

# Addicts Anecdotes

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*Gambling Addiction* - Jake Floeth 2012-10-01

In this book you will find three true accounts of individual's that are, or have suffered from gambling addiction in their family and or life along with important information about this addiction. Jake Floeth has taken their stories and put it into words for others to read. Problem gambling is a unique type of addiction. Those who are addicted to alcohol or drugs have

become dependent upon the substance itself. Sure, there are emotional and behavioral issues as well, but their bodies have become physically dependent upon whatever substance they have become addicted to. Gambling, on the other hand, is more of a behavioral addiction. It is not uncommon for those suffering with a gambling addiction to go through a change spiral when recovering. Every person's journey is different.

For some, they are able to overcome their problem gambling on their first try. It takes others a few tries. However many attempts it takes, each time you get back up and try again, you gain new tools and understandings.

**How History Gets Things Wrong** - Alex Rosenberg 2019-08-13

Why we learn the wrong things from narrative history, and how our love for stories is hard-wired. To understand something, you need to know its history. Right? Wrong, says Alex Rosenberg in *How History Gets Things Wrong*. Feeling especially well-informed after reading a book of popular history on the best-seller list? Don't. Narrative history is always, always wrong. It's not just incomplete or inaccurate but deeply wrong, as wrong as Ptolemaic astronomy. We no longer believe that the earth is the center of the universe. Why do we still believe in historical narrative? Our attachment to history as a vehicle for understanding has a long Darwinian pedigree and a genetic basis. Our love of stories is hard-

wired. Neuroscience reveals that human evolution shaped a tool useful for survival into a defective theory of human nature. Stories historians tell, Rosenberg continues, are not only wrong but harmful. Israel and Palestine, for example, have dueling narratives of dispossession that prevent one side from compromising with the other. Henry Kissinger applied lessons drawn from the Congress of Vienna to American foreign policy with disastrous results. Human evolution improved primate mind reading—the ability to anticipate the behavior of others, whether predators, prey, or cooperators—to get us to the top of the African food chain. Now, however, this hard-wired capacity makes us think we can understand history—what the Kaiser was thinking in 1914, why Hitler declared war on the United States—by uncovering the narratives of what happened and why. In fact, Rosenberg argues, we will only understand history if we don't make it into a story.

*Drive Or Die* - Mark Tucker 2015-06-12

Step into a chaotic, impoverished and drug-fueled world of fear and desperation -- the 14-day road trip of Mark Tucker, a peaceable heroin addict who finds himself caught up in a murderous crime spree and can't figure out how to escape his homicidal captor. At first, Tucker was lauded by crime-fighters as a hero for helping bring down his captor, James ("Juan") T. Moran, America's eighth most-wanted man, and believed himself eligible for a \$100,000 reward. Then, overnight, he was recast as a co-defendant for rendering assistance in a double homicide. He served five years and paid a fine of \$70,000. Now he's clean, sober, and eager to show the world that addicts can and do recover. This is his story.

*Hope And Recovery The Workbook* - Anonymous 2011-06-15

This workbook guides readers through the life-transforming move from self-defeating and destructive sexual behavior to healthy, affirming,

sexuality. A remarkable work, *Hope and Recovery* guides and supports the life-transforming move from self-defeating and destructive sexual behavior to healthy, affirming sexuality. This widely acclaimed contribution to addiction literature applies the Twelve Step Program of Alcoholics Anonymous to the complex problem of sex addiction.

*Smacked* - Eilene Zimmerman 2020-02-04

A journalist pieces together the mysteries surrounding her ex-husband's descent into drug addiction while trying to rebuild a life for her family, taking readers on an intimate journey into the world of white-collar drug abuse. "A rare combination of journalistic rigor, personal courage, and writerly grace."—Bill Clegg, author of *Portrait of an Addict as a Young Man* Something was wrong with Peter. Eilene Zimmerman noticed that her ex-husband looked thin, seemed distracted, and was frequently absent from activities with their children. She thought he looked sick and needed to see a

