

## **Addict In The House A No Nonsense Family Guide Through Addiction And Recovery**

Hey, Kiddo (National Book Award Finalist) In the Realm of Hungry Ghosts Woman of Substances The Yellow House Ninth House Dopesick No One Visits the Mother of a Drug Addict Loving Someone in Recovery Federal Regulation of Methadone Treatment Loving an Addict, Loving Yourself Infinite Jest Addict in the House Everything Changes UnSweetened Living with an Addict As Needed for Pain High Achiever Afraid to Let Go. for Parents of Adult Addicts and Alcoholics A House on Stilts How to Grow an Addict When Your Partner Has an Addiction Burn the Place Don't let Your Kids Kill You The Addict's Loop Addict In The Family Addict Nation End-of-Life Care and Addiction Never Enough The Complete Family Guide to Addiction The Biology of Desire Junk Addict in the House Better Than New Who Says I'm an Addict? Hearings, Reports and Prints of the House Committee on Appropriations The Recovering Open Book Beyond Addiction Addict in the House Portrait of an Addict as a Young Man

### **Hey, Kiddo (National Book Award Finalist)**

Everyone suffers when there s an addict in the family. Written by an expert in alcohol and drug addiction and recovery and drawing on her own personal experience with her brother s addiction this no-nonsense guide will help readers understand the causes of addiction, end their enabling behaviors, support their loved one s recovery, and learn how to cope with relapses."

### **In the Realm of Hungry Ghosts**

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 Sherriff, 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.

### **Woman of Substances**

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

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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.

### **The Yellow House**

"The purpose of this book is to explain addiction and to help families and friends to deal with it successfully. People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them. And people who are wondering if they might have an addiction can use it to get a better sense of the nature and depth of their potential problem. Part I explains the science behind addiction. Part II looks at the emotional side of the problem and how families are affected. Part III discusses many of the real-world legal and practical issues that addicts often face, and ways to keep them out of trouble. Part IV provides a detailed overview of treatment options. And Part V describes the recovery process and the most effective strategies to keep it going for the long term"--

### **Ninth House**

Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

### **Dopesick**

A House on Stilts tells the story of one woman's struggle to reclaim wholeness while mothering a son addicted to opioids. Paula Becker's son Hunter was raised in a safe, nurturing home by his writer/historian mom and his physician father. He was a bright, curious child. And yet, addiction found him. More than 2.5 million Americans are addicted to opioids, some half-million of these to heroin. For many of them, their drug addiction leads to lives of demoralization, homelessness, and constant peril. For parents, a child's addiction upends family life, catapulting them onto a path no longer prescribed by Dr. Spock, but by Dante's Inferno. Within this ten-year crucible, Paula is transformed by an excruciating, inescapable truth: the difference between what she can do and what she cannot do.

### **No One Visits the Mother of a Drug Addict**

The powerful, unforgettable graphic memoir from Jarrett Krosoczka, about growing up with a drug-addicted mother, a missing father, and two unforgettably opinionated grandparents.

### **Loving Someone in Recovery**

An instant New York Times bestseller, Dopesick is the only book to tell the full story of the opioid crisis, from the boardroom to the courtroom and into the living rooms of Americans struggling to save themselves and their families: "masterfully interlaces stories of communities in crisis with dark histories of corporate greed and regulatory indifference" (New York Times) from a journalist who has lived through it. In this extraordinary work, Beth Macy takes us into the epicenter of a national drama that has unfolded over two decades. From the labs and marketing departments of big pharma to local doctor's offices; wealthy suburbs to distressed small communities in Central Appalachia; from distant cities to once-idyllic farm towns; the spread of opioid addiction follows a tortuous trajectory that illustrates how this crisis has persisted for so long and become so firmly entrenched. Beginning with a single dealer

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who lands in a small Virginia town and sets about turning high school football stars into heroin overdose statistics, Macy sets out to answer a grieving mother's question-why her only son died-and comes away with a gripping, unputdownable story of greed and need. From the introduction of OxyContin in 1996, Macy investigates the powerful forces that led America's doctors and patients to embrace a medical culture where overtreatment with painkillers became the norm. In some of the same communities featured in her bestselling book *Factory Man*, the unemployed use painkillers both to numb the pain of joblessness and pay their bills, while privileged teens trade pills in cul-de-sacs, and even high school standouts fall prey to prostitution, jail, and death. Through unsparing, compelling, and unforgettably humane portraits of families and first responders determined to ameliorate this epidemic, each facet of the crisis comes into focus. In these politically fragmented times, Beth Macy shows that one thing uniting Americans across geographic, partisan, and class lines is opioid drug abuse. But even in the midst of twin crises in drug abuse and healthcare, Macy finds reason to hope and ample signs of the spirit and tenacity that are helping the countless ordinary people ensnared by addiction build a better future for themselves, their families, and their communities. "An impressive feat of journalism, monumental in scope and urgent in its implications." - Jennifer Latson, *The Boston Globe*

