Crisis Intervention – Suggested Biographies & Memoirs

**Beautiful boy: a father's journey through his son's meth addiction**
David Sheff  
HV 5831 .C2 S54 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.—From amazon.com.

**Beyond belief: finding the strength to come back**
Josh Hamilton with Tim Keown  
Paperback Collection (Shelved by author’s last name)

"Josh Hamilton chronicles his comeback from drug and alcohol addiction to playing baseball in the major leagues"—Provided by the publisher.

The outfielder for the Texas Rangers relates the drug and alcohol abuse that derailed his baseball career and led to his estrangement from friends and family, and describes his spiritual journey back from addiction.

**Broken: my story of addiction and redemption**
William Cope Moyers with Katherine Ketcham  
HV 5805 .M68 M68 2007

The son of broadcaster Bill Moyers shares his personal battle with alcoholism and drug addiction, describing his privileged childhood, multiple relapses, and rise to a key player at the Hazelden Foundation, an addiction treatment center.

**A brother's journey: surviving a childhood of abuse**
Richard B. Pelzer  
HV 883 .C2 P43 2005

“In this gripping, deeply troubling memoir, a follow-up to his brother David's bestselling A Child Called It, Pelzer reveals the unyielding suffering he says he experienced at the hands of his depraved mother growing up in the 1970s. Once David, the elder of the two, was removed from the household, the author, by this account, became the target of their mother's alcohol-induced rage.”—Excerpted from Publisher’s Weekly

**Chasing the high: a firsthand account of one young person's experience with substance abuse**
Kyle Keegan ; with Howard B. Moss  
An electronic book accessible through the Cypress College Library Catalog & EBSCOHost eBook Collection

“Kyle Keegan was like many teenagers- eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and turned into a ruthless addiction to heroin that nearly destroyed his life. Now an adult and in recovery, Keegan tells his remarkable story in
Chasing the High. Starting with his early days of alcohol and drug use, Keegan charts his decline into a life of crime and homelessness as his need for heroin quickly overpowered all thoughts of family and friends, of right and wrong. In collaboration with science writer Beryl Lieff Benderly, Keegan uses these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language, and drawing on the expertise of psychiatrist Howard Moss, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as available therapies used to combat addiction, how to talk to family and friends about substance abuse, and how to navigate risky situations. The result is both an absorbing memoir and a useful resource that will help to ease the hopelessness and uncertainty caused by a substance abuse problem. Chasing the High will offer the wisdom of one young man who has been through it all, assuring adolescents that, with commitment and hard work, they too can succeed in beating a substance abuse problem. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, Chasing the High offers hope to young people who are struggling with substance abuse, helping them to overcome its challenges and to go on to lead healthy, productive lives.”—From Google Books description

Chicana lives and criminal justice: voices from el barrio
Juanita Dâiaz-Cotto
HV 9305 .C2 D53 2006

"This book is a groundbreaking addition to the fields of criminology, women's studies, and Latina/o studies, as well as to the broader disciplines of qualitative sociology and cultural anthropology. In this project the author allows the testimonials to speak for themselves, providing a chilling composite of the typical pinta, with emphasis on the patterns of abuse and exploitation that presaged their crimes and punishments. The author also marks patterns of individual and systemic abuse alongside information that illuminates the pintas' agency. Significantly this book goes against the grain of work on prisoners because it is easy to read and free of jargon.”
—Ben V. Olgun, Associate Professor of Cultural Studies and Comparative American Literatures, University of Texas at San Antonio

A Child called "it" : an abused child's journey from victim to victor
Dave Pelzer
HV 883 .C2 P45 1995

“This book chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games--games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."—From Google Books description

Children at risk, my fight against child abuse : a personal story and a public plea
Paula Hawkins
HV 741 .H37 1986

“The Florida Senator describes her childhood experience as a victim of attempted sexual molestation, explains what family and friends can do to prevent and to deal with child abuse, and details legislative recommendations to protect children.”—From Google Books description
Growing up, David understood his father to be a trusted ally and confidant—a man who always had some hard-won wisdom to share. But he was also a junkie. As David grew older, he fell into the same trap, until he and his father hit the road in search of their “morning after.”

