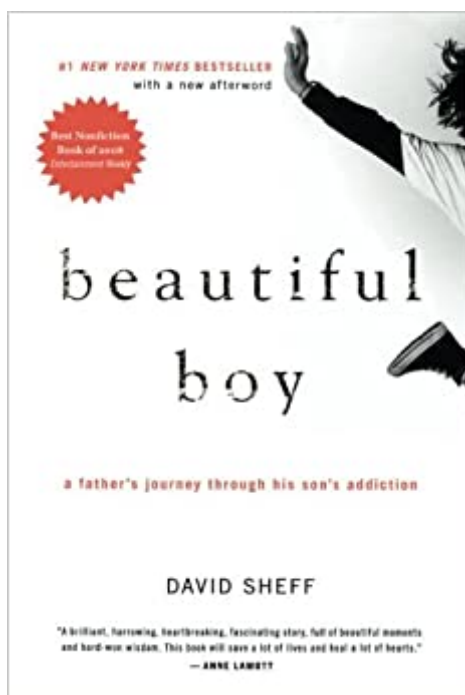


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# Beautiful Boy: A Father's Journey Through His Son's Addiction



## Synopsis

What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted every moment of David Sheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery. Before Nic Sheff became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. David Sheff traces the first subtle warning signs: the denial, the 3 A.M. phone calls (is it Nic? the police? the hospital?), the rehabs. His preoccupation with Nic became an addiction in itself, and the obsessive worry and stress took a tremendous toll. But as a journalist, he instinctively researched every avenue of treatment that might save his son and refused to give up on Nic. *Beautiful Boy* is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help.

## Book Information

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## Customer Reviews

Best of the Month, February 2008: From as early as grade school, the world seemed to be on Nic Sheff's string. Bright and athletic, he excelled in any setting and appeared destined for greatness. Yet as childhood exuberance faded into teenage angst, the precocious boy found himself going down a much different path. 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. Achingly honest, it chronicles the betrayal, pain, and terrifying question marks that

haunt the loved ones of an addict. Many respond to addiction with a painful oath of silence, but David Sheff opens up personal wounds to reinforce that it is a disease, and must be treated as such. Most importantly, his journey provides those in similar situations with a commodity that they can never lose: hope --Dave Callanan --This text refers to an out of print or unavailable edition of this title.

Sheff's memoir offers his side of the story about his son Nic's downfall into drug and alcohol abuse. Anthony Heald opts for a slightly theatrical performance, which distances the listener from what should be an extremely personal and emotional tale. While never over-the-top, Heald's reading is more grounded in the world of fiction than nonfiction. His vocal interpretations of characters are improbable and the dialogue comes off as unrealistic. A touching story gets lost in translation from word to mouth. A Houghton Mifflin hardcover (Reviews, Apr. 30, 2007). (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

This was an amazing, touching book told from the other side of addiction - a side not heard very often - the side of a parent watching their child slowly spiral out of control due to addiction. As a recovering addict myself, (13 yrs., 11 mos., 11 days), as well as a parent, it was really hard for me to read at times but I'm SO glad I did. This is an amazingly touching book that is at times funny, emotional, heart wrenching, and hopeful. I would recommend this book to everyone but especially to those struggling with either side of addiction.

..unless addiction is involved. Sheff captures that mixture of hope and despair living in each parent whose child has gone into the dark, deep hole of addiction. His book is full of joy and tragedy. Love and relief, ambiguity and disgust and dislike. And guilt, so much guilt. Guilt for feeling all the love and hope and despair. In this book Sheff touches on pretty much everything parents feel (or at least this parent) when their child goes over to the dark side. Very well written, spellbinding in its own way, the reader will have a hard time staying neutral to the players in this personal tragedy. Sheff admits that for years people have given well-meaning advice and criticism. You should have done this. Why on earth did you do that. Until and unless you've had to deal with HIS issues, there is no right or wrong. Sheff did the best he could at the time with the information he had, at that static moment in time. No parent can say they haven't done the same thing. And who knows if the result would have been the same after all? Siblings, family, partners and friends have their own experiences with