doctor, and indeed, he told her he had been diagnosed with an autoimmune disorder. Yet in many ways, Peter seemed to have it all: a beautiful house by the beach, expensive cars, and other luxuries that came with an affluent life. Eilene assumed his odd behavior was due to stress and overwork—he was a senior partner at a prominent law firm and had been working more than sixty hours a week for the last twenty years. Although they were divorced, Eilene and Peter had been partners and friends for decades, so when she and her children were unable to reach Peter for several days, Eilene went to his house to see if he was OK. So begins *Smacked*, a brilliant and moving memoir of Eilene’s shocking discovery, one that sets her on a journey to find out how a man she knew for nearly thirty years became a drug addict, hiding it so well that neither she nor anyone else in his life suspected what was happening. Eilene discovers that Peter led a secret life, one that started with pills and ended with opioids, cocaine, and

methamphetamine. He was also addicted to work; the last call Peter ever made was to dial in to a conference call. Eilene is determined to learn all she can about Peter’s hidden life, and also about drug addiction among ambitious, high-achieving professionals like him. Through extensive research and interviews, she presents a picture of drug dependence today in that moneyed, upwardly mobile world. She also embarks on a journey to re-create her life in the wake of loss, both of the person—and the relationship—that profoundly defined the woman she had become.

Second Chances - Gary Stromberg 2009-02-11  
Inspiring true stories of recovery from the high-pressure world of business They reached the pinnacle of their careers in spite of-or sometimes because of-substance abuse. They struggled with sobriety while striving for success, often risking their professional lives on the road to recovery. Now, with honesty, courage, and insight, they share their remarkable stories. Michael Deaver,

former White House deputy chief of staff, describes his recovery as “the single most powerful thing I've ever experienced”-even compared to meeting presidents and kings. Andrew Zimmern, celebrity chef and TV personality, reveals how he applied the principles of recovery to his profession-“and that's when my career took off.” Michael Glasser, CEO of Seven Jeans, worked hard and partied harder-until the threat of jail forced him to admit, “I needed help.” Walter Yetnikoff, former president of CBS Records, talks about leaving the music industry to find meaningful work that enhanced-and was enhanced by--his recovery. You'll also hear from James Abernathy of the Abernathy-MacGregor Group, bestselling author William Cope Moyers, and ten other business leaders who found newfound success through the healing power of second chances. *The Intervention Book* - Kathy L 2011-09-01 Millions of viewers have watched Dr. Drew conduct professional interventions with

celebrities who are struggling with addictions. But we can't all afford a professional intervention. The *Intervention Book* offers real-life stories and step-by-step advice for intervening in a loved one's life. In *The Intervention Book*, Kathy L., the 12-step recovery columnist for BellaOnline, one of the largest sites for women on the web, offers a comprehensive guide to understanding and staging interventions. She begins by explaining the concept of intervention--the critical waking up point when the addict accepts that addiction has taken over his life. She walks readers through the different types of interventions, and offers advice from professional counselors and family members who have used interventions successfully. *The Intervention Book* includes stories of real people, more than twenty first-hand accounts from recovering addicts and alcoholics, along with their friends and families who have been through interventions and started recovery. For anyone who has a friend or

loved one struggling with an addiction, this book offers faith and hope of a life in recovery.

Blessed with Two Lives: A Story of Addiction, Recovery, and Redemption - Harry John Overend  
2016-07-29

Author Harry John Overend grew up in the tough projects in Connecticut. His life was infested with negativity, drugs, and violence. But he was able to turn his life around, and Overend went from jail to Yale. In *Blessed with Two Lives*, he shares his story, how he overcame a host of challenges, and how he now helps others conquer their addictions. In this memoir, Overend narrates his journey—beginning with a life packed with drugs and alcohol and serving ten years in jail. Sharing details about his personal and professional life, he tells how he was given a second chance and feels he's been allowed two separate lives. *Blessed with Two Lives* shares a story about change, recovery, and redemption from addiction, negative behaviors, and criminal activities. Overend credits a higher

power and the power of example from others who have changed and showed him the way out of addiction.

**Saving Sara** - Sara Somers 2020-05-12

For nearly fifty years, Sara Somers suffered from untreated food addiction. In this brutally honest and intimate memoir, Somers offers readers an inside view of a food addict's mind, showcasing her experiences of obsessive cravings, compulsivity, and powerlessness regarding food. *Saving Sara* chronicles Somers's addiction from childhood to adulthood, beginning with abnormal eating as a nine-year-old. As her addiction progresses in young adulthood, she becomes isolated, masking her shame and self-hatred with drugs and alcohol. Time and again, she rationalizes why this time will be different, only to have her physical cravings lead to ever-worse binges, to see her promises of doing things differently next time broken, and to experience the amnesia that she—like every addict—experiences when her obsession sets in

again. Even after Somers is introduced to the solution that will eventually end up saving her, the strength of her addiction won't allow her to accept her disease. Twenty-six more years pass until she finally crawls on hands and knees back to that solution, and learns to live life on life's terms. A raw account of Somers's decades-long journey, *Saving Sara* underscores the challenges faced by food addicts of any age—and the hope that exists for them all.

