

# Tweak Growing Up On Methamphetamines Nic Sheff

Eventually, you will very discover a new experience and exploit by spending more cash. nevertheless when? pull off you consent that you require to get those every needs taking into consideration having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more roughly speaking the globe, experience, some places, later history, amusement, and a lot more?

It is your utterly own epoch to pretense reviewing habit. along with guides you could enjoy now is **Tweak Growing Up On Methamphetamines Nic Sheff** below.

**Psychopharmacology** - Jerrold S. Meyer 2018

Encompassing recent advances in molecular pharmacology and brain imaging, this text covers historical accounts of drug use, through clinical and preclinical behavioural studies, to the latest research on drug effects in transgenic mouse models.

**Mum, Can You Lend Me Twenty Quid?** - Elizabeth Burton-Phillips 2013-10-24

Elizabeth Burton Phillips is a teacher, an ordinary middle-class mother who had always tried to do the best for her children; she never imagined that her identical twin sons, who had been doing so well at school, would become involved in drugs. She was shocked when they were suspended from school for smoking cannabis; but this was just the start of a terrible, unimaginable journey - culminating in the knock on the door in the early hours by the police. They gave her the devastating news that her son Nick had killed himself in despair at his heroin addiction. Since his death, Elizabeth has campaigned tirelessly to make parents aware of the pain and suffering caused to families by drug addiction; and her surviving twin, Simon, now drug-free, has contributed his own thoughts to this inspiring and moving book.

**Growing Up Spiritually** - Kenneth E. Hagin 1982-03-01

Rev. Hagin compares stages of spiritual growth to those of physical growth. It will help you locate where you are spiritually and then show you how to grow into the next stage of spiritual development.

**Recovery Now** - Anonymous 2013-10-29

An accessible basic text written in today's language for anyone guided by the Twelve Steps in their recovery from addiction to alcohol and other drugs. For decades people from all over the world have found freedom from addiction--be it to alcohol, other drugs, gambling, or overeating--using the Twelve-Step recovery program first set forth in the seminal book Alcoholics Anonymous. Although the core principles and practices of this invaluable guide hold strong today, addiction science and societal norms have changed dramatically since it was first published in 1939. Recovery Now combines the most current research with the timeless wisdom of Alcoholics Anonymous, Narcotics Anonymous, and other established Twelve-Step program guides to offer an accessible basic text written in today's language for anyone recovering from addiction to alcohol and other drugs. Marvin D. Seppala, MD, offers a "doctor's opinion" in the foreword to Recovery Now, outlining the medical advances in addiction treatment, and updating the Big Book's concept of addiction as an allergy to reveal how it is actually a brain disease. Regardless of gender, sexual orientation, culture, age, or religious beliefs, this book can serve either as your guide for recovery, or as a companion and portal to the textbook of your chosen Twelve-Step Program.

**Act of Terror** - Marc Cameron 2018-03-27

No one knows who may be the next threat in this "action-packed" thriller by the New York Times bestselling author of National Security (Publishers Weekly). From coast to coast, our nation is witnessing a new wave of terror. Suicide bombers incite blind panic and paralyzing fear. A flight attendant tries to crash an airliner. A police officer opens fire on fans in a stadium. And at CIA headquarters, a Deputy Director goes on a murderous rampage. The perpetrators appear to be American—but they are covert agents in a vast network of terror, selected and trained for one purpose only: the complete annihilation of America. Special Agent Jericho Quinn has seen the warning signs. As a classified "instrument" of the CIA reporting directly to the president, Quinn knows that these random acts of violence pose a clear and present danger. But Quinn may not be able to stop it. The search for terrorists has escalated into an all-out witch hunt. And

somehow, Quinn's name is on the list... "Quinn is most definitely one of the best characters in the thriller realm."—Suspense Magazine

