

[A Beautiful Boy David Sheff](#)

a beautiful boy david sheff: Beautiful Boy David Sheff, 2008 Sheff's story tells of his teenage son's addiction to meth, in this real-time chronicle of the shocking descent into substance abuse and the family's gradual emergence into hope.

a beautiful boy david sheff: Tweak Nic Sheff, 2012-12-11 THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET 'It was like being in a car with the gas pedal slammed down to the floor and nothing to do but hold on and pretend to have some semblance of control. But control was something I'd lost a long time ago.' Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. Tweak is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father's parallel memoir, Beautiful Boy. Praise for Nic Sheff:- 'Difficult to read and impossible to put down.' Chicago Tribune 'Nic Sheff's wrenching tale is told with electrifying honesty and insight.' Armistead Maupin

a beautiful boy david sheff: High David Sheff, Nic Sheff, 2019 Provides information on drug and alcohol use, shares the stories of families who have lived through addiction, and teaches readers how to navigate peer pressure and stress.

a beautiful boy david sheff: We All Fall Down Nic Sheff, 2011-04-05 In his follow-up to his bestselling memoir Tweak: Growing Up On Methamphetamines, Nic Sheff reveals a brutally honest account of a young person's struggles with relapse and rehab. In his bestselling memoir Tweak, Nic Sheff took readers on an emotionally gripping roller-coaster ride through his days as an addict. In this powerful follow-up about his continued efforts to stay clean, Nic writes candidly about eye-opening stays at rehab centers, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction. By candidly revealing his own failures and small personal triumphs, Nic inspires readers to maintain hope and to remember that they are not alone in their battles. A group reading guide is included. Nic Sheff's Tweak, We All Fall Down, and his father's memoir about him (Beautiful Boy) are the basis of the film Beautiful Boy starring Steve Carell and Timothée Chalamet.

a beautiful boy david sheff: Gate of the Sun Elias Khoury, 2012-03-01 A New York Times Notable Book This "imposingly rich . . . a genuine masterwork" vividly captures the Palestinian experience following the creation of the Israeli state (New York Times Book Review). After Palestine is torn apart in 1948, two men remain alone in a deserted makeshift hospital in the Shatila camp on the outskirts of Beirut—entering a vast world of displacement, fear, and tenuous hope. Khalil holds vigil at the bedside of his patient and spiritual father, a storied leader of the Palestinian resistance who has slipped into a coma. As Khalil attempts to revive Yunes, he begins a story, which branches into many: stories of the people expelled from their villages in Galilee; of the massacres that followed; of the extraordinary inner strength of those who survived; and of love. Khalil—like Elias Khoury—is a truth collector, trying to make sense of the fragments and various versions of stories that have been told to him. His voice is intimate and direct, his memories are vivid, his humanity radiates from every page. Khalil lets his mind wander through time, from village to village, from one astonishing soul to another, and takes us with him. Gate of the Sun is a Palestinian Odyssey and the first magnum opus of the Palestinian saga. Beautifully weaving together haunting stories of survival

and loss, love and devastation, memory and dream, Khoury humanizes the complex Palestinian struggle as he brings to life the story of an entire people.

a beautiful boy david sheff: Clean David Sheff, 2013 The author of the #1 New York Times-bestseller Beautiful Boy offers a new paradigm for dealing with addiction based on cutting-edge research and stories of his own and other families' struggles with--and triumphs over--drug abuse.

a beautiful boy david sheff: The Buddhist on Death Row David Sheff, 2020-08-04 From the #1 New York Times bestselling author, an extraordinary story of redemption in the darkest of places.

a beautiful boy david sheff: 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.

a beautiful boy david sheff: Note Found in a Bottle Susan Cheever, 1999 Cheever looks back with clear-eyed candor on a way of life that brought her perilously close to the edge in a book about recovery that is both wrenching and ultimately inspiring.