**High Achiever** - Tiffany Jenkins 2019-06-18  
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.

**Up from Down** - Ted Adamson 2011

Up from Down is not a book about gloom and doom, but an inspirational book that offers hope to all who have faltered. Strung out on heroin, Ted Adamson began his journey with a SWAT team descending on a pharmacy to stop his wild rampage in search of drugs. From the cruelty in the county jail to race riots in state prison, the hard, gritty life of a drug addict is portrayed in all its real-world ugliness and despair. Join Ted as he gives us a picture of what the life of a junkie is really like. Look inside the dark side of drug treatment programs. From the bizarre therapies of the Synanon-like Family to the modern twelve-step programs, you will see what passes as treatment in the modern recovery movement. Up from Down takes readers to the depths of human degradation then brings them back through a journey of redemption.

**Drug Addicts are Human Beings** - Henry Smith Williams 1938

**The Weight of Air** - David Poses 2021-07-06

"Soulful, achingly honest . . . A potent addition to the literature on drug addiction and recovery."—Kirkus Reviews (starred) While his wife and two-year-old daughter watched TV in the living room, David Poses was in the kitchen, measuring the distance from his index finger to his armpit. He needed to be sure he could pull the trigger with a shotgun barrel in his mouth. Twenty-six inches. Thirty-two years old. More than a decade in a double life fueled by depression and heroin. In his groundbreaking memoir, *The Weight of Air*, David chronicles his struggle to overcome mental illness and addiction. By age nineteen, he'd been through medical detox, inpatient rehab, twelve-step programs, and a halfway house. He saw his drug use as a symptom of depression, but the experts insisted that addiction was the problem. Over the next thirteen years, he went from one relapse to the next, drowning in guilt, shame, and secrets, until he finally found an evidence-based treatment that not only saved his life, but

helped him thrive. With grit, humor, and brutal honesty, David's story exposes the danger in traditional recovery models: they actually increase stigma and the risk of overdose, relapse, and death. As depression and addiction rates skyrocket and overdose fatalities surge, *The Weight of Air* is a scathing indictment of our failed response to the opioid crisis—and proof that success is possible. "David Poses's unflinching memoir takes you to the dark corners of addiction—and shows there's a way out."—Eric Eyre, Pulitzer Prize winner and author of *Death in Mud Lick* "A searingly honest addiction memoir with a much-needed perspective."—Maia Szalavitz, New York Times best-selling author of *Unbroken Brain*

*The Big Hustle* - Wahlberg Jim 2020-08-07

*The Big Hustle* is the story of a redeemed life and a family's healing. This is the no-holds-barred, unvarnished, and sometimes brutal true story of Jim Wahlberg, the fifth of nine kids growing up in a working-class Irish Catholic

neighborhood outside of Boston, hustling for attention any way he could get it, which led him to the biggest hustle of his life. Against all odds he got clean, he got out, and he got the girl. Jim dedicated his new life as a former addict to working with addicts, and for years has spread the word that recovery is possible.

**Secrets** - Jonathan Daugherty 2017-06-12

No More Secrets, Everyone has a secret or two—areas of their life they would rather not share with the general public. Jonathan Daugherty's secret snatched away contentment, peace, and the possibility of being truly known and loved. This is a story of loss and redemption that will give hope to anyone who has ever experienced the power of addiction and its life-destroying effects. Book jacket.

*Addicts in the Shadows* - Jamie Danielowitsch 2021-12-15

Many addicts will carry a lot of shame and battle everyday to suppress the pain and suffering that is erupting inside. *Addicts in the shadows* is real

stories from real addicts who have shared their experiences dealing with their addictions. These stories have many similarities but the end goal is always the same, finding peace with sobriety. Without sobriety there are only limited outcomes: Jails, Institutions, Death. You will share their experiences while reading their stories. Drawings included with each story to help the reader visualize and become more engaged with the addict. Not every addict will make it out alive.