### **Federal Regulation of Methadone Treatment**

Defies the myth that parents must sacrifice themselves. Instead, shows them how to reclaim their power, balance, happiness and lives. When kids turn to substance abuse, parents also become victims as they watch their children transform into irrational and antisocial individuals. This harrowing scenario finds parents buckling beneath the stress--often with catastrophic consequences: Divorce, career upsets, breakdowns and worse. "Don't Let Your Kids Kill You" is a landmark work that dares focus on the plight of the confused, distressed parent and not the erring child. It sets aside any preconceived ideas that parents are to blame for what is essentially a full-blown global crisis. Drawing on interviews with parents who've survived the heartbreak of kids on drugs, combined with his own experience, Charles Rubin provides practical advice on how parents can help themselves and their families by first attending to their own needs. Liberation begins when you open this book.

### **Loving an Addict, Loving Yourself**

"You are not Codependent simply because your adult child is an addict or alcoholic." All parents of addicted children of any age are terrified, confused, feel out of control, lose sleep, dread the phone calls at 3:00 in the morning. This book is for parents who are "Afraid to Let Go" because they do not know how to set boundaries with their adult children without feeling crippling anxiety, or walling themselves off to make separation possible. You can't "let go." You can't "detach with love." You can't let them "hit bottom." You can't seem to implement the strategies you have learned when you are faced with your adult child's chaos and anxiety. When you try to do this, it makes you physically and emotionally ill, and the anxiety and fear becomes unbearable. "Why can't you just "let go"? " If you are struggling with Codependency, your relationship with your child is not be the only relationship where you experience a loss of self, over-reactivity, adrenalin rushes when you feel "out of control," or behave intrusively or impulsively to "help" in situations even when your assistance has not been requested. If you are Codependent, this is not the first relationship in which you have "over-given" and then felt resentful, or sacrificed yourself to give someone what you decided they "needed" because if you don't, "who will"? "Afraid to Let Go" explores the developmental origins of Codependency that lead to painful behavioral reactivity in response to our addicted adult children. *Afraid to Let Go* then connects the chronic stress of the chaos of addiction with adrenal system damage, and points you toward concrete behavioral changes you can make to heal regardless of the sobriety of your adult child. "About the author: " Mary Crocker Cook, D.Min., LMFT, CADCI is a licensed Marriage and Family Therapist with extensive experience working with addicted families over the last 20 years. She is the author of ""Awakening Hope. A

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Developmental, Behavioral and Biological Approach to Codependency Treatment,"" and coordinates the Alcohol and Drug Studies Program at San Jose City College in San Jose, California.

### **Infinite Jest**

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.

### **Addict in the House**

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict." —Publishers Weekly Everyone suffers when there's an addict in the family. Written by an expert in alcohol and drug addiction and recovery, this no-nonsense guide will help you understand the causes of addiction, end enabling behaviors, support your loved one's recovery, and learn how to cope with relapses. If you're the family member of an addict, you may feel confused, guilty, and scared of doing the wrong thing. And when you don't know how to help, you may find yourself in a codependent role, trying so hard to keep your addicted loved one alive, out of jail, or emotionally appeased that you may actually prevent them from realizing they need help. Drawing on her own personal experience with her brother's addiction, *Addict in the House* offers a pragmatic, step-by-step guide to dealing with a loved one's addiction, from accepting the reality of the disease to surviving what may be repeated cycles of recovery and relapse. You'll learn how to encourage your addicted loved one to get help without forcing it, and finally find the strength to let go of codependence. With this revealing and straightforward book, you'll have the support you need to take an honest look at how addiction has affected the family, cope with the emotional hurdles of having an addicted family member, create and maintain firm boundaries, and make informed decisions about how to best help your loved one.

### **Everything Changes**

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

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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.

