



**Smashed: Story Of A Drunken Girlhood by Koren Zailckas**

Koren had her first drink at the age of fourteen and her life quickly spiraled out of control with binge drinking and blackouts throughout high school and college. Parents and young adults will find this disturbing and moving memoir especially poignant.



**Tweak: Growing Up On Methamphetamines by Nic Sheff**

Nic Sheff tells his heartbreaking story of addiction, relapse and recovery to multiple of substances. He shares how his addiction effected every aspect of his life and the lives of those around him.



**We All Fall Down: Living With Addiction by Nic Sheff**

The emotionally intense sequel to Tweak (listed above) is about learning to live as a young adult in recovery. He talks openly about life in rehab centers and his painful relapses.



**With Or Without Your: A Memoir by Domenica Ruta**

Domenica Ruta grew up in Danvers, Massachusetts, living in horrible conditions where her mother, a drug dealer would frequently give her Oxycontin. Domenica was able to escape her family only to fall into the grips of addiction. This humorous, deeply emotional memoir is both bittersweet and moving.

**For additional suggestions please ask a librarian!**



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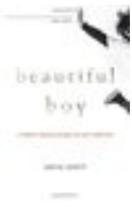
# Addiction & Recovery Memoirs

You are not alone.  
This guide contains a list of recommended memoirs that are about the impact of addiction and the struggle toward recovery.



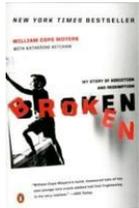
Compiled by Reference Librarian,  
Cindy Grove

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**Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff**

This is an honest and intense memoir that demonstrates the challenges of loving a child who seems beyond help. David talks openly about what it is like to be the parent of a child struggling with addiction and the effects it has on those who love them.



**Broken: My Story Of Addiction And Redemption by William Cope Moyers and Katherine Ketcham**

William Cope Moyers, the son of veteran broadcaster Bill Moyers talks openly about his alcoholism and drug addiction. This book is about his downward spiral into addiction and the numerous attempts he made toward recovery.



**Cocaine's Son: A Memoir by Dave Itzkoff**

Dave Itzkoff's father is addicted to cocaine and in this memoir he painfully describes growing up surrounded by the effects of his father's addiction. Sadly, when Dave goes to college he enters into his own battle with addiction. A heart wrenching story about growing up and living with addiction and the opportunities recovery provides.



**Comeback: A Mother And Daughter's Journey Through Hell And Back by Claire Fontaine and Mia Fontaine**

This unforgettable story of love and transformation tells is about the transformation of a young woman from a happy, intelligent woman into an out of control addict. The story flows beautifully from the daughter's and mother's perspectives.



**Dry: A Memoir by Augusten Burroughs**

Augusten Burroughs who also wrote the bestselling memoir Running With Scissors continues sharing the strange, humorous and heartbreaking story of his life. In this book he focuses on his struggle with alcoholism and recovery process.



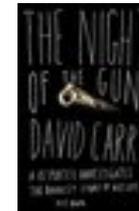
**The Heroin Diaries: A Year In The Life Of A Shattered Rock Star by Nikki Sixx**

This memoir contains the journal of Motley Crue Bassist Nikki Sixx in 1987. Nikki was struggling with the rock and roll lifestyle and drugs that came with it. Most journal entries contain commentary from Nikki and those who were part of his life during that time. Nikki's journal provides heartbreaking insight into how miserable and near death he was during that time.



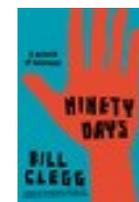
**Lit by Mary Carr**

Author of the bestselling book The Liar's Club, Mary Carr's memoir talks about her descent into alcoholism and her courage to face her past work towards recovery. This book's sharp, humorous and sarcastic tone makes the book a moving and entertaining.



**The Night Of The Gun: A Reporter Investigates The Darkest Story Of His Life, His Own by David Carr**

Journalist and former drug addict David Carr cannot remember his past, so he uses his skills as a reporter to uncover his own story. His journalistic writing style and process of discovery makes this a compelling story.



**Ninety Days: A Memoir Of Recovery by Bill Clegg**

This sequel to Portrait Of An Addict As A Young Man (listed below) picks up where the first book ends. In this book Bill has begun the process of recovery and struggling with the battle to reclaim his life with the support of his friends.



**Portrait Of An Addict As A Young Man: A Memoir by Bill Clegg**

Bill Clegg was living the American dream with a great job, partner, family and friends, but lost it all when he became addicted to crack and went on a two month binge. This reflective and candid memoir exposes the reality of addiction.