a beautiful boy david sheff: The Memoirs of a Beautiful Boy Robert Leleux, 2008-01-08 In the Dear John letter Daddy left for Mother and me, on a Saturday afternoon in early June 1996, on the inlaid Florentine table in the front entry of our house, which we found that night upon returning from a day spent in the crème-colored light of Neiman's, Daddy wrote that he was leaving us because Mother was crazy, and because she'd driven me crazy in a way that perfectly suited her own insanity. In a memoir studded with delicious lines and unforgettable set pieces, Robert Leleux describes his East Texas boyhood and coming of age under the tutelage of his eccentric, bewigged, flamboyant, and knowing mother. Left high and dry by Daddy and living on their in-laws' horse ranch in a white-pillared house they can't afford, Robert and Mother find themselves chronically low on cash. Soon they are forced into more modest quarters, and as a teenaged Robert watches with hilarity and horror, Mother begins a desperate regimen of makeovers, extreme plastic surgeries, and finally hairpiece epoxies---all calculated to secure a new, wealthy husband. Mother's strategy takes her, with Robert in tow, from the glamorous environs of the Neiman Marcus beauty salon to questionable surgery offices and finally to a storefront clinic on the wrong side of Houston. Meanwhile, Robert begins his own journey away from Mother and through the local theater's world of miscast hopefuls and thwarted ambitions---and into a romance that surprises absolutely no one

but himself. Written with a warmth and a wicked sense of fun that lighten even the most awful circumstances, *The Memoirs of a Beautiful Boy* is a sparkling debut.

a beautiful boy david sheff: *Beautiful Boy* David Sheff, 2009 Sheff's story tells of his teenage son's addiction to meth, in this real-time chronicle of the shocking descent into substance abuse and the family's gradual emergence into hope.

a beautiful boy david sheff: 8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health) Babette Rothschild, 2010-01-04 Safe and effective principles and strategies for recovery from trauma. Trauma recovery is tricky; however, there are several key principles that can help make the process safe and effective. This book gives self help readers, therapy clients, and therapists alike the skills to understand and implement eight keys to successful trauma healing: mindful identification of what is helpful, recognizing survival, having the option to not remember, creating a supportive inner dialogue, forgiving not being able to stop the trauma, understanding and sharing shame, finding your own recovery pace; mobilizing your body, and helping others. This is not another book promoting a new method or type of treatment; rather, it is a necessary adjunct to self-help and professional recovery programs. After reading this book, readers will be able to recognize their own individual needs and evaluate whether those needs are being met. They will have the tools necessary to put themselves in the drivers seat, navigating their own safe road to recovery.

a beautiful boy david sheff: *The New I Do* Susan Pease Gadoua, Vicki Larson, 2014-09-23 If half of all cars bought in America each year broke down, there would be a national uproar. But when people suggest that maybe every single marriage doesn't look like the next and isn't meant to last until death, there's nothing but a rash of proposed laws trying to force it to do just that. In *The New I Do*, therapist Susan Pease Gadoua and journalist Vicki Larson take a groundbreaking look at the modern shape of marriage to help readers open their minds to marrying more consciously and creatively. Offering actual models of less-traditional marriages, including everything from a parenting marriage (intended for the sake of raising and nurturing children) to a comfort or safety marriage (where people marry for financial security or companionship), the book covers unique options for couples interested in forging their own paths. With advice to help listeners decide what works for them, *The New I Do* acts as a guide to thinking outside the marital box and the framework for a new debate on marriage in the 21st century.

a beautiful boy david sheff: *Writing to Change the World* Mary Pipher, PhD, 2007-05-01 From the #1 New York Times bestselling author of *Reviving Ophelia*, *Another Country*, and *The Shelter of Each Other* comes an inspirational book that shows how words can change the world. Words are the most powerful tools at our disposal. With them, writers have saved lives and taken them, brought justice and confounded it, started wars and ended them. Writers can change the way we think and transform our definitions of right and wrong. *Writing to Change the World* is a beautiful paean to the transformative power of words. Encapsulating Mary Pipher's years as a writer and therapist, it features rousing commentary, personal anecdotes, memorable quotations, and stories of writers who have helped reshape society. It is a book that will shake up readers' beliefs, expand their minds, and possibly even inspire them to make their own mark on the world.