### **UnSweetened**

Do you love an addict or an alcoholic? Loving an addict is one of the most painful and traumatic life journeys that any sober-minded person can experience. Feelings of betrayal, powerlessness, anger, fear, desperation and raw grief are an ever constant companion. The person you love disappears as they chase their addiction. People who love an addict inadvertently get drawn in by the addict and their lives begin to revolve around the dysfunctional hell that the addict's life is. According to the World Drug Report, approximately 247million people worldwide were in active addiction during 2016. Statistics on alcohol abuse are not as easily determined because alcohol is a socially accepted drug. It is estimated that 1 in every 12 adults suffer from alcohol abuse and dependence. Alcohol is a drug. There is very little that separates the emotional pain and dysfunction that saturates your life whether you love an alcoholic or a drug addict. Both substances are mind-altering, both substances reprogram the human brain, both substances render the addict powerless over their addiction. The only person who can break an addict's addiction is the addict. No one can convince, force, coerce or threaten an addict to seek professional help. No one can love an addict into sobriety either. This book is about understanding and helping your loved one, and also about helping yourself. You can never 'learn' to live with an addict. You either come to accept the hard truth or you separate yourself from the addict. Separation can sometimes drive an addict to seek professional help, but it's no guarantee. Sometimes you have to just let go. This book will explain how your addict thinks; however, understanding alone does not mean that you can protect them and yourself. You also need the psychological reediness to act and face certain outcomes. Let me show you how.

### **Living with an Addict**

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared

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before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — “chicken or fish,” “Daisy Duke,” “football jinx,” “mom jeans,” “sexual napalm...” and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

### **As Needed for Pain**

A compassionate, user-friendly handbook for family and friends navigating the many challenges that come with a loved one's new-found sobriety. A relative or friend has finally taken those tentative first steps toward sobriety. With the relief of this life-changing course of action comes a new and difficult set of challenges for recovering addicts and those who love them. Family members and friends often find themselves unsure of how to weather such a dramatic turn, as the rules and routines of their relationships no longer pertain. Everything Changes assuages fears and uncertainty by teaching loved ones of newly recovering addicts how to navigate the often-tumultuous early months of recovery. Beverly Conyers, author of the acclaimed *Addict in the Family*, again shares the hope and knowledge that she gained as a parent of a recovering addict by focusing on the aftermath of addiction. She outlines the physical and psychological changes that recovering addicts go through, and offers practical tools to help family members and friends: build a fresh, rewarding relationship with the addict; be supportive without setting themselves up for disappointment; avoid enabling destructive behavior; set and maintain boundaries; cope with relapse; deal with the practicalities of sober living, such as helping the addict find a job and deal with the stigma of addiction.

### **High Achiever**

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

### **Afraid to Let Go. for Parents of Adult Addicts and Alcoholics**

A NEW YORK TIMES BESTSELLER WINNER OF THE 2019 NATIONAL BOOK AWARD FOR NONFICTION A brilliant, haunting and unforgettable memoir from a stunning new talent about the inexorable pull of home and family, set in a shotgun house in New Orleans East. In 1961, Sarah M. Broom's mother Ivory Mae bought a shotgun house in the then-promising neighborhood of New Orleans East and built her world inside of it. It was the height of the Space Race and the neighborhood was home to a major NASA plant—the postwar optimism seemed assured. Widowed, Ivory Mae remarried Sarah's father Simon Broom; their combined family would eventually number twelve children. But after Simon died, six months after Sarah's birth, the Yellow House would become Ivory Mae's thirteenth and most unruly child. A book of great ambition, Sarah M. Broom's *The Yellow House* tells a hundred years of her family and their relationship to home in a neglected area of one of America's most mythologized cities. This is the story of a mother's struggle against a house's entropy, and that of a prodigal daughter who left home only to reckon with the pull that home exerts, even after the Yellow House was wiped off the map after Hurricane Katrina. *The Yellow House* expands the map of New Orleans to include the stories of its lesser known natives, guided deftly by one of its native

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daughters, to demonstrate how enduring drives of clan, pride, and familial love resist and defy erasure. Located in the gap between the “Big Easy” of tourist guides and the New Orleans in which Broom was raised, *The Yellow House* is a brilliant memoir of place, class, race, the seeping rot of inequality, and the internalized shame that often follows. It is a transformative, deeply moving story from an unparalleled new voice of startling clarity, authority, and power.

