

LOVE ME

MORE

AN ADDICT'S DIARY

DR. DANUSHA V. GOSKA



Love Me More An Addicts Diary

KJ Lindholm-Leary



Love Me More An Addicts Diary:

Love Me More Danusha Goska,2003 Something terrible has happened to me and the thing is I don't know what it is So begins *Love Me More An Addict's Diary* an unforgettable journey exploring how much the human body and soul can survive and how much the human heart and mind must learn *Diary of an Exercise Addict* Peach Friedman,2008-11-05 In 2000 Peach Friedman a college senior freshly broken up from her boyfriend set out to beat the blues by beating herself into shape Running ten miles a day and taking in as little as 800 calories she fell from 146 pounds to 100 in three months and was at serious risk of cardiac arrest What Friedman suffered from was exercise bulimia a newly diagnosed and rapidly spreading eating disorder that affects some 400 000 American women and which gyms and colleges across America are beginning to take seriously In *Diary of an Exercise Addict* Friedman recounts her descent into a life threatening illness her remarkable recovery and the setbacks along the way With refreshing candor she lays bare her relationships with family friends and lovers and the repressed desire that finally surfaced as she found her own way back to health **The Addiction Diaries**

Anna David,Emily Redondo,2020-08-11 The clinical side of addiction a disease that takes the lives of over 150 000 people a year is written about analyzed and hotly debated by media outlets the world round As a result of the overwhelming attention to the facts and figures the personal side often gets neglected *The Addiction Diaries* Stories of Darkness Hope and All That Falls in Between is here to remedy that By turns amusing and insightful disturbing and illuminating 18 writers from all socioeconomic levels races and relationships with addiction share stories that will stay with you long after you read them A woman trying to save her brother from his gambling addiction A child heroin user who recovers and finds a calm life A mother of two addicts who watches them go from jail to freedom A former bank robber reflecting on nearly two decades of sobriety Some of the stories may rattle disturb and bemuse you all will illuminate addiction like nothing that has come before An instant classic in the addiction recovery genre *The Addiction Diaries* will leave you astounded by the triumph of the human spirit and give you an understanding of addiction that goes far beyond the headlines **Diary of a Sex Addict**

Shalona L. Amos,2009-01-24 Determined to find love even if it means taking risks living on the edge and sleeping with whatever man or woman who would pay her any small amount of attention Tiffany becomes so addicted to sex that she feels as though she needs it in order to survive *My Rehab Diary* James Weston,2014-05-07 Dive into the diary of my 12 week visit to an addiction treatment centre written at the time and in full graphic detail The experiences of my rehabilitation process give an insight into the 12 step process and how it led to my recovery from drug addiction A narrative on love obsession insanity and redemption I didn't hold back when writing in my diary Experience every moment with me as I explore the possible reasons behind why I became an addict and meet others who were lost just like I was In the depths of my addiction I was a heavy marijuana smoker I couldn't function I couldn't keep a job My life was a mess My family life was shattered My parents and my sisters wanted nothing to do with me whilst I continued to flush my life down the drain My

romantic relationships were doomed to fail Finding partners who were as damaged as me was all I could hope for I thought I could help them I couldn't even help myself Who was I kidding My friendships were one sided They were based on what I could get from others or what others could do for me I used them I betrayed them All this just for one more joint over and over again I couldn't be trusted by others and I certainly couldn't trust myself I tried to leave town and start afresh but that didn't work Just when I thought there was no escape from the abyss I was rescued I record the washing machine of thoughts and feelings I experienced from the moment I arrived in rehab until my treatment was complete *Go Ask Alice*

Anonymous,1999-07-13 A teen plunges into a downward spiral of addiction in this classic cautionary tale January 24th After you've had it there isn't even life without drugs It started when she was served a soft drink laced with LSD in a dangerous party game Within months she was hooked trapped in a downward spiral that took her from her comfortable home and loving family to the mean streets of an unforgiving city It was a journey that would rob her of her innocence her youth and ultimately her life Read her diary Enter her world You will never forget her For thirty five years the acclaimed bestselling first person account of a teenage girl's harrowing descent into the nightmarish world of drugs has left an indelible mark on generations of teen readers As powerful and as timely today as ever *Go Ask Alice* remains the definitive book on the horrors of addiction Dopamine Nation Dr. Anna Lembke,2023-01-03 INSTANT NEW YORK TIMES and LOS ANGELES TIMES

