

Unsweetined A Memoir

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Marti Macgibbon Robyn Flemming Monique Roffey Cat Marnell Tracy McKay-Lamb
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in this explosive us weekly and brutally honest e online memoir jodie sweetin once
danny tanner s bubbly daughter on america s favorite family sitcom takes readers
behind the scenes of full house and into her terrifying and uplifting real life story of
addiction and recovery how rude jodie sweetin melted our hearts and made us laugh
for eight years as cherub faced goody two shoes middle child stephanie tanner her
ups and downs seemed not so different from our own but more than a decade after
the popular television show ended the star publicly revealed her shocking recovery
from methamphetamine addiction even then she kept a painful secret one that could
not be solved in thirty minutes with a hug a stern talking to or a bowl of ice cream
around the family table the harrowing battle she swore she had won was really just

beginning in this deeply personal utterly raw and ultimately inspiring memoir jodie comes clean about the double life she led the crippling identity crisis the hidden anguish of juggling a regular childhood with her hollywood life and the vicious cycle of abuse and recovery that led to a relapse even as she wrote this book finally becoming a mother gave her the determination and the courage to get sober with resilience charm and humor she writes candidly about taking each day at a time hers is not a story of success or defeat but of facing your demons finding yourself and telling the whole truth unsweetined

hunter Biden recounts his descent into substance abuse and his tortuous path to sobriety the story ends with where hunter is today

there s never been a more honest or raw memoir and it may just save lives daily mail funny fascinating compelling also a wonderful read for fans of friends the times the beloved star of friends takes us behind the scenes of the hit sitcom and his struggles with addiction in this candid funny and revelatory memoir that delivers a powerful message of hope and persistence this is the riveting story of acclaimed actor matthew perry who takes us along on his journey from childhood ambition to fame to addiction and recovery in the aftermath of a life threatening health scare before the frequent hospital visits and stints in rehab there was five year old matthew who travelled from montreal to los angeles shuffling between his separated parents fourteen year old matthew who was a nationally ranked tennis star in canada twenty four year old matthew who nabbed a coveted role as a lead cast member on the talked about pilot then called friends like us and so much more in an extraordinary story that only he could tell and in the heartfelt hilarious and warmly familiar way only he could tell it matthew perry lays bare the fractured family that raised him and also left him to his own devices the desire for recognition that drove him to fame and the void inside him that could not be filled even by his greatest dreams coming true but he also details the peace he s found in sobriety and how he feels about the ubiquity of friends sharing stories about his castmates and other stars he met along the way frank self aware and with his trademark humour perry vividly depicts his lifelong battle with addiction and what fuelled it despite seemingly having it all friends lovers and the big terrible thing is an unforgettable memoir that is both intimate and eye opening as well as a hand extended to anyone struggling with sobriety unflinchingly

honest moving and uproariously funny this is the book fans have been waiting for an unflinching and often harrowing must read for 90s pop culture fans guardian written with chandler s trademark sarcasm and self deprecation telegraph a hopeful read i started to think of it not as a celebrity memoir about addiction but as an addiction memoir written by a man who understands his own history through the prism of showbiz independent

dark honest uplifting this is a sobriety memoir like no other this is a book that tears down walls marian keyes bryony gordon is a terrific compassionate writer whose razor sharp honesty slices through every sentence of this compelling memoir liz day poetic raw and very important fearne cotton bryony gordon is a respected journalist a number one bestselling author and an award winning mental health campaigner she is also an alcoholic in glorious rock bottom bryony opens up about a toxic twenty year relationship with alcohol and drugs and explains exactly why hitting rock bottom for her a traumatic event and the abrupt realisation that she was putting herself in danger time and again saved her life known for her trademark honesty bryony relives the darkest and most terrifying moments of her addiction never shying away from the fact that alcoholism robs you of your ability to focus on your family your work your health your children yourself and then a chink of light as the hard work begins rehab twelve step meetings endless tedious painful self reflection a rollercoaster ride through self acceptance friendship love and hope to a joy and pride in staying sober that her younger self could never have imagined from the author of sunday times bestselling mad girl and mad woman shining a light on the deep connection between addiction and mental health issues glorious rock bottom is in turn shocking brutal dark funny hopeful and uplifting it is a sobriety memoir like no other