*I Love You, More: Short Stories of Addiction, Recovery, and Loss From the Family's*

*Perspective* - Blake E. Cohen 2019-05-22

Short stories of Addiction, Recovery, and Loss that detail what it's like living in shoes of a family that is afflicted with the disease of addiction.

[Addict in the Family](#) - Beverly Conyers

2003-08-26

With over 75,000 copies sold, Addict in the Family is a must-have, trusted resource for

anyone coping with the addiction of a family member. "When my eldest son became addicted to crystal meth and heroin, I could barely function. I would not have survived without Beverly Conyers's Addict in the Family, which provided guidance and hope. I realized I wasn't alone on my hellish journey. The book helped me get through interminable nights when I was terrified that his addiction would take his life. It offered a path to healing." -David Sheff, author of Beautiful Boy, now a major motion picture With years of experience struggling with her daughter's addiction and recovery, Beverly Conyers has been where you are. In Addict in the Family, Conyers draws on research, experience, and compelling personal stories from others to explain what families should know about substance abuse, interventions, relapse, and more. Although families can't cure a loved one's addiction, they can provide support without enabling, set boundaries, prioritize self-care, and find healing through therapy,

spirituality, Al Anon or Nar Anon, and countless other resources that show no one is alone on this journey. Revised and updated in 2015, this classic recovery book is for anyone who has experienced the shame, anxiety, sleepless nights, and physical illness that often stem from loving someone who is struggling with addiction. These stories show that, no matter what is happening with your loved one, you have the power to control your own recovery.

*Memoirs Aren't Fairytales* - Marni Mann

2016-06-10

"Great book." —Rosie O'Donnell "I could feel my chin falling toward my chest, my back hunching forward. My body was acting on its own, and my mind was empty, like all my memories had been erased. There was scenery behind my lids. Aquacolor water and powdery sand that extended for miles. I was never going back to coke. I wanted more heroin. And I wanted it now." Leaving behind a nightmarish college experience, Nicole and her 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. With one taste, the love that once flowed through Nicole's veins turns into cravings. Tracks mark the passing of time, and heroin's grip gets tighter. It holds her hand through deaths and prostitution, but her addiction keeps her in the darkness. When her family tries to strike a match to help light her way, Nicole must choose between a life she can hardly remember, or a love for heroin she'll never forget.

*Broken* - William Cope Moyers 2007-08-28

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

**Without Shame** - Barbara Theodosiou  
2020-02-25

In this guide for grief in times of loss, author Barbara Theodosiou describes how self-care, forgiveness, and service can be present, even as the coronavirus pandemic alters our lives in large and small ways. Barbara Theodosiou and her family reveal the pain, loss, and connection that emerge from addiction, trauma,

codependency, and recovery in this unique view into the heart of a national crisis. The ringing phone startles Barbara during another sleepless night. She knows it must be Daniel, her big-hearted, intelligent son who has spent years cycling through hospitals, jails, and treatment centers. Although Daniel's childhood struggles started much earlier, he was sixteen when Barbara discovered he was horribly addicted to DXM, the drug found in many over-the-counter cough medicines. After picking up the pieces from one more of her son's relapses, Barbara seeks support in the online refuge she created when she had nowhere else to turn: The Addict's Mom. There, she can "Share Without Shame" with others who understand. These other mothers know that it can become normal to hope your son will be locked up so he isn't sleeping on the street. These other moms understand how it feels to realize you have not just one addicted child but two--Barbara discovered her oldest son Peter's addiction just six months after Daniel's.

And when that happens, sometimes all a mother can do is try to save herself. But this isn't just a mother's story. Without Shame encompasses Daniel's own poetry and prose, Peter's story of healing against all odds, their sister Nicole's story of balancing compassion and independence, and other often unheard voices. This multifaceted story reveals what it truly means to describe addiction as a family disease. [The High Points of Sobriety](#) - Tony Rubino  
2020-10-30

This book chronicles the author's experience with sobriety and recovery, offering relief and hope to recovering substance abusers and their loved ones. With optimism and humor, the author explores an enduringly human struggle--living with a consciousness addicted to alteration. While documenting the world of active addiction and his recovery from substance abuse, the author guides others on their own journey with sobriety. Chapters provide reminders and meditations to the newly

recovering; lists of activities and life experiences to enjoy in sobriety; insights into a world seen through "clear" eyes; etiquette for the refined recoverer; behavioral observations and humorous anecdotes from addicts on the mend. Wrapped in satire and wit, this honest, funny, and personally reflective guidebook will be recognizable and helpful to recovering addicts and to their friends and families.