a beautiful boy david sheff: My Name Is Bill Susan Cheever, 2015-09-01 In this thoroughly researched and groundbreaking biography of Bill Wilson, cofounder of Alcoholics Anonymous, acclaimed author Susan Cheever creates a remarkably human portrait of a man whose life and work both influenced and saved the lives of millions of people. Drawn from personal letters and diaries, records in a variety of archives, and hundreds of interviews, this definitive biography is the first fully documented account of Bill Wilson's life story. Alcoholics Anonymous is a worldwide organization that since 1935 has helped people break free from the destructive influence of intoxicating and addictive substances. This great wave of comfort and help that has covered the world had its beginning in one man, born shortly before the start of the twentieth century. Utilizing exhaustive research, Cheever traces Bill Wilson's life beginning with his birth in a small town in Vermont, where, following the breakup of his parents' marriage, he was raised primarily by his grandparents.

Handsome and intelligent, with a wit and charm that both women and men responded to, he seemed at the outset to be capable of achieving anything he wanted. Wilson, however, also suffered from deep-seated insecurity, and once he was away from the provincial Vermont town, he found that alcohol helped relieve his self-doubts and brought out the charm and wit that had made him a favorite in school. Help eventually turned to dependence, and years after his first beer -- consumed at a Newport, Rhode Island, dinner party -- Bill Wilson finally had to come to terms with the fact that, while he loved the way alcohol made him feel, his life was spiraling out of control. Through a painful process of trial and error, using a blend of experiences, ideas, and medical knowledge gained through several hospitalizations, he was able to stop drinking. A few months later, when he met Dr. Robert Smith of Akron, Ohio, and was able to help him stop drinking also, Alcoholics Anonymous was born. Each man found in the other the support he needed to overcome the hold alcohol had on them. Together they discovered the power they had to help other alcoholics. Success did not come overnight, however, and as Cheever compellingly relates, Wilson had many struggles in a life fraught with controversies, including experiments with LSD and an unconventional fifty-three-year marriage. As one of the most influential and important thinkers of the twentieth century, Bill Wilson changed the way our society deals with addiction, and his ideas in turn have benefited countless individuals and their families. His life was complex, and in Susan Cheever's fascinating biography, he emerges as a man of great passion and courage; it is a story fully told for the first time.

a beautiful boy david sheff: Broken William Cope Moyers, Katherine Ketcham, 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

a beautiful boy david sheff: China Dawn David Sheff, 2009-03-17 Imagine living through the breakthrough moments of Bill Gates, Steve Jobs, and the other icons of today's new economy. The kind of technological revolution that they led in Silicon Valley is now sweeping through China, but with much more dramatic implications. The dynamic entrepreneurs who are using technology to radically transform business and cultural life in China are fighting not only outdated business models and a tumultuous economy but also an unpredictable government that has a love-hate relationship with the Net, at once pushing its expansion at a feverish pace and censoring it. As Duncan Clark, cofounder of BDA, an Internet consulting company in Beijing, told author David Sheff, This environment -- the regulations, the competition, the political uncertainties -- makes these the fastest, most courageous, nimblest-thinking people globally. To deal with this level of risk and still sleep is no small accomplishment. But they're hooked on it like some Chinese are becoming hooked on Starbucks cappuccino. In this irresistible, groundbreaking book, Sheff takes us into the trenches of the Chinese technology revolution, introducing the major and minor players who are leading China into the twenty-first century. Players like Bo Feng, the charismatic former sushi chef who is now one of the leading venture capitalists in China. And Edward Tian, a national hero who has been described as China's Steve Jobs and Bill Gates combined, who left his own start-up on the eve of its IPO in order to lead the government's attempt to bring broadband to the entire nation, in the process leapfrogging the United States, Europe, and the rest of Asia with the longest and fastest network in the world. As the U.S. technological revolution wanes, business leaders will be looking to the billion-plus potential customers in China for new growth. In addition, the world's newest member of the World Trade Organization will no longer be a bystander in the global economy; it will be a fierce competitor. And when hundreds of million Chinese have access to unprecedented information and communication, China itself will be profoundly altered. Jay Chang, an analyst who covers China

for Credit Suisse First Boston, sums the seismic nature of the changes: What happens when China successfully transforms from a mainly agrarian/industrial nation into one that has significant input from the information technology industry? What happens when eighty percent of the state-owned enterprises in China are able to link economically to the global Internet on fast pipes? What happens when China's engineering talent pool is able to gain access to high-end computing resources and exchange ideas and information easily with their global peers? What happens when fifty percent of the Chinese population gets wired in ten years -- six hundred million people, the largest number of Internet users in the world? With its compelling, character-driven story, researched over the course of three years, *China Dawn* will be the definitive book on the subject.