Written by Donna Friess, Cypress College Communications instructor. “Recounts how the author was repeatedly sexually molested as a child by her seemingly respectable aerospace engineer father, her long and tortuous effort to come to terms with it, and her efforts on behalf of other women.”—Google Books description

Part heartfelt memoir, part practical guide, Damaged Angels recounts Bonnie Buxton’s struggles to raise an adopted daughter whom she didn’t realize was afflicted with fetal alcohol disorder. Her book also offers guidance to parents who have children with FASD.

“Friedman suffered from exercise bulimia—a compulsion to purge calories through excessive exercise, and a rapidly growing eating disorder that affects some 400,000 American women. 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.”—From Google Books description

When Shields welcomed her newborn daughter into the world, something unexpected followed—a crippling depression. Now, for the first time ever, she talks about the trials, tribulations, and finally the triumphs that occurred before, during, and after the birth of her daughter. Shields shares how she, too, battled this debilitating condition that is widely misunderstood, despite the fact that it affects many new mothers. She discusses the illness in the context of her life, including her struggle to get pregnant, the high expectations she had for herself and that others placed on her as a new mom, and the role of her
husband, friends, and family as she struggled to attain her maternal footing. Ultimately, she shares how she found a way out through talk therapy, medication, and time.

**Fall to pieces : a memoir of drugs, rock 'n' roll, and mental illness**  
Mary Forsberg Weiland with Larkin Warren  
HD 6073 .M77 W43 2009

"In March 2007, twenty-four hours after Mary Weiland dragged her husband Scott's pricey rock-star wardrobe onto their driveway and torched it, she was locked up in a mental hospital. Watching all this were her frightened extended family, a conflicted husband wrestling with demons of his own, and a tabloid industry gone gleeful at the "Bonfire in Toluca Lake!" To the outside world, Weiland had led what seemed to be an enviable life. A successful international model in the nineties, she married her longtime sweetheart - famed lead singer of Stone Temple Pilots and, later, Velvet Revolver, Scott Weiland - in 2000. Mary was the sane one, went the story - it was the tempestuous, unpredictable Scott who was crazy. In her gripping memoir Fall to Pieces, Mary Weiland reveals that the truth is somewhere in between. From her earliest days in San Diego, Weiland displayed signs of trouble: a black depression that sometimes left her immobile for days, a temper that sent her into wild rages she didn't understand, an overdose. But her fierce determination to "have more" led to early success as a model. At sixteen, she fell in love at first sight with Scott Weiland, then an aspiring musician who was hired to drive her to and from modeling gigs. Slowly, her casual relationship with beer and pot grew into an affair with cocaine and heroin that rivaled her love for Scott, who was addicted as well. From rehab to rehab, from breakup to reconciliation to eventual marriage, the couple fought their way back, welcomed the babies they'd dreamed of, and hoped their struggles were behind them. Then came the bonfire breakdown and the full onset of Mary's bipolar disorder, a widely misunderstood and misdiagnosed mental illness that affects more than five million Americans and had been, in fact, stalking Mary Weiland since her teens." - Book jacket.

**Get me out of here : my recovery from borderline personality disorder**  
Rachel Reiland  
RC 569.5 .B67 R45 2004

“Borderline Personality Disorder. "What the hell was that?" raged Rachel Reiland when she read the diagnosis written in her medical chart. As the 29-year old accountant, wife, and mother of young children would soon discover, it was the diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes- including bouts of anorexia, substance abuse, and sexual promiscuity. With astonishing honesty, Reiland’s memoir reveals what mental illness feels like and looks like from the inside, and how healing from such a devastating disease is possible through intensive therapy and the support of loved ones.”—Google Books description

**Getting a grip : on my body, my mind, my self**  
Monica Seles  
Paperback Collection (Shelved by author’s last name)

The youngest winner in French Open history, racking up eight Grand Slam titles, former tennis champion Monica Seles relates her struggles with binge-eating and depression and the peace and balance she had been searching for after an excruciating injury forced her on the sidelines.
Gladiator: a true story of 'roids, rage, and redemption
Dan Clark
Paperback Collection (Shelved by author’s last name)

The "American Gladiators" star known as Nitro recounts his twenty-year abuse of steroids, documenting the addiction that left him physically and emotionally scarred and offering his observations about the destructive ways in which steroids affect their users.