BESTSELLER Brilliant riveting scary cogent and cleverly argued Beth Macy author of *Dopesick* This book is about pleasure It's also about pain Most important it's about how to find the delicate balance between the two and why now more than ever finding balance is essential We're living in a time of unprecedented access to high reward high dopamine stimuli drugs food news gambling shopping gaming texting sexting Facebooking Instagramming YouTubing tweeting The increased numbers variety and potency is staggering The smartphone is the modern day hypodermic needle delivering digital dopamine 24/7 for a wired generation As such we've all become vulnerable to compulsive overconsumption In *Dopamine Nation* Dr Anna Lembke psychiatrist and author explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain and what to do about it Condensing complex neuroscience into easy to understand metaphors Lembke illustrates how finding contentment and connectedness means keeping dopamine in check The lived experiences of her patients are the gripping fabric of her narrative Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives In essence *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery *Diary of a Player* Brad Paisley,David Wild,2012-06-05 The

country music superstar shares what the guitar has meant to him as a means of finding his own voice who inspired his love of music and memorable stories about the great guitar players he has encountered over the years **The Sober Diaries** Clare Pooley,2017-12-28 BY THE AUTHOR OF NEW YORK TIMES BESTSELLER THE AUTHENTICITY PROJECT THE BRAVE AND FUNNY MEMOIR THAT IS CHANGING LIVES How one mother gave up drinking and started living This is Bridget Jones

Dries Out Clare Pooley is a Cambridge graduate and was a Managing Partner at one of the world's biggest advertising agencies and yet by eighteen months ago she'd become an overweight depressed middle aged mother of three who was drinking more than a bottle of wine a day and spending her evenings Googling Am I an alcoholic In a desperate bid to turn her life around she quit drinking and started a blog She called it Mummy Was a Secret Drinker This book is the story of a year in Clare's life A year that started with her quitting booze having been drinking more than a bottle of wine every day It sees her starting a hugely successful blog then getting and beating breast cancer By the end of the year she is booze free and cancer free two stone lighter and with a life that is so much richer healthier and more rewarding than ever before Sober Diaries is an upbeat funny and positive look at how to live life to the full Interwoven within Clare's own very personal and frank story is research and advice and answers to questions like How do I know if I'm drinking too much How will I cope at parties What do I say to friends and family How do I cope with cravings Will I lose weight What if my partner still drinks And many more

Diary of a Broken Mind Anne Moss Rogers, Charles Rogers, 2019-09-24 The funniest most popular kid in school Charles Aubrey Rogers suffered from depression and later addiction then ultimately died by suicide Diary of a Broken Mind focuses on the relatable story of what led to his suicide at age twenty and answers the why behind his addiction and this cause of death revealed through both a mother's story and years of Charles published and unpublished song lyrics The closing chapters focus on hope and healing and how the author found her purpose and forgave herself

Lisa's Diaries Lisa Joy, 2013-09-20 Normal 0 false false false EN US X NONE X NONE MicrosoftInternetExplorer4 Style Definitions table MsoNormalTable mso style name Table Normal mso tstyle rowband size 0 mso tstyle colband size 0 mso style noshadow yes mso style priority 99 mso style qformat yes mso style parent mso padding alt 0in 5 4pt 0in 5 4pt mso para margin 0in mso para margin bottom 0001pt mso pagination widow orphan font size 11 0pt font family Calibri sans serif mso ascii font family Calibri mso ascii theme font minor latin mso fareast font family Times New Roman mso fareast theme font minor fareast mso hansi font family Calibri mso hansi theme font minor latin mso bidi font family Times New Roman mso bidi theme font minor bidi Lisa's Diaries is a true story of a single mom who was working for Mental Health and Addictions Just when she thought she felt she was at the top of her game she met a man online who introduced her to crack cocaine This book is her journal entries as she goes through detox and rehab She recounts her downward spiral into addiction and her fight to stay alive and stay sober She discovers that sometimes you have to lose everything to find yourself

Beautiful Things Hunter Biden, 2021-04-06 Hunter Biden recounts his descent into substance abuse and his tortuous path to sobriety The story ends with where Hunter is today

The Biology of Desire Marc Lewis, 2015-07-14 Through the vivid true stories of five people who journeyed into and out of addiction a renowned neuroscientist explains why the disease model of addiction is wrong and illuminates the path to recovery The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease But in The Biology of Desire cognitive neuroscientist and former addict Marc Lewis makes a

convincing case that addiction is not a disease and shows why the disease model has become an obstacle to healing Lewis reveals addiction as an unintended consequence of the brain doing what it s supposed to do seek pleasure and relief in a world that s not cooperating As a result most treatment based on the disease model fails Lewis shows how treatment can be retooled to achieve lasting recovery This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally

Dear Nobody Legs McNeil, Gillian McCain, 2014-04-01 Fans of Go Ask Alice will devour Dear Nobody a real teen s diary so raw and so edgy that it s authenticity rings off every page They say that high school is supposed to be the best time of your life But what if that s just not true More than anything Mary Rose wants to fit in To be loved And she ll do whatever it takes to make that happen Even if it costs her her life Told through the raw and unflinching diary entries of a real teen Mary Rose struggles with addiction bullying and a deadly secret Her compelling story will inspire readers and remind them that they are not alone