**Permanent Record** - Mary H. K. Choi 2020-09-29

A New York Times bestseller! "Smart and funny...warm and rewarding." —Booklist (starred review) "A compelling and quirky tale of love and negotiating early adulthood in New York City." —School Library Journal From the New York Times bestselling author of Emergency Contact, which Rainbow Rowell called "smart and funny," comes a "captivating" (The New York Times) romance about how social media influences relationships every day. On paper, college dropout Pablo Rind doesn't have a whole lot going for him. His graveyard shift at a twenty-four-hour deli in Brooklyn is a struggle. Plus, he's up to his eyeballs in credit card debt. Never mind the state of his student loans. Pop juggernaut Leanna Smart has enough social media followers to populate whole continents. The brand is unstoppable. She graduated from child stardom to become an international icon, and her adult life is a queasy blur of private planes, step-and-repeats, aspirational hotel rooms, and strangers screaming for her just to notice them. When Leanna and Pablo meet at 5:00 a.m. at the bodega in the dead of winter it's absurd to think they'd be A Thing. But as they discover who they are, who they want to be, and how to defy the deafening expectations of everyone else, Lee and Pab turn to each other. Which, of course, is when things get properly complicated.

**Note Found in a Bottle** - Susan Cheever 2000

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.

**8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing (8 Keys to Mental Health)** - Babette Rothschild 2010-01-04

The author of The Body Remembers offers eight main strategies--mindfulness, a focus on survival, recovery without false memories, creating an inner dialogue that soothes, building psychological defenses to cope and more--for combating the life-altering affects of trauma. Original

**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.

**Portrait of an Addict as a Young Man** - Bill Clegg 2010-06-07

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.

The White Horse - Cynthia D. Grant 2015-08-04

Writing can open doors to a better life for Raina—but it's up to her not to slam them shut Raina doesn't trust anyone. People either hurt you or leave you—or they die, which is the same thing, really. She used to trust her mother, until her mother chose heroin and a long series of abusive boyfriends over her. Now, sixteen-year-old Raina panhandles on the streets and sleeps in abandoned buildings with her boyfriend, Sonny. She doesn't tell anyone the truth about her life, at least not out loud, but she can't stop it from coming out in the poems and stories she writes for her teacher Miss Johnson. Miss Johnson knows that Raina is smart, perceptive, and utterly locked inside of herself. The concerned teacher reaches out again and again, but Raina's dreams have been crushed by reality too often. What will it take for Raina to ask for help?

Teenage Degenerate - S. C. Sterling 2016-01-18

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

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

The Buddhist on Death Row - David Sheff 2020-08-04

The #1 New York Times bestselling author of Beautiful Boy explores the transformation of Jarvis Jay Masters who has become one of America's most inspiring Buddhist practitioners while locked in a cell on death row. Jarvis Jay Masters's early life was a horror story whose outline we know too well. Born in Long Beach, California, his house was filled with crack, alcohol, physical abuse, and men who paid his mother for sex. He and his siblings were split up and sent to foster care when he was five, and he progressed quickly to juvenile detention, car theft, armed robbery, and ultimately San Quentin. While in prison, he was set up for the murder of a guard—a conviction which landed him on death row, where he's been since 1990. At the time of his murder trial, he was held in solitary confinement, torn by rage and anxiety, felled by headaches, seizures, and panic attacks. A criminal investigator repeatedly offered to teach him breathing exercises which he repeatedly refused. Until desperation moved him to ask her how to do "that meditation shit." With

uncanny clarity, David Sheff describes Masters's gradual but profound transformation from a man dedicated to hurting others to one who has prevented violence on the prison yard, counseled high school kids by mail, and helped prisoners—and even guards—find meaning in their lives. Along the way, Masters becomes drawn to the principles that Buddhism espouses—compassion, sacrifice, and living in the moment—and he gains the admiration of Buddhists worldwide, including many of the faith's most renowned practitioners. And while he is still in San Quentin and still on death row, he is a renowned Buddhist thinker who shows us how to ease our everyday suffering, relish the light that surrounds us, and endure the tragedies that befall us all.

The Night Listener - Armistead Maupin 2009-10-06

"I'm a fabulist by trade," warns Gabriel Noone, a late-night radio storyteller, as he begins to untangle the skeins of his tumultuous life: his crumbling ten-year love affair, his disaffection from his Southern father, his longtime weakness for ignoring reality. Gabriel's most sympathetic listener is Pete Lomax, a thirteen-year-old fan in Wisconsin whose own horrific past has left him wise and generous beyond his years. But when this virtual father-son relationship is rocked by doubt, a desperate search for the truth ensues. Welcome to the complex, vertiginous world of The Night Listener.