their addict, but a parent is a bit different. As Sheff points out, we are the soft place for them to fall, the most influential people in their lives until we send them off into the world and their tiny circle widens to include day care workers, teachers, coaches and friends. As parents we hand them over, so to speak, and our sphere of influence diminishes as the years go by- as it should. The mistake Sheff made, and he freely admits it, is that he was under the impression that he had armed his child with the tools he needed to succeed, and when that seemed to fail, Sheff began to question what exactly he had done to contribute to that failure. It is common if not universal among the parents of addicted children to blame their parenting. Other people will also look first to the home environment. Sheff takes a long hard look at himself and his parenting, and still has a hard time forgiving himself for mistakes he made. But who doesn't make mistakes? Conversely, does that mean parents get to take the credit for every good thing their child does? Is it right for a parent to take credit for the successes or failures of their child? And failure and success are rather subjective anyhow. Sheff does not really address this, although he tries hard to forgive himself, which he should. I really hope he has succeeded. What struck a deep note with me was how accurately he describes the sea change in parenting expectations... one day you are thrilled to see an A in spelling and almost the next you wake up grateful that the police haven't knocked on your door telling you that your child is dead. I have not read Nic Sheff's book yet, I want to leave a little break between the two. But I highly recommend this book for anyone who has ever been touched by addiction of any kind. It won't do a thing to prevent addiction but it may give you a gleam of insight into the silent and desperate life of the friend, co-worker or relative who has a child in trouble.

Audible Review: "emotional"-Overall 5-Performance 5-Story 5  
Review: This is a heartbreaking tale of a son's descent into drugs and alcohol through the eyes of the father. It is frightening, raw, honest and compelling, I feel that it is every parent's fear that their child will be taken down the dark road of drugs and alcohol and be derailed from their dreams and potential.. I applaud Sheff for writing this and helping so many people who are dealing with the terrible disease of addiction. It was both inspiring and heartbreaking. A must read/listen for every parent.

I read David's other book about addiction - this book explores the difficult relationship of a family to the addict themselves. I believe this is a good read for any family who has to deal with a struggling addict and many of the triggers or relapse and the struggles of rehabilitation that they all face. As with the other book, Clean, David is open and honest about all the struggles that they face, the ups and downs, the aggravations that occur, and the ignorance that the general American public has

about drugs in general. I would recommend this book to anyone, but especially to the family who has a loved one who struggles with the disease of addiction.

I found the title of this book when researching websites for addiction.....this was a must read. This story has helped me realize that I am only in the beginning stages of dealing with my son's addiction. David has hit many emotional soft spots and in many ways prepared me to expect the unexpected. Just when you start to relax, you thrown into severe panic. I appreciated the statistics, the references and the overall thought of not being alone. My kids are grown, yet I can already see the addiction consuming the family. Thank you Mr. Sheff for enlightening life and showing me that I can relax because it is not my fault and I have no control.

I learned a lot from reading this book. I have a teenager and a college age child and was curious what might be some warning signs that I might not notice... and this book definitely opened my eyes and gave me a good understanding of the drug (meth) and how a "normal" kid could find themselves caught up in this horrible drug. Because of the book I've had good discussions with my kids. Bottom line is DON'T GET NEAR THE STUFF! Additionally, I'm really glad that the authors' son, Nic, wrote a book as well. Very helpful reading both and I am appreciative for the Sheff family for being so honest and sharing their experience/journey.

If you are an addict, if you love someone who is an addict, or if you want to help your children maneuver the mine fields of life, this is a great book to read. I wish I had the book 15 years ago when our nightmare started with 2 family members venturing into a life of drug and alcohol abuse. I wish I had it to give to my mom and dad who spent almost everything they had, even their health, trying to make these 2 well. Read it and share it, it will help.

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(Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) The Horse Boy: A Father's Miraculous Journey to Heal His Son Horse Boy: The True Story of a Father's Miraculous Journey to Heal His Son Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Dying to Survive: Surviving Drug Addiction: A Personal Journey through Drug Addiction King Me: What Every Son wants and Needs From His Father Duty: A Father, His Son, and the Man Who Won the War My Father's Paradise: A Son's Search for His Family's Past The Death of Santini: The Story of a Father and His Son

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