a beautiful boy david sheff: *Traveling Mercies* Anne Lamott, 2000-09-05 NATIONAL BESTSELLER • From the acclaimed author of *Bird by Bird* comes a personal, wise, very funny, and “life-affirming” book (People) that shows us how to find meaning and hope through shining the light of faith on the darkest part of ordinary life. Anne Lamott is walking proof that a person can be both reverent and irreverent in the same lifetime. Sometimes even in the same breath. —San Francisco Chronicle Lamott claims the two best prayers she knows are: Help me, help me, help me and Thank you, thank you, thank you. She has a friend whose morning prayer each day is Whatever, and whose evening prayer is Oh, well. Anne thinks of Jesus as Casper the friendly savior and describes God as one crafty mother. Despite—or because of—her irreverence, faith is a natural subject for Anne Lamott. Since *Operating Instructions* and *Bird by Bird*, her fans have been waiting for her to write the book that explained how she came to the big-hearted, grateful, generous faith that she so often alluded to in her two earlier nonfiction books. The people in Anne Lamott's real life are like beloved characters in a favorite series for her readers—her friend Pammy, her son, Sam, and the many funny and wise folks who attend her church are all familiar. And *Traveling Mercies* is a welcome return to those lives, as well as an introduction to new companions Lamott treats with the same candor, insight, and tenderness. Lamott's faith isn't about easy answers, which is part of what endears her to believers as well as nonbelievers. Against all odds, she came to believe in God and then, even more miraculously, in herself. As she puts it, My coming to faith did not start with a leap but rather a series of staggers.

a beautiful boy david sheff: *Judy Moody Declares Independence* Megan McDonald, 2010-08-24 When a visit to Boston spurs Judy's interest in Revolutionary heroes and heroines, she's soon on a quest for more independence in this hilarious new episode from Megan McDonald and Peter H. Reynolds. Huzzah! She, Judy Moody, would hereby, this day, make the Judy Moody Declaration of Independence. With alien rights and her own Purse of Happiness and everything. Hear ye! Hear ye! Everyone knows that Judy Moody has a mood for every occasion, and now a visit to Boston has put our famous third grader in a revolutionary mood. When Judy meets an English girl named Tori at the Tea Party ship, she is gobsmacked to learn how many liberties her British friend enjoys — her very own phone, private loo, and pounds of allowance. When a day of cheerfully doing her chores doesn't earn Judy Moody more rights, and staging a revolt in the form of a tea-throwing Boston Tub Party has her dad reading the riot act, Judy is forced into temporary retreat. Who would guess that a real-life crisis involving her brother, Stink, would finally give Judy a chance to show her courageous quick thinking – and prove her independence, once and for all?

a beautiful boy david sheff: *Strung Out* Erin Khar, 2020-02-25 “This is a story she needed to tell; and the rest of the country needs to listen.” — New York Times Book Review “This vital memoir will change how we look at the opioid crisis and how the media talks about it. A deeply moving and emotional read, *STRUNG OUT* challenges our preconceived ideas of what addiction looks like.” —Stephanie Land, New York Times bestselling author of *Maid* In this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother's expired painkillers, Khar started using heroin when she was thirteen. The drug

allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn't understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. *Strung Out* is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why people turn to opioids in the first place.