In My Skin - Kate Holden 2006

Called "Quite simply in a class of its own . . . the work of astunningly talented writer who both graces and surpasses her material"(Guardian), this is the frank, harrowing, and true story of one youngwoman's descent into heroin addiction and prostitution and the long,arduous struggle to redeem her life that made her stronger. A shy, bookishcollege graduate from a solid middle-class home, Kate Holden was uncertainof her way in life. When she decided to try her first hit of heroin as aone-time adventure with friends, she did not anticipate that the drug wouldtake over. She lost her job and apartment and stole from her family.Desperation drove her first to offer her body on the streets and then inhigh-class brothels, where she discovered hidden strengths as well as partsof herself that frightened her. With the acceptance and unyielding love ofa family that never abandoned her, Kate Holden ultimately defeated the drugand left her netherworld behind.

High - David Sheff 2019

Just Say Know! With drug education for children more important than ever, this nonfiction book draws on the experiences of the NY Times bestselling father/son team of David and Nic Sheff to provide all the information teens and tweens need to know about drugs, alcohol, and addiction. From David Sheff, author of Beautiful Boy (2008), and Nic Sheff, author of Tweak: Growing Up on Methamphetamines (2008), comes the ultimate resource for learning about the realities of drugs and alcohol for middle grade readers. This book tells it as it is, with testimonials from peers who have been there and families who have lived through the addiction of a loved one, along with the cold, hard facts about what drugs and alcohol do to our bodies. From how to navigate peer pressure to outlets for stress to the potential consequences for experimenting, Nic and David Sheff lay out the facts so that middle grade readers can educate themselves.

Forgive Me - Susan Lewis 2021-01-26

From the internationally bestselling author of over 40 novels comes a gripping story of love, family, and the price of forgiveness, for readers of Diane Chamberlain and Lisa Scottoline. In prison, Archie Colbrook spends his time writing letters. Letters addressed to a person against whom he committed terrible, nameless harm. Archie knows he doesn't deserve forgiveness. Yes, he didn't mean to hurt anyone, and sure, he was only following orders. But does that matter? He still did it. In a small coastal town of Northern England, Claudia Winters hopes to feel safe for the first time in years after fleeing from her abusive husband with her mother and daughter. Their new life is supposed to be a fresh start. But Claudia knows the past won't stay hidden for long—and she can't help but feel that someone is watching her. And that something terrible is about to happen. Linked by one irrevocable act of violence, Archie and Claudia's lives intertwine. Claudia can't overlook what Archie did to her family—but is forgiveness the only way to truly move on? Tense, emotional, and gripping, Susan Lewis's latest novel is a spellbinding story of family and the power of forgiveness.

Three Little Words - Ashley Rhodes-Courter 2008-01-08

Traces the author's painful childhood in a series of foster homes, her deteriorating relationship with her

emotionally unstable mother, abuse at the hands of a foster family, and her subsequent efforts to advocate for an improved foster care system.

**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.

**China Dawn** - David Sheff 2002-03-19

In this breathtaking narrative, journalist David Sheff introduces the visionaries leading Asia into the 21st century. "Wired Warriors" is the definitive book on one of the most extraordinary business and social movements anywhere.

**Gate of the Sun** - Elias Khoury 2012-03-01

Gate of the Sun is the first magnum opus of the Palestinian saga. After their country is torn apart in 1948, two men remain alone in a deserted makeshift hospital in the Shatila camp on the outskirts of Beirut. We enter 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. 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.

**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.

**Michael Tolliver Lives** - Armistead Maupin 2009-10-13

Inspiration for the Netflix Limited Series, Tales of the City The seventh novel in the beloved Tales of the City series, Armistead Maupin's best-selling San Francisco saga. Nearly two decades after ending his groundbreaking Tales of the City saga of San Francisco life, Armistead Maupin revisits his all-too-human hero Michael Tolliver—the fifty-five-year-old sweet-spirited gardener and survivor of the plague that took so many of his friends and lovers—for a single day at once mundane and extraordinary... and filled with the everyday miracles of living.

**Ana's Story** - Jenna Bush 2008-04-22

Ana's story begins the day she is born with HIV, transmitted from her mother, who dies just a few years later. From then on, Ana's childhood becomes a blur of secrets—about her illness, her family, and the abuse

she endures. Shuffled from home to home, Ana rarely finds safety or acceptance. But after she falls in love and becomes pregnant at seventeen, she embarks on a journey that leads her to new beginnings, new sorrows, and new hope. Based on her work with UNICEF and inspired by the framework of one girl's life, Jenna Bush tells the story of many children around the world who are excluded from basic care, support, and education. Resources at the back of this book share how you can help children like Ana and protect yourself and others.