**In the Realm of Hungry Ghosts** - Gabor Maté,  
MD 2010-01-05

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined

to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. In the Realm of Hungry Ghosts argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

American Overdose - Kent I. Phillips 2019-07-24

American Overdose is a three-part treatise written to provide the who, what, when, where, and why about our national crisis: addiction. Book 1, American Overdose, discusses the ways in which opioids are dangerous and are the source of the expansion of addiction in the USA; how the "pushers" target suburbia and the rural communities; and the frightening growth rate. Book 2, Treatment Talk, is a must-read for those considering treatment. It explores what is available, what works, what to expect, and do's and don'ts. Book 3, Killing Family, covers the ways in which everything changes when addiction comes to visit the family. This book is written to help everyone in the family live a healthier life and to know how to adapt.

**Triumphs and Tragedies** - Karl B. Mcmillen (Jr.) 2013-08-06

*Harley's Story* - C. J. Levan 2019-04-10  
Harley began using drugs at fourteen, and by the time she was twenty-two, she was caught up

in the heroin epidemic. She lost her battle with drug addiction in 2016 at the age of twenty-six. This is her story of a young life spiraling out of control, her desire to beat addiction, and her search for God.

Stay Close - Libby Cataldi 2010-08-03

Libby Cataldi was the head of a private school and prided herself on being attuned to the problems her students endured. So how was it that she missed her own son Jeff's descent into addiction, even as he escalated to more and more dangerous drugs? How did Jeff, a loving brother and son, and a star athlete, start using in the first place? And how could Libby help him without risking the rest of her family? "Stagli vicino", an Italian recovering addict told the author. "Stay close--never leave him, even when he is most unlovable." This is not a book about how to save a child. It is a book about what it means to stay close to a loved one gripped by addiction. It is about one son who came home and one mother who never gave up hope. Stay

Close is one mother's tough, honest, and intimate tale that chronicles her son's severe drug addiction, as it corroded all relationships from the inside out. It is a story of deep trauma and deep despair, but also of deep hope--and healing. He told her, "Mom, never quit believing." And she didn't.

**The Intervention Book** - Kathy L. 2011-09-01  
Millions of viewers have watched Dr. Drew conduct professional interventions with celebrities who are struggling with addictions. But we can't all afford a professional intervention. The Intervention Book offers real-life stories and step-by-step advice for intervening in a loved one's life. In The Intervention Book, Kathy L., the 12-step recovery columnist for BellaOnline, one of the largest sites for women on the web, offers a comprehensive guide to understanding and staging interventions. She begins by explaining the concept of intervention--the critical waking up point when the addict accepts that addiction

has taken over his life. She walks readers through the different types of interventions, and offers advice from professional counselors and family members who have used interventions successfully. The Intervention Book includes stories of real people, more than twenty first-hand accounts from recovering addicts and alcoholics, along with their friends and families who have been through interventions and started recovery. For anyone who has a friend or loved one struggling with an addiction, this book offers faith and hope of a life in recovery.

*Hope Is Alive* - Lance Lang 2013-03-22

This book is the story of how my hope departed, how it was restored, and how I've kept it alive. I wrote it for drug addicts, alcoholics, gamblers, sex addicts, hurt people, prideful people, and angry people. I wrote it for the fear-ridden, the guilty, the insecure, the obsessed, the perpetually disappointed, and anyone else caught in the tornado of destruction that is addiction. I wrote it for those without hope, so

they can know beyond a doubt that hope is alive. I grew up in a glass house, open seemingly for the whole world to see. Each disappointment and defeat pushed me farther and farther along my dark journey. I had absolutely no control, no hope, and no future outside of a daily purposeful pursuit to get high. But hope surfaced, and has driven me to a freedom and satisfaction I had previously assumed were unattainable.