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 woman shares the story of her descent into alcoholism her journey to getting clean and sober and life on the other side the tragic death of her teenage son jon forces barb rogers to delve into the horror that was her life to that point due to a home life fraught with substance and emotional abuse she found herself bottomed out more

than once and homeless along the way when asked in early recovery if i knew any prayers the one i could think of was the child s nighttime prayer now i lay me down to sleep as i thought of it i recalled the long nights when i simply wanted to go to sleep and never wake up barb learned most of her life lessons through pain tragedy and addiction this is not a glamorous story it is real and raw it is not about survival of the fittest but the weak the hopeless the helpless the truly addicted not only to substances but to drama anger excuses and justifications barb reflects on how she reached her lowest point just what it was and how and why she finally reached out to a 12 step program for help she shows the reader what it s really like to survive to stay clean and sober and to find a way to the other side recovery was one of the most difficult things she ever did but it was worth every effort i put out barb rogers would be the first to tell you she s not special but her story told well and with humor is sure to inspire anyone to put in the work to improve their lives praise for if i die before i wake raw vivid and brutally heart wrenching barb s account of her shattered life will undoubtedly hit home with many jennifer storm author of blackout girl and leave the light on gripping tragic and absolutely impossible to put down rachael brownell author of mommy doesn t drink here anymore an inspiring story that reflects the transformative power of twelve step recovery this is a particularly important book for any woman who is struggling with sobriety and feels she will never achieve it stephanie s covington author of a woman s way through the twelve steps

susan miller grew up in new york in the 1950s in a family whose lack of money and happiness appeared to have no definable cause when she turned 21 her father s sudden disclosure of his drug addiction shed light on their past this title retraces the innocence of a childhood lived in ignorance

continues where brown s first memoir the los angeles diaries left off it s molten stuff the story of his efforts to control his river of rage los angeles times award winning author james brown gained a cult following after chronicling his turbulent childhood and spiraling drug addiction in the los angeles diaries this river picks up where brown left off in his first memoir describing his tenuous relationship with sobriety telling of agonizing relapses and tracking his attempts to become a better father this is the heartbreaking and at times uplifting tale of brown s battles peeking into his former life as an addict and detailing his subsequent ascent to sobriety and fight for redemption

a beautifully crafted and intensely moving book without artifice or pretension without false moves of any sort james brown goes after the biggest literary game death love children degeneration hopelessness hope i read this book straight through in one spellbound sitting and i will read it again in a week or two it is so good tim o brien national book award winning author of the things they carried beautifully written this is clear eyed truth telling by a man coming to terms with the best and worst in himself and others booklist this river pulls no punches art shouldn t and brown doesn t the good the bad the ugly are all there in a lucid uncluttered muscular prose studded with honesty willpower and courage brown s is a story of a man who against overwhelming odds not only came back from the abyss but triumphed duff brenna author of awp best novel the book of mamie

this is a deeply personal story of a young woman s journey through addiction the loss of her love and her mother s suicide heartbreaking at times this memoir is more than a drug a log as you are taken into her raw lifestyle as an addict and the long road to recovery powerful and inspiring

on tlc s my 600 lb life chad dean was quoted as saying the board game most closely resembling my life is candyland i would eat anything and everything i wanted whenever i wanted but those days are long gone he s now one of that rare 5 of gastric bypass recipients who have maintained their weight loss after two years by spilling out intimate details of his life on the pages of i m in here somewhere his greatest hope is that others may learn from his mistakes recognize their own decline into addiction and pass on the knowledge to others that are still in gripping denial the journey was a tough one chad credits his brilliant physician a television production company willing to take a chance the unwavering support of his loving family sound fitness advice and a blatant truth telling friend that never bent under the pressure of the addicted chad fought hard stumbled got back to his feet and battled like a warrior to right the wrong he d done to his body you can t endure such hills and valleys without glancing over your shoulder to see what demons still chase you what he found was a burning question as to why he d ended up in that predicament in the first place the one thing that chad never lost was his irreverent humor positivity and strong confidence they may have faltered a few times but they re in full force in his honest no holds barred memoir of a food addict who conquered his worst enemy

himself

a new enhanced edition of this book is coming out complete with three new chapters never give in to fear laughing all the way up from rock bottom will be available oct 8 2012 details stay strong publishing never give in to fear laughing all the way up from rock bottom release date oct 8 2012 distributed by atlasbooks 15 95 trade paperback isbn 978 0 9860067 0 8 376 pages 5 99 e book isbn 978 0 9860067 1 5 praise for never give in to fear foreword clarion reviews five stars out of five macgibbon is self aware and is able to show the humor of the moment without losing the tense pacing of her story the memoir whips along hardly taking breath what makes never give in to fear shine is macgibbon s ease with her story she doesn t apologize for who she is and she doesn t try to win over the reader it s just the facts ma am and by the time the first chapter is over she s already on a roll honest to a fault in ruthless pursuit of the story macgibbon s memoir is captivating from the very first sentence macgibbon has written and lived her way through a forbidding place it s wonderful to not only read her story but to know that she has flourished in her years of recovery a memoir that offers hope even in the worst of times never give in to fear is a terrific read it s the perfect book for a reader in recovery though macgibbon s real life adventures will be equally appealing to anyone who needs a little more adrenaline in their reading list claire foster it s amazing that marti macgibbon survived her harrowing life and had the guts to recount it not too preachy the author s candor and sense of humor keep the pages turning suzanne daly the bohemian com

