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# TWEAK

: GROWING UP ON  
METHAMPHETAMINES.

NIC SHEFF

the story  
that inspired  
the major  
motion picture  
**BEAUTIFUL  
BOY**

# Tweak Growing Up On Methamphetamines By Nic Sheff

**Rune Michaels**



## **Tweak Growing Up On Methamphetamines By Nic Sheff:**

**Tweak** Nic Sheff, 2009-07-10 The author details his immersion in a world of hardcore drugs revealing the mental and physical depths of addiction and the violent relapse one summer in California that forever changed his life leading him down the road to recovery

**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 *We All Fall Down* Nic Sheff, 2012-04-10 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 Timoth e Chalamet

[If Your Adolescent Has Depression](#) Dwight L. Evans, Moira A. Rynn, Katherine Ellison, 2023-05-02 The authoritative guide to understanding and helping a teenager with depression While coping with teenage moodiness can be difficult under any circumstances it can be especially challenging if a teenager has a serious mood disorder This concise readable book is the definitive guide to understanding and getting effective help for adolescents with depression designed for parents and other adults in contact with afflicted teens It combines the most current scientific expertise available today including the newest treatments and medications and the latest research findings on depression with no nonsense hands on advice from parents who have faced this mood disorder in their own children Among other topics the book addresses the roots of depression red flags to look out for treatment options for young people and practical strategies for helping a teen cope at home and at school It concludes on

a hopeful note by reviewing the latest scientific evidence on treating depression A growing body of research now shows that early diagnosis and treatment of depression may reduce the severity of the disease both now and in the future Including chapters on sex drugs and social media and life after high school this book will provide the information and tools parents need to help adolescents achieve the best possible outcome **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 Teen Addiction Gideon Saxon,AI,2025-03-12 Teen Addiction explores why adolescents are particularly vulnerable to substance abuse and other addictive behaviors delving into the psychological social and neurological factors at play It highlights how the developing adolescent brain still undergoing significant changes in areas like impulse control and decision making makes teenagers more susceptible to risky experimentation Furthermore the book examines the powerful influence of the social environment including peer pressure and social media in shaping teen behaviors and contributing to potential addiction The book progresses from an introduction to addiction and adolescent development through key areas such as the impact of peer pressure the correlation between mental health and substance abuse and strategies for intervention It offers a nuanced understanding of addiction emphasizing the interplay of neurological immaturity social sensitivity and psychological vulnerabilities This approach allows parents educators and policymakers to implement targeted prevention strategies For example understanding the neurological impact of addiction can help tailor communication strategies with teens The book also takes a strength based approach focusing on resilience factors to protect adolescents Teen Addiction uniquely synthesizes research from neuroscience psychology and sociology to provide evidence based advice Ultimately it serves as a practical toolkit for parents educators and anyone working with teenagers offering insights and strategies to navigate the challenges of teen addiction and promote healthy development

**Methamphetamines** Alexis Burling,2019-12-15 Methamphetamine abuse is a worldwide problem This invaluable resource written in accessible and engaging language covers vital subjects such as how meth affects the brain and body the consequences of meth addiction and how to get help True stories about people struggling with using crystal meth or trying to get sober help readers put addiction in perspective while sidebars about topics such as the history of methamphetamine use offer important context Contact information for drug hotlines rehab centers and other community service organizations are included **High** David Sheff,Nic Sheff,2019-01-08 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

**Legalizing Drugs** Margaret J. Goldstein,2010-01-01 This book looks at the history of drug laws in the United States the modern day War on Drugs and the medical marijuana movement It provides the opinions and perspectives of police officers politicians and the U S drug czar      *What's Your Book?* Brooke Warner,2025-07-30 What s Your Book is an aspiring author s go to guide for getting from idea to publication Brooke Warner is a publishing expert with thirteen years experience as an acquiring editor for major trade houses In her book she brings her unique understanding of book publishing from the vantage point of coach editor and publisher to each of the book s five chapters which include understanding the art of becoming an author getting over common hurdles challenging counterproductive mindsets building an author platform and ultimately getting published Brooke is known for her straightforward delivery honest assessments and compassionate touch with authors What s Your Book contains the inspiration and information every writer needs to publish their first or next book

Intoxication Thomas Thurnell-Read,Mark Monaghan,2023-01-01 What images come to mind when you read the word intoxication What behaviour do you associate with the word drunk When you hear the word drug what images do you recall This textbook provides an essential and thorough grounding in debates about the role of intoxication in contemporary society from social and cultural perspectives It examines intoxication in the broadest sense as including both legal and illegal substances and both culturally accepted and socially stigmatised practices Given the pace of recent changes in policy and practice from the increasingly common legalisation of cannabis to the recent trend of sobriety amongst adolescents and young adults this book stands out by offering both a through historical and theoretical overview and a topical and forward looking exploration of current debates It adopts a multi scale approach to examine wider patterns of change so it considers the subjective experiences of the role intoxication plays in the lives of individuals and groups in the construction of diverse identities and how this differs by age gender and ethnicity The authors play particular attention to the way in which the state justifies interventions based on moral health and criminal justice discourses and also consider the role played by other individuals and institutions not least the mass media and the alcohol industry in propagating and challenging common sense explanations of intoxication It speaks to undergraduates master s students and above with a range of pedagogic features and offers insights into policy and practice      **Daydreams at Work** Amy Fries,2009 Finalist in the National Indie Excellence Awards Self Help Category for 2010      Nobel Genes Rune Michaels,2011-12-06 A boy whose manic depressive mother has always told him that his father won a Nobel Prize spends his time taking care of her and searching for clues to the identity of the Nobel Prize winning sperm donor eventually finding a truth he must learn to accept      *Identical* Ellen