a beautiful boy david sheff: *Almost Everything* Anne Lamott, 2018-10-16 From Anne Lamott, the New York Times bestselling author of *Dusk, Night, Dawn* and *Help, Thanks, Wow*, comes the book we need from her now: *How to bring hope back into our lives* I am stockpiling antibiotics for the Apocalypse, even as I await the blossoming of paperwhites on the windowsill in the kitchen, Anne Lamott admits at the beginning of *Almost Everything*. Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest--when we are, as she puts it, doomed, stunned, exhausted, and over-caFFEinated--the seeds of rejuvenation are at hand. All truth is paradox, Lamott writes, and this turns out to be a reason for hope. If you arrive at a place in life that is miserable, it will change. That is the time when we must pledge not to give up but to do what Wendell Berry wrote: 'Be joyful, though you have considered all the facts.' In this profound and funny book, Lamott calls for each of us to rediscover the nuggets of hope and wisdom that are buried within us that can make life sweeter than we ever imagined. Divided into short chapters that explore life's essential truths, *Almost Everything* pinpoints these moments of insight as it shines an encouraging light forward. Candid and caring, insightful and sometimes hilarious, *Almost Everything* is the book we need and that only Anne Lamott can write.

a beautiful boy david sheff: *The American Drug Culture* Thomas S. Weinberg, Gerhard Falk, Ursula Adler Falk, 2017-12-14 *The American Drug Culture* uses sociological and other perspectives to examine drug and alcohol use in U.S. society. The text is arranged topically rather than by drug categories and explores diverse aspects of drug use, including popular culture, sexuality, legal and criminal justice systems, other social institutions, and mental and physical health. It covers alcohol, the most widely used drug in the United States, more extensively than other texts on this subject. The authors include case studies from their own field research that give students empathetic insights into the situations of those suffering from substance and alcohol abuse.

a beautiful boy david sheff: *Bodies in Motion and at Rest: On Metaphor and Mortality* Thomas Lynch, 2001-06-17 A Los Angeles Times Best Book of the Year Masterful essays that illuminate not only how we die but also how we live. Thomas Lynch, poet, funeral director, and author of the highly praised *The Undertaking*, winner of an American Book Award and finalist for the National Book Award, continues to examine the relations between the literary and mortuary arts.

a beautiful boy david sheff: *Game Over* David Sheff, 2011-11-02 More American children recognize Super Mario, the hero of one of Nintendo's video games, than Mickey Mouse. The Japanese company has come to earn more money than the big three computer giants or all Hollywood movie studios combined. Now Sheff tells of the Nintendo invasion--a tale of innovation and cutthroat tactics.

a beautiful boy david sheff: *Reviving Ophelia* Mary Pipher, PhD, 2005-08-01 #1 New York Times Bestseller The groundbreaking work that poses one of the most provocative questions of a generation: what is happening to the selves of adolescent girls? As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the girls themselves. Crashing and burning in a "developmental Bermuda Triangle," they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with

addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a “girl-poisoning” culture that propagated values at odds with those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, *Reviving Ophelia* is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self.

a beautiful boy david sheff: Hopeful Healing Mackenzie Phillips, 2017-02-07 Actress and author of the courageous New York Times bestselling memoir *High on Arrival*, Mackenzie Phillips—Hollywood’s go-to person on substance abuse and a visible and outspoken advocate for addiction awareness and education—brings her knowledge and voice on the subject of recovery for the first time, and shares her experiences for those who are trying to overcome addiction. As the daughter of lead singers of the 1960s band The Mamas and The Papas, Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near-fatal drug addiction. Now, delivered with warmth and candor, she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor. Using her own life experiences as examples of proven recovery methods, she shares the tools and holistic approaches that are available to help you on your journey to recovery. Treatment is not “one-size-fits-all” and Mackenzie encourages addicts and their support networks to research the methods that most effectively address their individual physical, mental, and spiritual wellbeing. Used by both recovering addicts and their families, Mackenzie’s book is a message of hope and reminds us that sobriety is a lifelong journey of the spirit that allows us to lift ourselves up even when we stumble and fall.

a beautiful boy david sheff: Age of Opportunity Laurence D. Steinberg, 2014 The world's leading authority on adolescence presents original new research that explains, as no one has before, how this stage of life has changed and how to steer teenagers through its risks and toward its rewards.