Gone to the crazies: a memoir
Alison Weaver
HV 5805 .W43 A3 2008

“Alison Weaver’s privileged upbringing hid the darker undertones of her childhood until her parents shipped her away, at fifteen, to the cultish Cascade School, warping her perception of reality. Upon graduation, set adrift in New York's East Village in the 1990s, her life began a downward spiral marked by needles and late-night parties. Stumbling into free fall and mingling with fears of death, she was forced to face her darkness. Here is Weaver's thoughtful exploration of what it means to fight for identity and equilibrium.”—Google Books description

Here's the story: surviving Marcia Brady and finding my true voice
Maureen McCormick
Paperback Collection (Shelved by author’s last name)

A behind-the-scenes memoir by the actress best known for her portrayal of Marcia Brady describes the painful disparity between her on-screen persona and her real life, recounting the dark secret that overshadowed her relationship with her mother and siblings and her own struggles with depression, addiction, and eating disorders.

Hero of the underground: a memoir
Jason Peter with Tony O'Neill
Paperback Collection (Shelved by author’s last name)

Peter, a professional football player whose career was cut short by a neck injury, describes his life of heroin and crack addiction.

I'm walking as straight as I can: transcending disability in Hollywood and beyond
Geri Jewell with Ted Nichelson
PN 2287 .J57 A3 2011

Born with cerebral palsy, Geri Jewell inspired a generation of young people when she became the first person with a disability to appear in a recurring role on prime-time television, with her groundbreaking character on the sitcom The facts of life. This candid memoir details her experiences from her traumatic birth to her rise to stardom as a stand-up comic to becoming a television star, followed by a downward spiral, tax problems, drug addiction, marriage, and an accident that nearly claimed her life.
**Inner hunger: a young woman's struggle through anorexia and bulimia**
Marianne Apostolides
RC 552 .A5 A66 1998

“A painful, powerful, and ultimately enriching account of what it feels like to be young, confused, and controlled by food. Adolescence is a time full of pitfalls for teenage girls. Many escape relatively unscathed; some -- unable to cope successfully with the pressures exerted by family, school, and the media -- develop eating disorders. Marianne Apostolides was one of those girls. She became anorexic at the age of fourteen and struggled for the next ten years with anorexia, binge eating, and bulimia.”—Google Books description

**Leave the light on: a memoir of recovery and self-discovery**
Jennifer Storm
HV 5293 .S76 2010

“Leave the Light On: A Memoir of Recovery and Self-Discovery offers a deeper look into Jennifer's inspiring story of survival and transformation. With fearless honesty, she chronicles her journey as she embarked upon a new life in recovery, finally facing her traumatic past, her buried emotions, and her long-hidden truth about her sexuality. A unique blend of addiction recovery and coming-out story, this book provides a positive, encouraging example for those who are facing similar adversities. Jennifer holds nothing back in this courageous and insightful memoir.”—From Google Books description

**Leaving dirty Jersey: a crystal meth memoir**
James Salant
HV 5805 .S35 A3 2007

“With his nickname, Dirty Jersey, tattooed on forearm, James Salant wanted everyone to know he was a tough guy. At 18, after one too many run-ins with the cops for drug possession, he left his upper-middle-class home in Princeton, New Jersey, for a rehab facility in Riverside, California. He spent his year there shooting crystal meth and living as a petty criminal until a near psychotic episode convinced him to clean up. He provides graphic descriptions of life on crystal meth—the incredible sex drive, the paranoia, the cravings. He details the slang, the scams, and the psychoses, and weaves them into a narrative that is honest and authentic. He eschews easy answers—his parents were loving and supportive, and his family's subtle dysfunctions are typical of almost any American family. This story is shocking precisely because it could happen to almost anyone.”—From publisher description