**Hooked** - Chloe Shantz-Hilkes 2013-02-01

This collection of ten true stories is based on interviews with people who, in their youth, lived with an addicted parent or sibling. The subjects speak honestly about what it was like to grow up with a family member addicted to alcohol, drugs, food, pills, or gambling. While describing how they managed to cope, interviewees explore the full range of situations and emotions they experienced—from denial, anger, and confusion to acceptance and forgiveness. Their maturity, sensitivity, and even their sense of humor will give teens going through similar situations the

important realization that there are many ways to break free from the chains of others' addictions.

**To Hell and Back** - Steven B. Heird 2015-01-13

Here, in this raw account of one doctor's journey to Hell and back ... is the "prescription" that could save the life of someone you love.

Addiction can affect anyone - of any occupation, education, or social class. The most common denominator among all addicts though ... is that they once thought it could never happen to them. As Head of the Department of Vascular Surgery at a large community hospital, Dr. Steve Heird was well aware of all this. Yet even as he wrote one illegal prescription after another - all for himself - he refused to believe he had a problem. He was in control. It could never happen to him. But the day came when - tired of playing a game of cat-and-mouse with the DEA, and finally ready to accept help with his problem - Steve had to face his family and go into rehab. Everything that mattered to him - his family, his

career, his lifestyle - was on the line, and he risked losing it all, to serve a ten-year prison sentence. "That was one of the worst days of my life" he now says. "I had hurt the people I loved most. I felt overwhelmed with shame and self-loathing. How could I have screwed up so badly?" But there's a silver lining to the cloud that followed Dr. Heird all those years. His personal healing has led to the creation of a system of strategies for recognizing the warning signs - whether in yourself or others - and overcoming any addictions, along with the fear and self-doubt that feed them. In this entertaining and inspiring true-life account, and through his Prescriptions For Awareness healing program, Dr. Heird proves beyond a doubt that NOBODY is entirely "above the reach" of addiction, and no addict need ever feel doomed to remain forever within its grasp.

**Addict in the Family** - Beverly Conyers  
2009-06-03

Close-quarters and high-stress family life during

the coronavirus pandemic may have you worried about a loved one's use or addictions, and what you can do to help. This book offers wisdom and insight from families who have walked this road. With over 75,000 copies sold, *Addict in the Family* is a must-have, trusted resource for anyone coping with the addiction of a family member. "When my eldest son became addicted to crystal meth and heroin, I could barely function. I would not have survived without Beverly Conyers's *Addict in the Family*, which provided guidance and hope. I realized I wasn't alone on my hellish journey. The book helped me get through interminable nights when I was terrified that his addiction would take his life. It offered a path to healing." -David Sheff, author of *Beautiful Boy*, now a major motion picture. With years of experience struggling with her daughter's addiction and recovery, Beverly Conyers has been where you are. In *Addict in the Family*, Conyers draws on research, experience, and compelling personal stories

from others to explain what families should know about substance abuse, interventions, relapse, and more. Although families can't cure a loved one's addiction, they can provide support without enabling, set boundaries, prioritize self-care, and find healing through therapy, spirituality, Al Anon or Nar Anon, and countless other resources that show no one is alone on this journey. Revised and updated in 2015, this classic recovery book is for anyone who has experienced the shame, anxiety, sleepless nights, and physical illness that often stem from loving someone who is struggling with addiction. These stories show that, no matter what is happening with your loved one, you have the power to control your own recovery.

*You Are Not Alone: Personal Stories on Surviving the Impact of Addiction* - Frances Black 2012-07-16

Here the many sides to addiction are explored in stories which, though often raw and at times heart-breaking, are bound together by their

courage, honesty, hope and resolve. Each one recognises the power of openness in emerging from the dark shadow cast by addiction. In looking to a brighter day, they assert the loudly and clearly that, even when we feel at our most isolated, we are never alone. Help is at hand. With contributions from well-known public figures who have struggled with addiction, including Paul McGrath, Ben Dunne, singer Mary Coughlan and Oisín McConville, the accounts are interspersed with the thoughtful reflections of addiction therapist Frances Black on many themes of recovery. *You Are Not Alone* is a book that will give hope and practical advice to the hundreds of thousands of Irish people out there whose lives have been affected by addiction.

**The Urge** - Carl Erik Fisher 2022-01-25

An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an

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

appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians

and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

**The Joey Song** - Sandra Swenson 2014-09-09

*The Joey Song* illuminates the hard truth—sometimes addicts don't recover.

