outrunning her pain, Maureen realizes that even while she becomes an expert on getting countless men and women into detox and treatment centers, she remains powerless to save her own daughter. Maureen’s unforgettable story brings the opioid crisis out of the shadows and into the house next door.

Acclaimed medical historian Howard Markel traces the careers of two brilliant young doctors—Sigmund Freud,

neurologist, and William Halsted, surgeon—showing how their powerful addictions to cocaine shaped their enormous contributions to psychology and medicine. When Freud and Halsted began their experiments with cocaine in the 1880s, neither they, nor their colleagues, had any idea of the drug's potential to dominate and endanger their lives. *An Anatomy of Addiction* tells the tragic and heroic story of each man, accidentally struck down in his prime by an insidious malady: tragic because of the time, relationships, and health cocaine forced each to squander; heroic in the intense battle each man waged to overcome his affliction. Markel writes of the physical and emotional damage caused by the then-heralded wonder drug, and how each man ultimately changed the world in spite of it—or because of it. One became the father of psychoanalysis; the other, of modern surgery. Here is the full story, long overlooked, told in its rich historical context. A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out.

Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the "disease model" of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment

based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally. 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.

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.

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

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

This is the frank, harrowing, and true story of one young woman’s descent into addiction and prostitution, and the long arduous struggle to reclaim her life. A shy, bookish college graduate, a nice girl from a solid middle-class home but uncertain of her way in life, Kate Holden tried her first hit of heroin as a one-time experiment—an adventure with friends—but the drug took over. Hooked, she lost her job and her apartment, and she stole from her family. Desperation drove her onto the streets, where she became “Lucy,” offering her body for cash to the first car to stop, risking arrest and, worse, the human predators—anything for her next fix. With her name on the police blotter, she eventually left the streets and offered her services to a high-class brothel. There she discovered hidden strengths, as well as parts of herself that frightened her. Throughout, however hurt and dismayed, her family never abandoned her, and their acceptance and unyielding love helped her defeat the drug and leave her netherworld behind. In taut, devastating prose, Kate Holden recounts her journey with an emotional honesty and genuineness that will leave no reader untouched.

The singer, guitarist, and songwriter—best known for his work with Wilco—opens up about his past, his songs, the music, and the people who have inspired him in this personal memoir. This ideal addition to your Wilco collection also makes a perfect gift for

music lovers. \*A New York Times Bestseller\* \*A Rolling Stone Best Music Books of 2018 selection\* \*A Pitchfork Pick: Best Music Books of 2018\* Few bands have encouraged as much devotion as the Chicago rock band Wilco, and it's thanks, in large part, to the band's singer, songwriter, and guiding light: Jeff Tweedy. But while his songs and music have been endlessly discussed and analyzed, Jeff has rarely talked so directly about himself, his life, or his artistic process. Until now. In his long-awaited memoir, Jeff will tell stories about his childhood in Belleville, Illinois; the St. Louis record store, rock clubs, and live-music circuit that sparked his songwriting and performing career; and the Chicago scene that brought it all together. He also talks in-depth about his collaborators in Uncle Tupelo, Wilco, and more; and writes lovingly about his parents; wife, Susie; and sons, Spencer and Sammy. Honest, funny, and disarming, Tweedy's memoir will bring readers inside both his life and his musical process, illuminating his singular genius and sharing his story, voice, and perspective for the first time.

A myth-shattering look at drug abuse and addiction treatment, based on cutting-edge research Addiction is a preventable, treatable disease, not a moral failing. As with other illnesses, the approaches most likely to work are based on science — not on faith, tradition, contrition, or wishful thinking. These facts are the foundation of Clean. The existing addiction treatments, including Twelve Step programs and rehabs, have helped some, but they have failed to help many more. To discover why, David Sheff spent time with scores of scientists, doctors, counselors, and addicts and their families, and explored the latest research in psychology, neuroscience, and medicine. In Clean, he reveals how addiction really works, and how we can combat it. “A guide for those affected by addiction, but also a manifesto . . . for America as it confronts its drug problem. [Sheff] has performed a vital service by compiling sensible advice on a subject for which sensible advice is in short supply.” — New York Times Book Review “As a journalist, father, and clear-eyed chronicler of addiction, David Sheff is without peer.” — Sanjay Gupta, M.D., chief medical correspondent, CNN

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.

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.

Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family—all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

Leaving behind a nightmarish college experience, nineteen-year-old Nicole and her best friend, Eric, escape their home of Bangor, Maine to start a new life in Boston. Fragile and scared, Nicole desperately seeks a new beginning to help erase her past, but there is something besides freedom waiting for her in the shadows, a drug that will make every day a nightmare - heroin.

THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET ‘It was like being in a car with the gas pedal slammed down to the floor and nothing to do but hold on and pretend to have some semblance of control. But control was something I'd lost a long time ago.’ Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. *Tweak* is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father’s parallel memoir, *Beautiful Boy*. Praise for Nic Sheff:- ‘Difficult to read and impossible to put down.’ *Chicago Tribune* ‘Nic Sheff’s wrenching tale is told with electrifying honesty and insight.’ *Armistead Maupin*

A neuroscientist tells the story of his youth spent as a drug addict, while using the specific example of his own story to help explain drug use and addiction in general from a scientific standpoint.

INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER “Brilliant... riveting, scary, cogent, and cleverly argued.”—Beth Macy, author of *Dopesick* As heard on *Fresh Air* This book is about pleasure. It’s also about pain. Most important, it’s about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We’re living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting... The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we’ve all become vulnerable to compulsive overconsumption. In *Dopamine*

Nation, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain...and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, Dopamine Nation shows that the secret to finding balance is combining the science of desire with the wisdom of recovery. 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.

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

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