

Crisis Intervention – Suggested Biographies & Memoirs

Beautiful boy : a father's journey through his son's meth addiction

David Sheff

HV 5831 .C2 S54 2008

“Seduced by the illicit world of drugs and alcohol, he quickly found himself caught in the clutches of addiction. *Beautiful Boy* is Nic's story, but from the perspective of his father, David.”--From amazon.com.

Beyond belief : finding the strength to come back

Josh Hamilton with Tim Keown

Paperback Collection (Shelved by author's last name)

The outfielder for the Texas Rangers relates the drug and alcohol abuse that derailed his baseball career and led to his estrangement from friends and family, and describes his spiritual journey back from addiction.

Broken : my story of addiction and redemption

William Cope Moyers with Katherine Ketcham

HV 5805 .M68 M68 2007

The son of broadcaster Bill Moyers shares his personal battle with alcoholism and drug addiction, describing his privileged childhood, multiple relapses, and rise to a key player at the Hazelden Foundation, an addiction treatment center.

A brother's journey : surviving a childhood of abuse

Richard B. Pelzer

HV 883 .C2 P43 2005

“In this gripping, deeply troubling memoir, a follow-up to his brother David's bestselling *A Child Called It*, Pelzer reveals the unyielding suffering he says he experienced at the hands of his depraved mother growing up in the 1970s.”—
Excerpted from Publisher's Weekly

Chasing the high a firsthand account of one young person's experience with substance abuse

Kyle Keegan ; with Howard B. Moss

An electronic book accessible through the Cypress College Library Catalog & EBSCOHost eBook Collection

“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 turned into a ruthless addiction to heroin that nearly destroyed his life.”—From Google Books description

Chicana lives and criminal justice : voices from el barrio

Juanita Dâiaz-Cotto

HV 9305 .C2 D53 2006

"This book is a groundbreaking addition to the fields of criminology, women's studies, and Latina/o studies, as well as to the broader disciplines of qualitative sociology and cultural anthropology. In this project the author allows the testimonials to speak for themselves, providing a chilling composite of the typical pinta, with emphasis on the patterns of abuse and exploitation that presaged their crimes and punishments. The author also marks patterns of individual and systemic abuse alongside information that illuminates the pintas' agency. Significantly this book goes against the grain of work on prisoners because it is easy to read and free of jargon."

—Ben V. Olgun, Associate Professor of Cultural Studies and Comparative American Literatures, University of Texas at San Antonio

A Child called "it" : an abused child's journey from victim to victor

Dave Pelzer

HV 883 .C2 P45 1995

"This book chronicles the unforgettable account of one of the most severe child abuse cases in California history."—
From Google Books description

Children at risk, my fight against child abuse : a personal story and a public plea

Paula Hawkins

HV 741 .H37 1986

"The Florida Senator describes her childhood experience as a victim of attempted sexual molestation, explains what family and friends can do to prevent and to deal with child abuse, and details legislative recommendations to protect children."—From Google Books description

Cocaine's son : a memoir

Dave Itzkoff

HV 5810 .I89 2011

Growing up, David understood his father to be a trusted ally and confidant—a man who always had some hard-won wisdom to share. But he was also a junkie. As David grew older, he fell into the same trap, until he and his father hit the road in search of their "morning after."

Cry the darkness : one woman's triumph over the tragedy of incest

Donna L. Friess

HV 6570.7 .F75 1993

Written by retired Cypress College Communications instructor, Donna Friess.

Damaged angels : an adoptive mother discovers the tragic toll of alcohol in pregnancy

Bonnie Buxton

RG 629 .F45 B89 2005

Bonnie Buxton's struggles to raise an adopted daughter whom she didn't realize was afflicted with fetal alcohol disorder. Her book also offers guidance to parents who have children with FASD.

