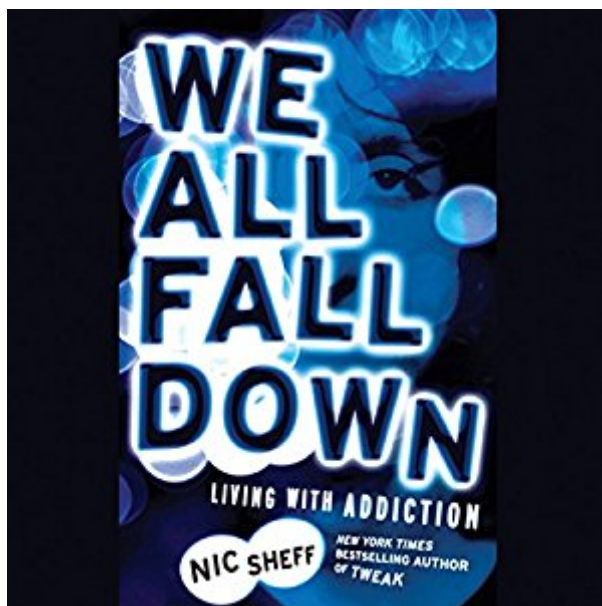


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# We All Fall Down: Living With Addiction



## Synopsis

In his best-selling YA memoir *Tweak: Growing Up on Methamphetamines*, Nic Sheff shared a heartbreakingly honest account of his days as a teenage crystal meth and heroin addict. At the end of *Tweak*, listeners left Nic checking in to a rehab facility in Arizona. *We All Fall Down* is about what happened next... In this powerful and immensely engaging follow-up to his first memoir, Sheff picks up where he left off and reveals his first-person account of stints at in-patient rehabilitation facilities, devastating relapses with alcohol and marijuana, and hard-won realizations about what it means to be a young adult living with addiction. In *We All Fall Down*, Nic voices a truth that many addicts understand: not every treatment works for every addict. By candidly revealing his own failures and small personal triumphs, he inspires young people to maintain hope and to remember that they are not alone in their battles.

## Book Information

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## Customer Reviews

I bought this, and Nic's first book *Tweak* for my addict son who is in jail. He absolutely raved about both of these books, and said that he felt like the author was living his own life and that it gave him some hope for his own future.

I loved *Tweak*, and I loved David Sheff's book. This one, however, was disappointing. It was a rather repetitive book about his ongoing denial, his disdain for the efforts of others. While I understand that is part of the process, for both addiction and recovery, this book repeats the

experiences of the original without offering any new insights that makes it an important or insightful re-read. I found myself frustrated instead of compelled.

For me getting clean was hard but not to spoil it the ending chapters are where it really hit home. It's the mental health that is killing me. Getting clean like I said was hard but the Borderline personality disorder and the other host of nasty stuff is way harder. I also don't believe in traditional 12 step recovery. I used to but for being an open minded based program it's really just black and white and full of judgement hence why this book really spoke to me. Second time through it was a lot deeper. Thanks nic

Great writing, good storytelling, interesting and insightful. Sheff, now a columnist at the recovery website "The Fix" seems to have been born both a talented writer and a near hopeless addict. His rock bottom just keeps getting deeper and deeper, until you find it absolutely amazing that he has the strength and fortitude to get up yet again. His memories are so miserable, yet so vividly and honestly told that it's sometimes hard to get through them, but still he rises and finally, hopefully finds sanity and sobriety. This book, in addition to the first excellent memoir, will help many people in their own addiction recoveries.\*This review has been edited for a grammatical error.

As I read this book I kept thinking I was in for a big reveal: A chapter telling us that he now realizes everything he wrote in the first 300 pages was self pitying nonsense, but it never came. I have so much respect for this kid's parents, but he comes across in this book as whiny and spoiled. What I find amazing is, I read a column by him where he actually complained that he is only known in the world as an addict because that's what his books are about. He actually complained that he can never escape it. He's just written two books detailing how he's fought recovery at every turn and now complains that that's all he's known for. What do you expect? Do you think people are going to feel sorry for you? You were paid good money to write about being a drain on society and now you want to be known for something else? I am familiar with addiction and recovery and the challenges. But what he describes sounds more like childishness and self delusion. His father is a great writer and Beautiful Boy is one of the best books I've read, but this? I want my money back. Nic, I saw that you're married now. God I hope you teach your kid to be an adult. I know that your addiction is not completely your fault, but the woe is me, I can't change attitude is. I wish him luck, but as far as this book goes? Save your money.

Nic's writing just gets better and better! I first read his father's book, Beautiful Boy, which was heart wrenching, although I have no children, but somehow, David Sheff wrote with such candor and his anguish came through to me and I could actually feel his pain. Then came Tweak, which I thought was very good. But, by far, We All Fall Down is just the best! I can't put it down. Thanks to Nic, I see myself and everything I have gone through, although, much older than Nic. I could relate.....almost precisely, as I absorbed every word. I notice one of the reviews claimed to feel that Nic was whining and he should "man up", but I disagree wholeheartedly! Nic should be commended for writing a book with such honesty and vulnerability. I can see that he is so much more grown up. We all have our demons, it's just that Nic chose to write about his and be oh so candid. What a brave and talented individual he is! I, for one, love you, Nic! I truly appreciate you as a human being and you have helped me, immensely, to understand that I am not the only one who feels the way you do. I am NOT alone!

Nic Sheff is so honest it's hard to put his books down. I finished both of his memoirs in three days. But this one is so soul-baringly chilling, so compelling, so honest- he bared his psyche even when it made him look terrible- I give him enormous respect for that. Not many writers do it. If that's the kind of writing you love, check out this book.

This was a page turner, and a must read for anyone who struggles with addiction or has a loved one who does. Nic just lays it all out there in a way that helps you really see the thought process of an addict and yet it fills one with hope as well.

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