However, with love and faith, their families can.

*America Anonymous* - Benoit Denizet-Lewis  
2009-01-06

*America Anonymous* is the unforgettable story of

eight men and women from around the country -- including a grandmother, a college student, a bodybuilder, and a housewife -- struggling with addictions. For nearly three years, acclaimed journalist Benoit Denizet-Lewis immersed himself in their lives as they battled drug and alcohol abuse, overeating, and compulsive gambling and sexuality. Alternating with their stories is Denizet-Lewis's candid account of his own recovery from sexual addiction and his compelling examination of our culture of addiction, where we obsessively search for new and innovative ways to escape the reality of the present moment and make ourselves feel "better." Addiction is arguably this country's biggest public-health crisis, triggering and exacerbating many of our most pressing social problems (crime, poverty, skyrocketing health-care costs, and childhood abuse and neglect). But while cancer and AIDS survivors have taken to the streets -- and to the halls of Congress -- demanding to be counted, millions of addicts

with successful long-term recovery talk only to each other in the confines of anonymous Twelve Step meetings. (A notable exception is the addicted celebrity, who often enters and exits rehab with great fanfare.) Through the riveting stories of Americans in various stages of recovery and relapse, Denizet-Lewis shines a spotlight on our most misunderstood health problem (is addiction a brain disease? A spiritual malady? A moral failing?) and breaks through the shame and denial that still shape our cultural understanding of it -- and hamper our ability to treat it. Are Americans more addicted than people in other countries, or does it just seem that way? Can food or sex be as addictive as alcohol and drugs? And will we ever be able to treat addiction with a pill? These are just a few of the questions Denizet-Lewis explores during his remarkable journey inside the lives of men and women struggling to become, or stay, sober. As the addicts in this book stumble, fall, and try again to make a different and better life,

Denizet-Lewis records their struggles -- and his own -- with honesty and empathy.

**Tales of Addiction and Inspiration for Recovery** - Barbara Sinor 2010-01-01

"This inspiring and penetrating new book by Dr. Sinor shows how we gather the courage and the force of will to make a transformational change."--Mark Thurston, Ph.D.

**She Bets Her Life** - Mary Sojourner 2010-04-27

In *She Bets Her Life*, Mary Sojourner shares her personal struggle and the struggle of eight other women in her support group with gambling addiction. In this emotional memoir, Sojourner recounts how her addiction progressed, and recalls the point at which she realized her problem. She describes her time with Scheherazade's Sisters, her support group, and sheds light on how women from different walks of life confront this common addiction. In addition to the personal stories, *She Bets Her Life* also serves as a resource on the reality of this growing problem. Sojourner provides insight

into gambling addictions covering withdrawal, recovery, healing, and the role of the family in these addictions, as well as helpful resources on where to turn for help. A hard-hitting confession of the journey to the bottom and back up *She Bets Her Life* offers an honest story to which others can relate.

**Freedom from Addiction.** - Gregory Bedner LLPC, MA 2014-07-08

*Freedom from Addiction: Story of Redemption and Forgiveness* is a book designed to help addicts overcome their addictions. It is my story of redemption and freedom. It is a story of a son who returns to his father and is given peace and purpose. It is a story designed to change lives. God is tired of his children dying and suffering from addiction. It is my hope that this book will reach those suffering. I have found a way out. I hope that my story will inspire others.

**Addicted Like Me** - Karen Franklin 2009-08-18

Told through the voices of a mother-daughter writing team, *Addicted Like Me* offers a detailed

personal account of addiction and how it affects the entire family. Karen Franklin recounts her own past as a young addict, her struggle with the alcoholism of her parents, and ultimately her husband's and children's addictions. Lauren King, Franklin's daughter, tells of her own spiral of addiction--from marijuana and alcohol to crystal meth. As a valuable complement to their own stories of addiction and recovery, Franklin and King also provide advice and resources for parents dealing with addiction. In this prescriptive section they discuss how to identify

the signs of addiction, where to turn for help, and how to understand this disease. Told from the trustworthy perspective of two people who have been there, these hard-won tips are preventative in their efforts to help parents help their kids at an early phase, rather than glossing over what may be calls for help. Addicted Like Me tackles the long-lasting effects of addiction in many shapes, and provides a mother-daughter story of recovery that is sure to resonate with parents and children facing similar issues.