Diary of an exercise addict : a memoir

Peach Friedman

RC 569.5 .E94 F75 2009

"Friedman suffered from exercise bulimia—a compulsion to purge calories through excessive exercise, and a rapidly growing eating disorder that affects some 400,000 American women."—From Google Books description

Down came the rain

Brooke Shields

RG 852 .S54 2005

When Shields welcomed her newborn daughter into the world, something unexpected followed—a crippling depression. Shields shares how she, too, battled this debilitating condition that is widely misunderstood, despite the fact that it affects many new mothers.

Fall to pieces : a memoir of drugs, rock 'n' roll, and mental illness

Mary Forsberg Weiland with Larkin Warren

HD 6073 .M77 W43 2009

"In March 2007, twenty-four hours after Mary Weiland dragged her husband Scott's pricey rock-star wardrobe onto their driveway and torched it, she was locked up in a mental hospital." -- Book jacket.

Get me out of here : my recovery from borderline personality disorder

Rachel Reiland

RC 569.5 .B67 R45 2004

"As the 29-year old accountant, wife, and mother of young children would soon discover, it was the diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes- including bouts of anorexia, substance abuse, and sexual promiscuity."—Google Books description

Getting a grip : on my body, my mind, my self

Monica Seles

Paperback Collection (Shelved by author's last name)

The youngest winner in French Open history, racking up eight Grand Slam titles, former tennis champion Monica Seles relates her struggles with binge-eating and depression and the peace and balance she had been searching for after an excruciating injury forced her on the sidelines.

Gladiator : a true story of 'roids, rage, and redemption

Dan Clark

Paperback Collection (Shelved by author's last name)

The "American Gladiators" star known as Nitro recounts his twenty-year abuse of steroids, documenting the addiction that left him physically and emotionally scarred and offering his observations about the destructive ways in which steroids affect their users.

Gone to the crazies : a memoir

Alison Weaver

HV 5805 .W43 A3 2008

"Alison Weaver's privileged upbringing hid the darker undertones of her childhood until her parents shipped her away, at fifteen, to the cultish Cascade School, warping her perception of reality. Upon graduation, set adrift in New York's East Village in the 1990s, her life began a downward spiral marked by needles and late-night parties. Stumbling into free fall and mingling with fears of death, she was forced to face her darkness. Here is Weaver's thoughtful exploration of what it means to fight for identity and equilibrium."—Google Books description

Here's the story : surviving Marcia Brady and finding my true voice

Maureen McCormick

Paperback Collection (Shelved by author's last name)

A behind-the-scenes memoir by the actress best known for her portrayal of Marcia Brady describes the painful disparity between her on-screen persona and her real life, recounting the dark secret that overshadowed her relationship with her mother and siblings and her own struggles with depression, addiction, and eating disorders.

Hero of the underground : a memoir

Jason Peter with Tony O'Neill

Paperback Collection (Shelved by author's last name)

Peter, a professional football player whose career was cut short by a neck injury, describes his life of heroin and crack addiction.

I'm walking as straight as I can : transcending disability in Hollywood and beyond

Geri Jewell with Ted Nichelson

PN 2287 .J57 A3 2011

Born with cerebral palsy, Geri Jewell inspired a generation of young people when she became the first person with a disability to appear in a recurring role on prime-time television, with her groundbreaking character on the sitcom, *The Facts of Life*. This candid memoir details her experiences from her traumatic birth to her rise to stardom as a stand-up comic to becoming a television star, followed by a downward spiral, tax problems, drug addiction, marriage, and an accident that nearly claimed her life.

Inner hunger : a young woman's struggle through anorexia and bulimia

Marianne Apostolides

RC 552 .A5 A66 1998

"A painful, powerful, and ultimately enriching account of what it feels like to be young, confused, and controlled by food."—Google Books description

Leave the light on : a memoir of recovery and self-discovery

Jennifer Storm

HV 5293 .S76 2010

"A unique blend of addiction recovery and coming-out story, this book provides a positive, encouraging example for those who are facing similar adversities. Jennifer holds nothing back in this courageous and insightful memoir."—From Google Books description