a beautiful boy david sheff: Schizo Nic Sheff, 2015-09-08 The fascinating, shocking, and ultimately quite hopeful story of one teen’s downward spiral into mental illness by the bestselling author of *Tweak* and son of David Sheff (author of *Beautiful Boy*, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet). Miles is the ultimate unreliable narrator—a teen recovering from a schizophrenic breakdown who believes he is getting better . . . when in reality he is growing worse. Driven to the point of obsession to find his missing younger brother, Teddy, and wrapped up in a romance that may or may not be the real thing, Miles is forever chasing shadows. As Miles feels his world closing around him, he struggles to keep it open, but what you think you know about his world is actually a blur of gray, and the sharp focus of reality proves startling. Written by Nic Sheff, son of David Sheff (author of *Beautiful Boy*, the memoir adapted into a movie of the same name starring Steve Carell and Timothée Chalamet), *Schizo* is the fascinating, and ultimately quite hopeful, story of one teen's downward spiral into mental illness as he chases the clues to a missing brother. Perfect for fans of *Thirteen Reasons Why*, *The Perks of Being a Wallflower*, and *It’s Kind of a Funny Story*. “This spare book is a well-written, but painful, read, as readers come to understand the hopelessness Miles feels about his life and his future.”—VOYA “In his first novel, memoirist Sheff (*Tweak*) provides an insightful perspective on one teen’s struggle with mental illness.”—Publishers Weekly

a beautiful boy david sheff: Dreamseller Brandon Novak, Joseph Frantz, 2008 Former skateboarder prodigy Novak relates his harrowing tale of drug abuse, addiction, and recovery, in this riveting memoir that details his slide from a dream life to a nightmare existence.

a beautiful boy david sheff: Losing It Valerie Bertinelli, 2008-02-25 Valerie Bertinelli, then: bubbly sitcom star and America's Sweetheart turned tabloid headline and rock star wife. Now: actress, single working mother of teenage rock star, and weight-loss inspiration to millions. We all knew and loved Valerie Bertinelli years ago when she played girl-next-door cutie Barbara Cooper in the hit TV show *One Day at a Time*, and then starred in numerous TV movies. From wholesome

primetime in America's living rooms, Valerie moved to late nights with the hardest-partying band of the decadent eighties when she became, at twenty, wife to rock guitarist Eddie Van Halen. *Losing It* is Valerie's frank account of her life backstage and in the spotlight. Here are the ups and downs of teen stardom, of her complicated marriage to a brilliant, tormented musical genius, and of her very public struggle with her weight. Surprising, uplifting, and empowering, *Losing It* takes you behind the scenes of Valerie's acting career and marriage, recalling the comforts, friendships, and problems of her television family, her close relationships with her parents and brothers, the stress and worries of being the wife of a rock star, and the joys of motherhood. Like many women, Valerie often remembers the state of her life by the food she ate and the numbers on her scale. So despite her celebrity, Valerie's voice is so down-to-earth, honest, and appealing that you'll feel as if you're talking with a girlfriend over coffee. Funny and candid, Valerie recounts her attempts to maintain a healthy self-image while dealing with social pressures to look and act a certain way, and to overcome career insecurities and relationship problems, all of which will be familiar to the hundreds of thousands of women who struggle every day with these same issues. From marital turmoil to the joys of a new career, from being named among Penthouse's ten sexiest women in the world to overhearing whispers about her weight gain in the grocery store, this is Valerie's inspiring journey as she finds new love, raises a terrific kid, and motivates other women as a spokesperson for Jenny Craig.

a beautiful boy david sheff: *Chasing the High* Kyle Keegan, Howard Moss, 2008-03-04 Kyle Keegan was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life. Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language and along with the psychiatric expertise of Howard Moss, MD, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as which therapies are used to combat addiction, how to talk to family and friends about substance abuse, and how to navigate risky situations. Both an absorbing memoir and a useful resource for young people. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Chasing the High* is at once both an absorbing memoir and a useful resource. It offers hope to those who are struggling with substance abuse and will help them to overcome its challenges and to go on to lead healthy, productive lives.

a beautiful boy david sheff: *Are You There, Vodka? It's Me, Chelsea* Chelsea Handler, 2009-12-29 In a word: hilarious. . . . These are some of the funniest stories I have ever read and they're also some of the most unexpectedly heartfelt--Laura Zigman, author of *Animal Husbandry*.