Hopkins,2008-08-26 Beneath their perfect family fa ade twin sisters struggle alone with impossible circumstances and their own demons until they finally learn to fight for each other in this poignant tour de force from 1 New York Times bestselling

author Ellen Hopkins Sixteen year old Kaeleigh and Raeanne are identical down to the dimple As daughters of a district court judge father and a politician mother they are an all American family on the surface Underneath run very deep and damaging secrets What really happened in the car accident that Daddy caused And why is Mom never home always running far away to pursue some new dream The girls themselves have become hopelessly divided over the years Sick of losing Daddy s game of favorites Raeanne turns to painkillers alcohol and sex to dull her pain her anger Kaeleigh tries to be her father s perfect little flower but being the misplaced focus of his sexual attention has her seeking control anywhere she can even if it means cutting herself and unhealthy binge and purge eating Secrets like the ones the twins are harboring are not meant to be kept from each other or anyone else Before long it s obvious that neither sister can handle their problems alone and one must step up to save the other but the question is who

**Confessions of a Book Reviewer** Michael Cart,2018-12-19 Foreword by Francesca Lia Block For more than 20 years Michael Cart s column for Booklist has delighted YA literature enthusiasts and bibliophiles in general with an engaging mixture of wit insight and good old fashioned publishing industry gossip Spotlighting Cart s unique perspective as both devoted book reviewer and self proclaimed book addict this Carte Blanche compilation offers readers the chance to trace the blossoming of YA lit into a bona fide phenomenon that continues to grow in popularity In the columns gathered here he explores reading writing and book collections and collecting the past present and future of YA lit a multitude of genres including historical fiction fantasy science fiction humor and comics and memories of notable figures in the world of publishing through tributes and memorials These pieces remain as engaging and fun to read as when they first appeared

**Outstanding Books for the College Bound** Angela Carstensen (Ed),Young Adult Library Services Association,2011-05-27 Connecting teens to books they ll truly enjoy is the aim of every young adult librarian and the completely revamped guide Outstanding Books for the College Bound will give teen services staff the leg up they need to make it happen Listing nearly 200 books deemed outstanding for the college bound by the Young Adult Library Services Association YALSA this indispensable resource Examines how the previous lists in the series were developed and explains the book s new layout Features engaging helpful book descriptions useful for readers advisory Offers programming tips and other ideas for ways the lists can be used at schools and public libraries Includes indexes searchable by topic year title and author More than simply a vital collection development tool this book can help librarians help young adults grow into the kind of independent readers and thinkers who will flourish at college

**Investigate Methamphetamine** Marylou Ambrose,Veronica Deisler,2014-07-01 Meth crank ice No matter what you call it methamphetamine is an extremely addictive drug It is expensive and gives users what appears to endless energy Authors Marylou Ambrose and Veronica Deisler look at the epidemic spread of methamphetamines abuse in the United States Personal stories and the latest statistics bring the deadly impact of this drug into focus

**Where Things Come Back** John Corey Whaley,2011-05-03 Winner of the 2012 Michael L Printz and William C Morris Awards this poignant and hilarious story of loss and redemption explores the process

of grief second chances and even the meaning of life Kirkus Reviews In the remarkable bizarre and heart wrenching summer before Cullen Witter s senior year of high school he is forced to examine everything he thinks he understands about his small and painfully dull Arkansas town His cousin overdoses his town becomes absurdly obsessed with the alleged reappearance of an extinct woodpecker and most troubling of all his sensitive gifted fifteen year old brother Gabriel suddenly and inexplicably disappears Meanwhile the crisis of faith spawned by a young missionary s disillusion in Africa prompts a frantic search for meaning that has far reaching consequences As distant as the two stories initially seem they are woven together through masterful plotting and merge in a surprising and harrowing climax This extraordinary tale from a rare literary voice finds wonder in the ordinary and illuminates the hope of second chances      *Substance Use Disorders* Perry M.

Duncan,2020-09-17 Cognitive behavioural principles are integrated with genetic and psychiatric factors to explain addiction s causes and consequences      *Psychotherapy for the Treatment of Substance Abuse* Marc Galanter,Herbert D. Kleber,2011 In *Psychotherapy for the Treatment of Substance Abuse* leading authorities on substance abuse treatment techniques review and illustrate the most common interventions for opioid related and alcohol related substance abuse disorders as well as crucial methodologies for testing and patient placement Methods reviewed include self help fellowships such as Alcoholics Anonymous cognitive behavioral and psychodynamic treatments motivational enhancement group and family therapy contingency management and the multimodal approach called Network Therapy which recruits the support of friends and family to prompt abstinence and prevent relapse Each chapter includes vivid case studies to illustrate the approach described as well as a review of the key clinical concepts and a list of essential readings Adapting a new clinically focused manual from their popular American Psychiatric Publishing Textbook of Substance Abuse Treatment now in its fourth edition Dr Galanter and Dr Kleber have designed *Psychotherapy for the Treatment of Substance Abuse* to be of practical application to both experienced clinicians and those new to the field The accompanying DVD demonstrates Network Therapy in practice and includes enlightening commentary on key issues that are relevant across the many modalities of substance abuse treatment discussed in the book

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