**The Third Twin** - C. J. Omololu 2015

Ava and Lexi, high school seniors and identical twins, created an imaginary triplet, Alicia, to date and dump boys but now they are being stalked and impersonated by the sister they invented and their former dates are turning up dead.

**Chasing the High** - Kyle Keegan 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.

**Study Guide** - Supersummary 2019-11-27

SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 58-page guide for "Tweak" by Nic Sheff includes detailed chapter summaries and analysis covering 42 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like Drugs as Escapism and Mental Illness and Trauma.

**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.

**The Science of Addiction: From Neurobiology to Treatment** - Carlton K. Erickson 2007-02-17

A leading addictions specialist presents information about the neurobiology of drug and alcohol addictions and how individuals with addictions respond to various therapies. The strong focus on the most commonly addictive drugs--alcohol, nicotine, cocaine, heroin--as well as others, ensures wide coverage of this issue.

**The Good Teacher** - Petronella McGovern 2020-09-01

From the bestselling author of *Six Minutes*, comes a fast-paced, heart-stopping thriller full of gripping tension, twists and turns. A good teacher can change lives... Every evening, Allison watches her husband's new house, desperate to find some answers. Every morning, she puts on a brave face to teach kindergarten. She's a good teacher, everyone says so - this stalking is just a tiny crack in her usual self-control. A late enrolment into her class brings little Gracie. Allison takes the sick girl under her wing, smothering Gracie with the love she can't give her own son. When Gracie has a chance to go to America for treatment, Allison whips up the community into a frenzied fundraising drive. But as others start to question her judgement and the police arrive at her door, Allison wonders if she can trust herself. Has she crossed a line? How far will the good teacher go to save a life? And whose life will that be? An intriguing tale of our times about kindness and betrayal, and the danger of good deeds. Praise for *SIX MINUTES* 'Impossible to put down and full of twists and turns you won't see coming! I loved this fabulous debut novel.' Liane Moriarty, bestselling author of *Nine Perfect Strangers* 'This book is one-of-a-kind. A beautiful, exciting one-of-a-kind. The writing is tight and addictive, and hours of reading will fly by as you race through this gripping whodunit, trying to guess and second-guess who the baddie is.' Herald Sun 'A superb debut full of twists that will have you guessing until the last, tense moment.' Who

*High Anxieties* - Janet Farrell Brodie 2002-11-21

*High Anxieties* is a collection of essays exploring the historical and ideological notions of addiction, from the Opium Wars to the current war on drugs, to the internet.

**Trinkets** - Kirsten Smith 2019-06-06

COMING SOON TO NETLIX! The Shoplifters Anonymous meetings that sixteen-year-old Moe is forced to attend are usually punctuated by the snores of an old man and the whining of the world's unhappiest housewife. Until the day that Tabitha Foster and Elodie Shaw walk in. Tabitha has just about everything she wants: money, friends, popularity, a hot boyfriend who worships her...and clearly a yen for stealing. So does Elodie, who, despite her goodie-two-shoes attitude pretty much has "klepto" written across her forehead in indelible marker. But both of them are nothing compared to Moe, a bad girl with an even worse reputation. Tabitha, Elodie, and Moe: a beauty queen, a wallflower, and a burnout--a more unlikely trio high school has rarely seen. And yet, when Tabitha challenges them to a steal-off, so begins a strange alliance linked by the thrill of stealing and the reasons that spawn it. Hollywood screenwriter Kirsten Smith tells this story from multiple perspectives with humor and warmth as three very different girls who are supposed to be learning the steps to recovery end up learning the rules of friendship.

**Tweaked** - Patrick Moore 2006

Traces the author's twenty-year stint as crystal meth addict, from his lonely childhood in Iowa with his grandmother, an alcoholic artist, to his wild acid trips and experiences navigating through the dark underworld of cooks, users, club kids, dealers, and other unforgettable characters. Original.