Leaving dirty Jersey : a crystal meth memoir

James Salant

HV 5805 .S35 A3 2007

"With his nickname, Dirty Jersey, tattooed on forearm, James Salant wanted everyone to know he was a tough guy. At 18, after one too many run-ins with the cops for drug possession, he left his upper-middle-class home in Princeton, New Jersey, for a rehab facility in Riverside, California. He spent his year there shooting crystal meth and living as a petty criminal until a near psychotic episode convinced him to clean up."--From publisher description

The little monster : growing up with ADHD

Robert Jergen

LC 4713.4 .J47 2004

"Diagnosed with ADHD while he was a struggling college student, Robert Jergen's incredible life story progresses from being a happy child who enjoyed school and wanted to learn to a state of withdrawal and depression because of the constant reprimands from his parents and teachers. By eighth grade, Jergen had twice tried killing himself. By college, he was an alcoholic. Finally, when he thought he was going to end up in a "white padded room," he was diagnosed with ADHD."—Google Books description

Loose girl : a memoir of promiscuity

Kerry Cohen

HQ 798 .C554 2008

“She wanted love--but not really understanding what love was, not really knowing how to get it, she reached for sex instead. This story of addiction--not just to sex, but to male attention--is also the story of a young girl who came to believe that boys and men--it didn't matter who--could give her life meaning. Her journey from that hopeless place to her current confident and fulfilled existence is a cautionary tale, and a revelation.”--From publisher description.

Loss of innocence : a daughter's addiction. A father's fight to save her

Ronald B. Clem and Carren LeAnn Clem

Paperback Collection (Shelved by author's last name)

The Clems were a perfectly normal, middle class American family until Carren became addicted to crystal meth. Her habit shattered the family's world. Her father almost lost his life try to save hers.

The lost boy : a foster child's search for the love of a family

Dave Pelzer

HV 881 .P45 1997

This is Dave Pelzer's long-awaited sequel to *A Child Called "It."*

Madness : a bipolar life

Marya Hornbacher

RC 516 .H67 2008

“When Marya Hornbacher published her first book, *Wasted*, she did not yet know the reason for her all-but-shattered young life. At age 24, Hornbacher was diagnosed with Type 1 rapid-cycle bipolar, the most severe form of bipolar disease there is. Here, in her trademark wry, self-revealing voice, Hornbacher tells her new story. She takes us inside her own desperate attempts to control violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation.” --From publisher description.

The magic daughter : a memoir of living with multiple personality disorder

Jane Phillips

RC 569.5 .M8 P48 1995

“In this extraordinarily distinctive, exquisitely crafted memoir, one that began as a suicide note, Jane Phillips, a woman with "dissociative identity disorder" writes about the intimate details of her life.”—From Google Books description

My father's house : a memoir of incest and healing

Sylvia Fraser

PR 9199.3 .F7236 Z474 1988

“Her book - "My Father's House: a Memoir of Incest and of Healing" - first published in 1987, was credited with breaking the silence on child sexual abuse, till then a largely taboo subject.”—Excerpted from Sylvia Fraser's webpage

An officer and a junkie : from West Point to the point of no return

Michael Winder

Paperback Collection (Shelved by author's last name)

“Readers may find it hard to sympathize with Winder, who manages to graduate from West Point, gain an honorable discharge from the military and get accepted into one of the top law schools in the nation—all while maintaining a daily

regimen of alcohol, GHB, LSD, cocaine and prescription drug cocktails. But that is the point of his memoir: to dispel the myth that addicts are necessarily “losers and failures.”—From Publisher’s Weekly review (Mar. 2008)

Out of bounds : coming out of sexual abuse, addiction, and my life of lies in the NFL closet

Roy Simmons with Damon Dimarco in collaboration with David Fisher and Jimmy Hester
GV 939 .S465 A3 2006

“The second NFL player ever to come out as gay and the first ever to come out as HIV-positive, Roy Simmons was an up-and-coming star offensive lineman who quit football after just four years rather than be exposed as gay. Out of Bounds tells his compelling story—from his rape at age 10 to being plucked from his poor Southern background to join the NFL, from his first taste of pro football fame and sudden enormous wealth to his fast-paced, no holds barred nightlife of heavy drugs and countless sexual encounters with women and men.”—From Google Books description

Portrait of an addict as a young man : a memoir

Bill Clegg
HV 5085 .C595 A3 2010

The author chronicles the dark secret life he led when, despite building for himself a respectable career as a literary agent, he embraced crack cocaine; went on a two-month binge; and lost his job, his home, and all his money.