a beautiful boy david sheff: *Under the Feet of Jesus* Helena Maria Viramontes, 1996-04-01 Winner of the John Dos Passos Prize for Literature "Stunning."—Newsweek With the same audacity with which John Steinbeck wrote about migrant worker conditions in *The Grapes of Wrath* and T.C. Boyle in *The Tortilla Curtain*, Viramontes presents a moving and powerful vision of the lives of the men, women, and children who endure a second-class existence and labor under dangerous conditions in California's fields. At the center of this powerful tale is Estrella, a girl about to cross the perilous border to womanhood. What she knows of life comes from her mother, who has survived abandonment by her husband in a land that treats her as if she were invisible, even though she and her children pick the crops of the farms that feed its people. But within Estrella, seeds of growth and change are stirring. And in the arms of Alejo, they burst into a full, fierce flower as she tastes the joy and pain of first love. Pushed to the margins of society, she learns to fight back and is able to help the young farmworker she loves when his ambitions and very life are threatened in a harvest of death. Infused with the beauty of the California landscape and shifting splendors of the passing

seasons juxtaposed with the bleakness of poverty, this vividly imagined novel is worthy of the people it celebrates and whose story it tells so magnificently. The simple lyrical beauty of Vிராமணதேவனார's prose, her haunting use of image and metaphor, and the urgency of her themes all announce *Under the Feat of Jesus* as a landmark work of American fiction.

a beautiful boy david sheff: *A Wild Winter Swan* Gregory Maguire, 2020-10-06 After brilliantly reimagining the worlds of Oz, Wonderland, Dickensian London, and the Nutcracker, the New York Times bestselling author of *Wicked* turns his unconventional genius to Hans Christian Andersen's *The Wild Swans*, transforming this classic tale into an Italian-American girl's poignant coming-of-age story, set amid the magic of Christmas in 1960s New York. Following her brother's death and her mother's emotional breakdown, Laura now lives on the Upper East Side of Manhattan, in a lonely townhouse she shares with her old-world, strict, often querulous grandparents. But the arrangement may be temporary. The quiet, awkward teenager has been getting into trouble at home and has been expelled from her high school for throwing a record album at a popular girl who bullied her. When Christmas is over and the new year begins, Laura may find herself at boarding school in Montreal. Nearly unmoored from reality through her panic and submerged grief, Laura is startled when a handsome swan boy with only one wing lands on her roof. Hiding him from her ever-bickering grandparents, Laura tries to build the swan boy a wing so he can fly home. But the task is too difficult to accomplish herself. Little does Laura know that her struggle to find help for her new friend parallels that of her grandparents, who are desperate for a distant relative's financial aid to save the family store. As he explores themes of class, isolation, family, and the dangerous yearning to be saved by a power greater than ourselves, Gregory Maguire conjures a haunting, beautiful tale of magical realism that illuminates one young woman's heartbreak and hope as she begins the inevitable journey to adulthood.

a beautiful boy david sheff: *Hiddensee* Gregory Maguire, 2017-10-31 The author of the beloved New York Times bestseller *Wicked* returns with an inventive novel inspired by a timeless holiday legend, intertwining the story of the famous Nutcracker with the life of the mysterious toy maker named Drosselmeier who carves him. *Hiddensee*: An island of white sandy beaches, salt marshes, steep cliffs, and pine forests north of Berlin in the Baltic Sea, an island that is an enchanting bohemian retreat and home to a large artists' colony-- a wellspring of inspiration for the Romantic imagination . . . Having brought his legions of devoted readers to Oz in *Wicked* and to Wonderland in *After Alice*, Maguire now takes us to the realms of the Brothers Grimm and E. T. A. Hoffmann-- the enchanted Black Forest of Bavaria and the salons of Munich. *Hiddensee* imagines the backstory of the Nutcracker, revealing how this entrancing creature came to be carved and how he guided an ailing girl named Klara through a dreamy paradise on a Christmas Eve. At the heart of Hoffmann's mysterious tale hovers Godfather Drosselmeier-- the ominous, canny, one-eyed toy maker made immortal by Petipa and Tchaikovsky's fairy tale ballet-- who presents the once and future Nutcracker to Klara, his goddaughter. But *Hiddensee* is not just a retelling of a classic story. Maguire discovers in the flowering of German Romanticism ties to Hellenic mystery-cults-- a fascination with death and the afterlife-- and ponders a profound question: How can a person who is abused by life, shortchanged and challenged, nevertheless access secrets that benefit the disadvantaged and powerless? Ultimately, *Hiddensee* offers a message of hope. If the compromised Godfather Drosselmeier can bring an enchanted Nutcracker to a young girl in distress on a dark winter evening, perhaps everyone, however lonely or marginalized, has something precious to share.