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

NATIONAL BESTSELLER • An up-close portrait of the mind of an addict and a life unraveled by narcotics—a memoir of captivating urgency and surprising humor that puts a human face on the opioid crisis. “Raw, brutal, and shocking. Move over, *Orange Is the New Black*.”—Amy Dresner, author of *My Fair Junkie* When word got out that Tiffany Jenkins was withdrawing from opiates on the floor of a jail cell, people in her town were shocked. Not because of the twenty felonies she’d committed, or the nature of her crimes, or even that she’d been captain of the high school cheerleading squad just a few years earlier, but because her boyfriend was a Deputy Sheriff, and his friends—their friends—were the ones who’d arrested her. A raw and twisty page-turning memoir that reads like fiction, *High Achiever* spans Tiffany’s life as an

active opioid addict, her 120 days in a Florida jail where every officer despised what she’d done to their brother in blue, and her eventual recovery. With heart-racing urgency and unflinching honesty, Jenkins takes you inside the grips of addiction and the desperate decisions it breeds. She is a born storyteller who lived an incredible story, from blackmail by an ex-boyfriend to a soul-shattering deal with a drug dealer, and her telling brims with suspense and unexpected wit. But the true surprise is her path to recovery. Tiffany breaks through the stigma and silence to offer hope and inspiration to anyone battling the disease—whether it’s a loved one or themselves.

**Vertical Vegetables & Fruit** - Rhonda Massingham Hart 2011-01-01

At last, an innovative solution for urbanites, apartment dwellers, and anyone who wants to grow food in small spaces — grow up! *Vertical Vegetables & Fruit* shows how easy and fun small-footprint food gardening can be. Low maintenance and big harvests are just two of the benefits of using teepees, trellises, cages, hanging baskets, wall pockets, stacking pots, and multilevel raised beds to grow vegetables and fruit. Whether your soon-to-be garden is an alley, a balcony, a rooftop, or just a windowsill, master gardener Rhonda Massingham Hart provides expert advice for constructing the site, preparing the soil, and planting and caring for vegetables and fruits to produce a hearty harvest. From beans on a tepee to tomatoes on a wire archway, melons on a slanted fence to cucumbers on a trellis, kiwis on a clothesline to strawberries in a pot, there are simple growing guidelines here to fit every gardener's favorite tastes and site. For experienced gardeners looking to try new techniques as well as first-time growers with tiny growing spaces, *Vertical Vegetables & Fruit* is the space-saving, harvest-enhancing guide to producing a bounty of fresh food in any location.

*Guts* - Kristen Johnston 2013-01-22

The actress best known for her work on "3rd Rock from the Sun" traces the story of her career and the personal difficulties that challenged her after "3rd Rock" ended.

**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

**Permanent Midnight** - Jerry Stahl 2005-06-01

A searing confessional infused with the darkest humour, *Permanent Midnight* chronicles the opiated abyss of a Hollywood screenwriter and his formidable climb into society. Made into a major motion picture starring Ben Stiller and Owen Wilson, *Permanent Midnight* is revered by critics and an ever-growing cult of devoted readers as one of the most compelling contemporary memoirs. From the author of the hugely popular *I, Fatty*.

*Shards* - Allison Moore 2014-04-22

The “honest, introspective, and harrowing” (Kirkus Reviews) true story of a young female cop who almost loses everything in a downward spiral of addiction—a career she loved, colleagues who respected her, and the island that was once her personal paradise—before finally seeking redemption. As a beautiful, ambitious, and fearless young woman, Allison Moore had everything going for her: She had been the star student of her recruit class and was quickly promoted to vice cop at the Maui Police Department, while earning the respect of her colleagues and a stellar reputation. But when a doomed love affair with another cop led Allison to seek desperate escape, her life took a sudden and violent plunge. Using her position of

authority and skills of manipulation, Allison hid her addiction from her lover and her department for as long as possible. She fabricated an elaborate story that she had cancer and needed to seek treatment on the mainland, while actually traveling to get a steady supply of meth from a brutal Seattle drug dealer. When her intensifying dependence on meth put her at the mercy of the ruthless dealer, he made her a prisoner in

his house, subjecting her to unthinkable physical and sexual abuse, and monitoring her every move through a web of hidden surveillance cameras. Astounding, gripping, and astonishingly candid, Shards spares no detail of Allison's horrific experiences and the tangle of addiction and betrayal that cost her nearly everything.