monique roffey had found her soulmate but then the love affair she had always longed for came to a sudden and heartbreaking end devastated monique felt that she could never love again but as time went on she began to ask questions does ruling out love have to mean ruling out sex can you have great sex without love and conversely can a great love survive without sex this is an eye opening inspiring story of one woman s quest to heal a broken heart and to find her own answers to some powerful and universally resonant questions it takes her from the personal ads to a libertine s resort in the south of france to tantra workshops and beyond into the very heart of her own sexuality with devastating uplifting and revelatory consequences

from cat marnell new york s enfant terrible the telegraph a candid and darkly humorous memoir of prescription drug addiction and self sabotage set in the

glamorous world of fashion magazines and downtown nightclubs at twenty six carmelle was an associate beauty editor at lucky one of the top fashion magazines in america and that's all most people knew about her but she hid a secret life she was a prescription drug addict she was also a doctor shopper who manipulated upper east side psychiatrists for pills pills and more pills a lonely bulimic who spent hundreds of dollars a week on binge foods a promiscuous party girl who danced barefoot on banquets a weepy and hallucination prone insomniac who would take anything anything to sleep this is a tale of self loathing self sabotage and yes self tanner it begins at a posh new england prep school and with a prescription for attention deficit disorder medication ritalin it continues to new york where we follow carmelle's amphetamine fueled rise from intern to editor through the beauty departments of nylon teen vogue glamour and lucky we see her fight between ambition and addiction and how inevitably her disease threatens everything she worked so hard to achieve from the conde nast building where she rides the elevator alongside anna wintour to seedy nightclubs from doctors offices and mental hospitals carmelle shows like no one else can what it is like to live in the wild chaotic often sinister world of a young female addict who can't say no combining lightning rod subject matter and bold literary aspirations how to murder your life is mesmerizing revelatory and necessary

when the call came when the letter arrived when the sunlight finally fell on your face the struggle fell away and you only remembered the beauty it was like childbirth but constantly for your whole life every day we brought forth our future every choice we made determined what raw materials would be in the hands of tomorrow some days took years and were times of transition where we thought we might die and some years were full of euphoria or rushing release most years were slightly uncomfortable until we remembered how to breathe everything didn't always work out sometimes things were just hard sometimes life hurt too much and people did break sometimes you had to wait for a long time for the sun to rise while it's true the sun always rose not everyone lived through the night and the stars didn't give a damn back cover

addiction is a stealth predator unrecognized it will grow and flourish unchecked it destroys marilea rabasa grew up in post wwii massachusetts in a family that lived comfortably and offered her every advantage but they were also haunted by closely

guarded family secrets alcoholism reached back through several generations and it was not openly discussed shame and stigma perpetuated the silence and marilea became part of this ongoing tragedy from an unhappy childhood to a life overseas in the diplomatic service to now living on an island in puget sound stepping stones chronicles marilea s experiences weaving a compelling tale of travel motherhood addiction and heartbreaking loss the constant thread throughout this story is the many faces and forms of addiction phantoms that stalk her like an obsessed lover what if anything will free her of the masks she has worn all her life an inspiring poignant recovery story stepping stones tells how marilea took on the demons that plagued her all her life and defeated them

the personal journey of a writer who struggles to overcome his several illnesses physical and mental

raw unflinching incredibly brave bbc woman s hour visceral and gripping amy liptrout author of the outrun coming clean is a searingly honest memoir of loving an alcoholic both through the heaviest drinking years and into recovery when liz fraser s partner fell into a catastrophic vortex of depression and alcoholism liz found herself in a relentless hailstorm of lies loneliness and fear looking after their young child on her own heartbroken mentally shattered and with no idea what was happening or what to do as she and her family moved between cambridge venice and oxford she kept the often shocking truth entirely to herself for a long time trying in vain to help her partner find a path to sobriety until she herself finally broke from the trauma and started to speak out only to find she was one of hundreds experiencing similar things also living in silence and fear part diary part travel journal and part love letter coming clean is the true story of addiction of many kinds mental collapse and heartbreak above all it offers a voice of deep human compassion strength and hope for recovery i hope that in sharing this story it might change the way addiction is talked about and understood from both sides encourage open trusting and supportive dialogue between addicts and those their addiction affects and provide some solace and help for those who need it as i did

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