### **A House on Stilts**

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.

### **How to Grow an Addict**

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*.

### **When Your Partner Has an Addiction**

Your partner’s addiction takes a toll on both of your lives. That doesn’t mean you should turn your back

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on the person you love. We've been told that staying with a partner who struggles with addiction—whether it be with drugs, alcohol, or addictive behaviors—means that we're enabling their destructive behavior. That wanting to help them means we're codependent, and that the best thing for both of us is to walk away from the relationship entirely. But is that true? When Your Partner Has an Addiction challenges the idea that the best chance for recovery—for the addict and their partner—is to walk away. Instead, it makes the revolutionary claim that you, and the love you have for your partner, can be a key part of his or her journey to recovery. Together, addiction activist and bestselling author Christopher Kennedy Lawford and psychotherapist Beverly Engel, MFT, take a fresh look at addiction and codependency—the latest research on what causes them and what the two have in common. Rather than treat addiction or codependency as disease or weakness, When Your Partner Has an Addiction honors the trauma and shame that often lie at their source and shows you how to use your love to combat that shame, allowing you to more effectively support your partner and heal yourself. The research proves that, while you cannot “fix” your partner, you can have a positive impact on their recovery. Whether you suffer from codependency, and whether your partner is already in recovery, When Your Partner Has an Addiction provides you with proven techniques and strategies to drastically improve your relationship and help get your partner the help he needs—without leaving and while taking care of yourself in the process.

### **Burn the Place**

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.

### **Don't let Your Kids Kill You**

2016 INTERNATIONAL BOOK AWARDS - WINNER IN ADDICTION & RECOVERY 2016 NATIONAL INDIE EXCELLENCE AWARDS (NIEA)- WINNER IN ADDICTION & RECOVERY 2016 INDEPENDENT PUBLISHER BOOK AWARDS (IPPY)- BRONZE MEDAL — LITERARY FICTION 2015 FORWARD REVIEWS INDIEFAB BOOK OF THE YEAR AWARDS HONORABLE MENTION FOR GENERAL FICTION 2015 USA BEST BOOK AWARDS FINALIST FOR GENERAL FICTION Randall Grange has been tricked into admitting herself into a treatment center and she doesn't know why. She's not a party hound like the others in her therapy group—but then again, she knows she can't live without pills or booze. Raised by an abusive father, a detached mother, and a loving aunt and uncle, Randall both loves and hates her life. She's awkward and a misfit. Her parents introduced her to alcohol and tranquilizers at a young age, ensuring that her teenage years would be full of bad choices, and by the time she's twenty-three years old, she's a full-blown drug addict, well acquainted with the miraculous power chemicals have to cure just about any problem she could possibly have—and she's in more trouble than she's ever known was possible.

### **The Addict's Loop**

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Tar loves Gemma, but Gemma doesn't want to be tied down - not to anyone or anything. Gemma wants to fly. But no one can fly forever. One day, somehow, finally you have to come down. Commissioned and produced by Oxford Stage Company, Junk premiered at The Castle, Wellingborough, in January 1998 and went on to tour throughout the UK in 1998 and 1999. "John Retallack's excellent adaptation of Melvin Burgess's controversial Carnegie Medal winning novel is splendidly unpatronising a truly cautionary tale" (Independent)

### **Addict In The Family**

#### **Addict Nation**

Named a 2013 Doody's Core Title! "Bushfield and DeFord offer us an excellent, informed and sensitive work that speaks both of the erosion of family systems due to addiction and the complications that arise when these victimized families face end-of-life care." --Illness, Crisis and Loss With a growing elderly population comes an increased need to recognize the medical and psychological needs of older adults suffering from addiction, particularly towards the end of life. This guide describes the challenges such persons and families present to those providing end-of-life care, and shows caregivers how to best negotiate these issues with clients and their families. The authors place special emphasis on the role of the family, presenting a cohesive family systems approach to end-of-life care. The book demonstrates how hospice teams can work collaboratively with the client and family to help alleviate some of the emotional stress and pain of addiction. The authors also present practical guidelines for recognizing and diagnosing addiction, determining appropriate interventions, and outlining special concerns for addicted people in end-of-life care. Key features: Identifies the known markers of substance abuse and appropriate interventions Provides guidance on how to address the physiological, psychological, and spiritual effects of addiction Details what every hospice team needs to know about family systems theory Discusses the emotional process of addicted clients, and what hospice teams, caregivers, and family members can do to help

#### **End-of-Life Care and Addiction**

What is codependence, really? What creates addiction? Why am I attracted to the same codependent relationships over and over again? Why can't I stay sober? Why do I keep hurting or getting hurt by the people I love? How do my relationships affect my addiction? These questions and many more are answered in *The Addict's Loop*. *The Addict's Loop* uncovers and describes a new model for understanding codependent relationships and how they can create and fuel addiction. It is also a workbook with 9 steps toward recovery. There are examples, tools, writing exercises and solutions that heal codependent relationships and counter condition addiction patterns.

