

We All Fall Down: Living with Addiction

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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.

Nic Sheff and his father David Sheff captured a nation of readers with their bestselling memoirs, *Tweak* and *Beautiful Boy*. These books explore teen drug addiction from two different points of view: a father's and a son's. Nic currently lives in Los Angeles, California, and writes for TV, including for the Netflix series *13 Reasons Why*.

Praise for *We All Fall Down*:

"Sheff is blessed with off-the-charts readability, and his sex- and profanity-laced first-person narration makes him lovable and hateable in equal measure."-Booklist (starred review)

"The present-tense storytelling and Sheff's authentic voice will keep readers engaged... Sheff doesn't provide simple answers--or any answers, really--but readers will respect his ability to move forward 'at my own pace.'" -PW

"Nic Sheff captures the insidious, almost vampiric mind-set of an addict who shrinks from any form of light. This book has more in common with Kafka than any recovery memoir I've read."-Mary Karr, New York Times bestselling author of *Lit* and *The Liars' Club*

Praise for *Tweak*:

"Difficult to read and impossible to put down."-Chicago Tribune

"*Tweak* is...Bukowski and Burroughs, the heart to his dad's head -- and the kid can write."-Seattle Weekly

"An unflinching chronicle of life as an addict."-U.S. News & World Report

"Sheff's story takes off like a shot in the arm with a terse, honest and spontaneous narrative."-Kirkus

"The trajectory of drug use is nothing new, but Sheff's lucid, simple prose makes the

heartbreaking journey seem fresh."-San Francisco Chronicle

"Sheff's journey, like his writing, is raw and compelling, heartbreaking and witty. An honest and gracious reflection about the challenges of recovery."-Rachel Sontag, author of House Rules: A Memoir

Other Books

The Truth About LSD and Hallucinogens. LSD has had a colorful history, to say the least. First developed for medical purposes, it was soon adopted by mental health therapists and spiritual seekers. Experimented with by both the military and the CIA, the drug was eventually adopted by hippies seeking to "turn on, tune in, and drop out." LSD and other hallucinogens have since become a staple of party and club culture. This colorful history, however, belies the very real dangers and destructiveness of drugs that lure many teens into drug abuse, mental illness, physical peril, and dangerous interference with normal brain chemistry. Readers will be confronted with the cold hard facts about these drugs and the devastation they wreak, rather than the sunny pop culture fantasy so often associated with hallucinogens.

Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ . Pilcher, Tim. e, the incredibly strange history of ecstasy. Philadelphia, PA: Running Press, 2008. Santella, Thomas. Hallucinogens. New York, NY: Chelsea House Publishers, 2012. Sheff, Nic. We All Fall Down: Living with Addiction ."