In the Realm of Hungry Ghosts Gabor Maté, MD, 2011-06-28 A thought provoking and powerful study that reframes everything you ve been taught about addiction and recovery from the New York Times bestselling author of The Myth of Normal Bruce Perry author of The Boy Who Was Raised as a Dog A world renowned trauma expert combines real life stories with cutting edge research to offer a holistic approach to understanding addiction its origins its place in society and the importance of self compassion in recovery Based on Gabor Mat s two decades of experience as a medical doctor and his groundbreaking work with people with addiction on Vancouver s skid row this 1 international bestseller radically re envisions a much misunderstood condition by taking a compassionate approach to substance abuse and addiction recovery In the same vein as Bessel van der Kolk s The Body Keeps the Score In the Realm of Hungry Ghosts traces the root causes of addiction to childhood trauma and examines the pervasiveness of addiction in society Dr Mat presents addiction not as a discrete phenomenon confined to an unfortunate or weak willed few but as a continuum that runs throughout and perhaps underpins our society It is not a medical condition distinct from the lives it affects but rather the result of a complex interplay among personal history emotional and neurological development brain chemistry and the drugs and behaviors of addiction Simplifying a wide array of brain and addiction research findings from around the globe the book avoids glib self help remedies instead promoting a thorough and compassionate self understanding as the first key to healing and wellness Dr Mat argues persuasively against contemporary health social and criminal justice policies toward addiction and how they perpetuate the War on Drugs The mix of personal stories including the author s candid discussion of his own high status addictive tendencies and science with positive solutions makes the book equally useful for lay readers and professionals

The Project Diaries: Amber's survival Elizbeth Duran, 2018-07-27 The Project Diaries takes place in a world where some humans have a modified dormant gene that can be switched on at any moment Once awakened these specially modified humans must learn to grapple their new abilities quickly or face being captured and experimented on by the government Most are on the run or caught but some have found refuge through

connecting to a strong underground rebellion of followers called The Projects A mysterious agent uncovers valuable truth hidden in journals in a newly abandoned insurgency She s drawn to a particular case where she discovers the diary of Amber a timid young woman that s thrown into a chaotic new world where she learns how to keep her abilities at bay while controlling multiple traits at once Unlike most mods who have one dominant gene Amber has four She is protected by two highly trained partners Sam and Rugh who must put their own troubles aside to keep her unique existence hidden Find out how The Projects started

Diary of a Drug Fiend Aleister Crowley,2018-09 The true story of Aleister Crowley s own experience with drugs

Diary of a Drug Addict Kathy S. Thompson M.A.,2022-12-15 I m introducing a new genre by way of the Diary Education Fiction Drug Education runs all through the book The purpose of the book is to educate The more people who know about the world of drugs and drug addicts the better that is why the book is Education Fiction and not just a simple diary Because the book is Education Fiction the overall writing of the diary is on the academic and sometimes even scholarly side Still it is fiction and it has to be more academic and scholarly since its real purpose is to inform and educate and help drug users and addicts and also their families The book is also for professionals

Sex Diaries Bettina Arndt,2009-03-01 In The Sex Diaries Australia s best known sex therapist Bettina Arndt uncovers the night time drama being played out in bedrooms everywhere the creeping hand and feigning of sleep the staying up late in the hope that he will doze off It is one of the great inconvenient truths of relationships that after the first blissful years together most men want more sex than their female partners Bettina Arndt recruited ninety eight couples to keep diaries revealing their intimate negotiations over sex Who feels like having sex Who doesn t And how do couples cope if one person wants it more than the other She draws on her thirty five years of professional experience to provide a provocative analysis that challenges our basic assumptions about sex With her characteristic humour and insight Bettina Arndt proposes a new approach to how couples can enjoy regular sex and sustain loving relationships

The Heroin Diaries Nikki Sixx,2008-09-04 Set against the frenzied world of heavy metal superstardom the co founder of legendary Motley Crue offers an unflinching and gripping look at his own descent into drug addiction When Motley Crue were at the height of their fame there wasn t a drug Nikki Sixx wouldn t do He spent days sometimes alone sometimes with others addicts friends and lovers in a coke and heroin fuelled daze THE HEROIN DIARIES reveals Nikki s personal diary entries alongside commentary from the people who know Nikki best including band mates Tommy Vince and Mick The book is a candid look at a nightmare come true a punishing heroin addiction that brought Nikki to the edge of losing his talent his career his family and finally to a near fatal overdose which left him clinically dead for a few minutes before being revived Brutally honest utterly riveting and shockingly moving THE HEROIN DIARIES follows Nikki during the year he plunged to rock bottom and his courageous decision to pick himself up and start living again

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