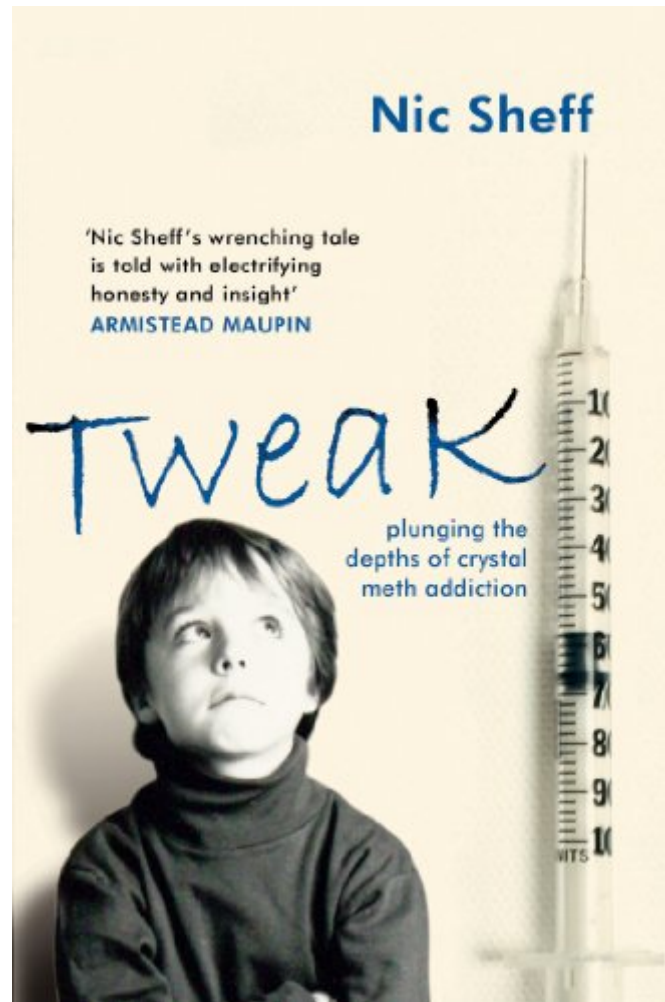


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# Tweak: Growing Up On Crystal Meth



## Synopsis

'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, heartbreaking, and 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.

## Book Information

File Size: 1022 KB

Print Length: 368 pages

Publisher: Simon & Schuster UK (December 11, 2012)

Publication Date: December 11, 2012

Language: English

ASIN: B00ADN034C

Text-to-Speech: Not enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #594,755 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Substance Abuse #241

inÂ Kindle Store > Kindle eBooks > Nonfiction > Children's Nonfiction > Science, Nature & How It

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## Customer Reviews

First off, I should say that I'm not one of those "I read it cover to cover in one day" kind of readers. I hear people say "I couldn't put it down" when describing a book and wonder what kind of life - obviously devoid of things needing to be DONE - they live. That said, I read "Tweak" - cover to cover - in one day. I couldn't put it down. I've had friends addicted to meth. I know that meth's grip is

insidious and tenacious - that the predictable and almost-methodical way it destroys everything in a person's life is almost viral in nature. But seeing this "inside look" at how a meth addict perceives his addiction, his drug, his life, and the destruction of everything perceived as valuable - occurring right before his eyes... it's a compelling, haunting narrative. The most striking thing for me in Nic's story is how at the very bottom - when virtually all is lost - the only thing that remains is the most sober of thoughts: "it's time to get clean". And at a time and in a condition where no hidden reservoirs of strength remain, the fight of a lifetime begins. Watching Nic's recovery is like watching the heroine in a horror flick walk (usually backwards... go figure) into a closet where the slasher villain is lying in wait to kill her. You recognize the villain and the precariousness of the situation long before Nic does - and you're screaming "don't go in there" - because by this point, you see how far he's come and you're rooting for him to make it and you see the disaster about to happen. It's interesting that Nic's father (who also writes "the parent's perspective" of his son's addiction in

A few weeks ago, I purchased both Nic Sheff's memoir "Tweak (Growing Up on Methamphetamines)" and his father's counterpoint "Beautiful Boy (A Father's Journey Through His Son's Addiction)." I set them both aside, going back and forth in my mind about with which one I should start first, but ultimately I put off reading them both until a day I could read them back-to-back, uninterrupted, and just immerse myself in the Sheff family's world. I expected to be a bit biased toward Nic's telling of events, but I never in a million years could have imagined just how much I would find myself nodding along and connecting to the very internal issues that lead to and continue to feed his addiction. Nic Sheff spent much of his young life hanging out with his writer-father at gallery openings, dinner parties, and VIP events; he spent more time with adults than he did children his own age and therefore was in a rush to grow up, but however he tried to emulate said adults on the outside, on the inside he was trapping himself in a perpetual state of adolescence that would come to haunt him in his later years. Nic's parents divorced when he was young, and both subsequently remarried. His father went on to have two more children, whereas his mother would just have constant fights with her new husband-- fights that got so loud Nic would run into the tv room and blast an old movie, to drown out the sounds of the screams and yelling. By the time we actually meet Nic, he has already been in and out of rehab, though (all of the aforementioned and more comes out as exposition to fill in the holes later in the story), and he is on his way to San Francisco to partake in yet another bender. This time he ends up dealing, too.

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