



**6. Codependent No More**

**Melody Beattie**

“Is someone else's addiction problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent—and you may find yourself in this book.”

**7. Crank**

**Ellen Hopkins**

“Kristina Snow is the perfect daughter: gifted high school junior, quiet, never any trouble. Then, Kristina meets the monster: crank. And what begins as a wild, ecstatic ride turns into a struggle through hell for her mind, her soul—her life.”

**8. Don't let your kids Kill you available at this time**

**Charles Rubin**

**not**

“This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it.”

**9. Dreamland**

**Sam Quinones**

“From a small town in Mexico to the boardrooms of Big Pharma to main streets nationwide, an explosive and shocking account of addiction in the heartland of America.”

**10. High**

**David and Nic Sheff**

**Everything you want to know about Drugs, Alcohol and Addiction.** “Just Say Know! With drug education for children more important than ever, this nonfiction book draws on the experiences of the NY Times bestselling father/son team of David and Nic Sheff to provide all the information teens and tweens need to know about drugs, alcohol, and addiction.”

**11. In the Realm of the Hungry Ghosts: Close Encounters with Addiction**

**Gabor Maté**

“In this comprehensive and courageous book ... Maté relates, with compassion and honesty, the poignant stories of severe substance addicts – the hungry ghosts, in Buddhist-realm terminology – whom he treats. And it is the addicts' stories and the clear logic of the latest science and statistics that Maté shares which convince the reader that society's attitudes toward, and treatment of, addiction must change. .... This 480-page tome, exhausting in delineating and substantiating its causes, remains a remarkably lyrical, engaging read.”

## **12. Tweak**

## **Nic Sheff**

"Nic Sheff was drunk for the first time at age eleven. 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 in California 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."