a beautiful boy david sheff: *Marriage, Divorce, and Children's Adjustment* Robert E. Emery, 1999-02-10 Emery reviews the psychological, social, economic, and legal consequences of divorce, and examines how children's risk or resilience is predicted by interparental conflict, relationships with both parents, financial strain, legal/physical custody, and other factors.--BOOK JACKET.

a beautiful boy david sheff: *Addictive Behaviour in Children and Young Adults* Raoul Goldberg, 2012-08-30 Addiction is one of the most critical problems of our modern world, affecting children as much as adults. We face not only a widespread dependency on illicit substances, but also

addictions to food, beverages, cigarettes and alcohol, as well as electronic gadgetry, online social networks, and entertainment media within a culture of violence, along with excessive and unhealthy sexual practices. This book explores the overall health consequences of addictive behaviour in children and young people, as well as its underlying causes. Drawing on anthroposophical insights, the author sees the child holistically as body, soul and spirit on a developmental journey from newborn to adult. He examines specific addictions through case histories taken from his clinical practice, and offers a tried and tested method to understand and manage each individual child or young person who succumbs to such dependencies. This book will be of value to parents, teachers and health professionals who work with children and adolescents; to young people and adults caught up in unhealthy addictive behaviour; and to all those who wish to understand better their own human nature.

a beautiful boy david sheff: Shapes of Truth Neal Allen, 2021-01-09 Hidden in your body is a set of thirty-five divine objects that represent aspects of God; think of them as a vocabulary to describe your soul. They can help you explore your own perfect nature. With roots in Platonic philosophy and Sufi metaphysics, these eternal body-forms were discovered forty years ago and are only now being shared with the world. They don't just provide knowledge and even wisdom; they also grant immediate and sustained relief from everyday suffering. Spiritual coach and writer Neal Allen describes the discovery, the body-forms themselves, and gives step-by-step instructions for encountering them yourself. His wife, the novelist and memoirist Anne Lamott, contributes a sweet foreword that chronicles her encounter with a body-form on their first date.

a beautiful boy david sheff: She's Not There Jennifer Finney Boylan, 2004 A memoir that tells the story of a person who changed genders chronicles the life of James, a critically acclaimed novelist, who eventually became Jenny, a happy and successful English professor.

a beautiful boy david sheff: Not Too Old for That Vicki Larson, 2022-04-04 Helps women break through the tired and hurtful stereotypes of aging to better reflect who they are, how they live, and what they want as they age. Who hasn't heard the stereotypes about women of a certain age?" That's the age when women become invisible, irrelevant, undesirable, asexual, unhinged, dried-up, hormonal messes. It's when women quickly slide into fragility and become forgetful, passive, weak, feeble, debilitated, disabled, dependent, and depressed. Or so the story goes. Not only are those outdated narratives sexist and ageist, they are also damaging to women's physical, emotional, financial, romantic, and sexual health. It's time to change them. In *Not Too Old for That*, Vicki Larson helps change the narrative about being a woman at midlife and older. She questions what we've been told aging would be like and encourages us to instead ask ourselves, what do we want it to be like, and how can we get there? The key is to be curious, open-minded, and intentional about the ways we are becoming our future selves. We have an opportunity to create new narratives of aging as a woman, ones that value women at all stages of life, not just youth, and it starts with us. Once the stereotypes that have held women back are broken down, women can move past them and rather than feel helpless as the years add up, they can discover and tap into just how much agency they have. Not only will this book help to create a less-ageist, less-sexist, more-inclusive future, it will release our daughters and all young women from a similar future.

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