#### **Never Enough**

A New York Times and USA Today Bestseller For the first time, Nicole Curtis, the star of the megahit HGTV and DIY Network show *Rehab Addict*, reveals her private struggles, her personal victories, and the inspiring lessons we can all learn from them. Nicole Curtis is the tough, soulful, charismatic dynamo who for the past twenty years has worked tirelessly to restore historical houses, often revitalizing neighborhoods in the process. And also, in the process, drawing millions of fans to her television show, *Rehab Addict*, where they follow each step of the hard work and singular vision that transform the seemingly lost cause of a run-down building into a beautifully restored home. But there is so much more to this self-taught expert and working mom. With her signature irresistible honesty and energy, Curtis

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writes about a project that every reader will find compelling: how she rehabbed herself. *Better Than New* reveals what's not seen on TV—Curtis's personal battles and her personal triumphs, her complicated relationships, her life as a single mother, the story of how she got started remodeling houses, and the consuming ins and outs of producing a megahit television show while keeping up with two kids, two rescue dogs, and countless tasks on her home renovation punch lists. Followers of the show will get an inside look at some of her most famous restorations, including the Dollar house, the Minnehaha house, the Campbell Street project, and the Ransom Gillis mansion. Part inspirational memoir and part self-help guide, *Better Than New* is a journey in eight chapters—each pinned to the story of a house that Curtis has remodeled, each delivering a hard-fought lesson about life—that takes readers to the place we all want to be: home.

### **The Complete Family Guide to Addiction**

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict." —Publishers Weekly Everyone suffers when there's an addict in the family. Written by an expert in alcohol and drug addiction and recovery, this no-nonsense guide will help you understand the causes of addiction, end enabling behaviors, support your loved one's recovery, and learn how to cope with relapses. If you're the family member of an addict, you may feel confused, guilty, and scared of doing the wrong thing. And when you don't know how to help, you may find yourself in a codependent role, trying so hard to keep your addicted loved one alive, out of jail, or emotionally appeased that you may actually prevent them from realizing they need help. Drawing on her own personal experience with her brother's addiction, *Addict in the House* offers a pragmatic, step-by-step guide to dealing with a loved one's addiction, from accepting the reality of the disease to surviving what may be repeated cycles of recovery and relapse. You'll learn how to encourage your addicted loved one to get help without forcing it, and finally find the strength to let go of codependence. With this revealing and straightforward book, you'll have the support you need to take an honest look at how addiction has affected the family, cope with the emotional hurdles of having an addicted family member, create and maintain firm boundaries, and make informed decisions about how to best help your loved one.

### **The Biology of Desire**

Presents a view of the world from the perspective of a recovering addict, showing readers how to resist the addictions that take away Americans' freedoms.

### **Junk**

For nearly three decades, methadone hydrochloride has been the primary means of treating opiate addiction. Today, about 115,000 people receive such treatment, and thousands more have benefited from it in the past. Even though methadone's effectiveness has been well established, its use remains controversial, a fact reflected by the extensive regulation of its manufacturing, labeling, distribution, and use. The Food and Drug Administration regulates the safety and effectiveness of methadone, as it does for all drugs, and the Drug Enforcement Administration regulates it as a controlled substance. However, methadone is also subjected to a unique additional tier of regulation that prescribes how and under what circumstances it may be used to treat opiate addiction. *Federal Regulation of Methadone Treatment* examines current Department of Health and Human Services standards for narcotic addiction treatment and the regulation of methadone treatment programs pursuant to those standards. The book includes an evaluation of the effect of federal regulations on the provision of methadone treatment services and an exploration of options for modifying the regulations to allow optimal clinical practice. The volume also includes an assessment of alternatives to the existing regulations.