Prozac nation : young and depressed in America

Elizabeth Wurtzel
RC 537 .W87 1994

Full of promise is how anyone would have described Elizabeth Wurtzel at age ten, a bright-eyed little girl who painted, wrote stories, and excelled in every way. By twelve she was cutting her legs in the girls' bathroom and listening to scratchy recordings of the Velvet Underground. College was marked by a series of breakdowns, suicide attempts, and hospitalizations before she was finally given Prozac in combination with other psychoactive drugs, all of which have worked sporadically as Elizabeth's mood swings rise and fall like the lines of a sad ballad.

Rolling away : my agony with ecstasy

Lynn Marie Smith
HV 5822 .M38 S65 2005

“Lynn Smith never wanted to be an addict. It just happened. One day, she was living a so-called normal life, and the next she woke up to reality. In the mirror she saw the face of a grinning skull and, in her head, the world was turned upside down. After a five-month binge on Ecstasy, Smith would never be the same.”—From Google Books description

Save me from myself : how I found God, quit Korn, kicked drugs, and lived to tell my story

Brian Welch
Paperback Collection (Shelved by author’s last name)
The incredible story of a controversial rock star, his secret addiction to methamphetamines, and his miraculous salvation through Jesus Christ. Candid and inspiring, *Save Me from Myself* is a rock 'n' roll journey unlike any other.

Straw : finding my way

Darryl Strawberry with John Strausbaugh
Paperback Collection (Shelved by author’s last name)

“Darryl grew up in a working-class neighborhood in Los Angeles, where he channeled his energy into baseball and basketball. The New York Mets drafted him in 1980, and he won Rookie of the Year in 1983. Throughout the eighties and nineties, however, Strawberry faced many personal challenges, including drug use, tax evasion, solicitation, and allegations of domestic violence.”--From publisher description.

Ten thousand sorrows : the extraordinary journey of a Korean war orphan

Elizabeth Kim

E 184 .K6 K44 2000

“They called it an "honor killing," but to Elizabeth Kim, the night she watched her grandfather and uncle hang her mother from the wooden rafter in the corner of their small Korean hut, it was cold-blooded murder. Her Omma had committed the sin of lying with an American soldier, and producing not just a bastard but a honhyol--a mixed-race child, considered worth less than nothing.”—Google Books description

Triggered : a memoir of obsessive-compulsive disorder

Fletcher Wortmann

RC 533 .W67 A3 2012

A member of a sketch comedy group describes growing up with OCD, discussing his pop-culture obsessions, the roles of literature and Christianity in shaping his perspective, and his visit to the OCD Institute in Massachusetts.

Tweak : (growing up on methamphetamines)

Nic Sheff

HV 5805 .S52 A3 2007

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.

Wasted : a memoir of anorexia and bulimia

Marya Hornbacher

RC 552 .A5 H67 2006

“The author shares her lifelong battle with bulimia and anorexia, chronicling her secret life of bingeing and purging and her obsession with food and body image, substance abuse, and sex.”—Google Books description

Will's choice : a suicidal teen, a desperate mother, and a chronicle of recovery

Gail Griffith

HV 6546 .G75 2005

“In the early hours of March 11, 2001, seventeen-year-old Will ingested a near-fatal dose of his antidepressant medication, an event that forever changed his life and the lives of his family.”—From Google Books description

Within a dark wood : the personal story of a rape victim

Jennifer Barr

HV 6561 .B36

“That rape could have widespread psychological ramifications seems reasonable enough; that it could color every action and attitude for several years, as chronicled here in the narrative and journal excerpts of a victim, seems incredible.”
Excerpt from Kirkus Reviews website