## **Addict in the House**

This autobiographical story recounts the author's experiences enduring her only son's drug addiction and the physical, emotional and spiritual turmoil the addiction was on her and the family. Readers are given a firsthand viewpoint on witnessing drug addiction take over a person's life, straight from her eyes. She not only accounts the heartbreak of seeing her son's tangle with drugs, but also shares how no one knew how, or were sometimes willing, to help the family remain strong in God at that time. Healing did come, and is still coming, through God's grace and redemption. Nancy Chalmers hopes her story will bring hope and encouragement to many families dealing with this epidemic and other life altering issues. A portion of the proceeds from this book will provide scholarships to those needing to enter the wonderful healing program of Teen Challenge. I will never be able to repay their impact on my Son, Andrew Chalmers. But I can help another family experience the miracle of the transformed life of a loved one. Go to [www.teenchallengeusa.org](http://www.teenchallengeusa.org) for more information.

## **Better Than New**

Recovering addicts are faced with many challenges, and these challenges can often extend to their romantic partners. During the recovery period, couples often struggle with overcoming feelings of betrayal and frustration, and may have a hard time rebuilding trust and closeness. While there are many resources available to recovering addicts, there are limited resources for the people who love them. In *Loving Someone in Recovery*, therapist Beverly Berg offers powerful tools for the partners of recovering addicts. Based in mindfulness, attachment theory, and neurobiology, this book will help readers sustain emotional stability in their relationships, increase effective communication, establish boundaries, and take real steps toward reigniting intimacy. The material in this book is drawn from the author's successful *Conscious Couples Recovery Workshop*. With more than 25 years in the field, she has developed a unique set of exercises that address the issues faced by couples in recovery. This book addresses the roles that both partners play in recovery, and aims to help readers develop a new appreciation for one another and improve self-confidence and acceptance. The road to recovery is never an easy one, but by building a strong support system, the chances of success are exponentially greater. For more information on Berg's work, visit [consciouscouplesrecovery.com](http://consciouscouplesrecovery.com)

## **Who Says I'm an Addict?**

A LOCUS AWARD FINALIST! The mesmerizing adult debut from Leigh Bardugo, a tale of power, privilege, dark magic, and murder set among the Ivy League elite Galaxy "Alex" Stern is the most unlikely member of Yale's freshman class. Raised in the Los Angeles hinterlands by a hippie mom, Alex dropped out of school early and into a world of shady drug-dealer boyfriends, dead-end jobs, and much, much worse. In fact, by age twenty, she is the sole survivor of a horrific, unsolved multiple homicide. Some might say she's thrown her life away. But at her hospital bed, Alex is offered a second chance: to attend one of the world's most prestigious universities on a full ride. What's the catch, and why her? Still searching for answers, Alex arrives in New Haven tasked by her mysterious benefactors with monitoring the activities of Yale's secret societies. Their eight windowless "tombs" are the well-known haunts of the rich and powerful, from high-ranking politicians to Wall Street's biggest players. But their occult activities are more sinister and more extraordinary than any paranoid imagination might conceive. They tamper with forbidden magic. They raise the dead. And, sometimes, they prey on the living.

## **Hearings, Reports and Prints of the House Committee on Appropriations**

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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.

### **The Recovering**

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.

### **Open Book**

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect

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with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction Edgy, accurate, and darkly witty Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, *The Atlantic*

### **Beyond Addiction**

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

### **Addict in the House**

Do you worry that you drink too much? Or perhaps you fear that your dependence on drugs, food, sex, or some other vice is spiralling out of control, and taking your quality of life with it? In *Who Says I'm an Addict?*, David Smallwood looks at the issue of addiction with compassion, clarity, and wisdom that comes not only from his own difficult journey with addiction, but from his considerable experience overseeing treatment programmes in rehabilitation clinics. David looks in detail at all areas of addiction, from denial, hitting rock bottom, and dealing with shame and guilt, to how our family of origin and the traumas we go through in childhood influence us in later life. He then explores the road to long-term recovery, guiding the reader on how to do the emotional work necessary to ensure that they avoid relapse and can finally lay their demons to rest and get on with re-building their life.

### **Portrait of an Addict as a Young Man**

In the vein of Nic Sheff's *"Tweak"* and Tori Spelling's *"sTori Telling, UnSweetined"* reveals the former *"Full House"* star's harrowing journey from her role as America's sweetheart on a popular television show to her struggle with substance abuse. color photo insert.

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