**The little monster: growing up with ADHD**
Robert Jergen
LC 4713.4 .J47 2004

“Diagnosed with ADHD while he was a struggling college student, Robert Jergen's incredible life story progresses from being a happy child who enjoyed school and wanted to learn to a state of withdrawal and depression because of the constant reprimands from his parents and teachers. By eighth grade, Jergen had twice tried killing himself. By college, he was an alcoholic. Finally, when he thought he was going to end up in a "white padded room," he was diagnosed with ADHD. Years of pain, anguish, frustration, anger, and rejection were suddenly explained. Jergen describes how he turned ADHD into an asset that enabled him to get his Ph.D. in half the time as his non-ADHD peers, become a tenured
associate professor at age 34, publish five books in two years, and most importantly find peace and happiness. Jergen presents ADHD from the view of the child who actually has it and illustrates how constant academic and social failures can gradually wear away at the child's self-esteem and feelings of self-worth. The Little Monster is a valuable tool for any parent, professional, or individual who is touched by ADHD or similar conditions.”—Google Books description

**Loose girl : a memoir of promiscuity**  
Kerry Cohen  
HQ 798 .C554 2008

Kerry Cohen was eleven years old when she recognized the power of her body in the leer of a grown man. Her parents were recently divorced and it didn't take long before their lassitude and Kerry's desire to stand out—to be memorable in some way—combined to lead her down a path she knew she shouldn't take. She wanted love—but not really understanding what love was, not really knowing how to get it, she reached for sex instead. This story of addiction—not just to sex, but to male attention—is also the story of a young girl who came to believe that boys and men—it didn't matter who—could give her life meaning. Her journey from that hopeless place to her current confident and fulfilled existence is a cautionary tale, and a revelation.--From publisher description.

**Loss of innocence : a daughter's addiction. A father's fight to save her**  
Ronald B. Clem and Carren LeAnn Clem  
Paperback Collection (Shelved by author’s last name)

The Clems were a perfectly normal, middle class American family until Carren became addicted to crystal meth. Her habit shattered the family's world. Her father almost lost his life try to save hers.

**The lost boy : a foster child's search for the love of a family**  
Dave Pelzer  
HV 881 .P45 1997

Imagine a young boy who has never had a loving home. His only possessions are the old, torn clothes he carries in a paper bag. The only world he knows is one of isolation and fear. Although others had rescued this boy from his abusive alcoholic mother, his real hurt is just beginning -- he has no place to call home. This is Dave Pelzer's long-awaited sequel to A Child Called "It."

**Madness : a bipolar life**  
Marya Hornbacher  
RC 516 .H67 2008

When Marya Hornbacher published her first book, Wasted, she did not yet know the reason for her all-but-shattered young life. At age 24, Hornbacher was diagnosed with Type 1 rapid-cycle bipolar, the most severe form of bipolar disease there is. Here, in her trademark wry, self-revealing voice, Hornbacher tells her new story. She takes us inside her own desperate attempts to control violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage, is at the heart of this brave memoir. Millions of people in America struggle with a variety of disorders that may mask their true diagnosis of bipolar; also, Hornbacher's portrait of
her own bipolar as early as age four will change the current debate on whether bipolar exists in children.--From publisher description.

The magic daughter : a memoir of living with multiple personality disorder
Jane Phillips
RC 569.5 .M8 P48 1995

“In this extraordinarily distinctive, exquisitely crafted memoir, one that began as a suicide note, Jane Phillips, a woman with "dissociative identity disorder" writes about the intimate details of her life. The Magic Daughter is a harrowing, moving, inspiring, and ultimately triumphant account of a woman's journey toward wholeness.”—From Google Books description

My father's house : a memoir of incest and healing
Sylvia Fraser
PR 9199.3 .F7236 Z474 1988

“Her book - "My Father's House: a Memoir of Incest and of Healing" - first published in 1987, was credited with breaking the silence on child sexual abuse, till then a largely taboo subject.”—Excerpted from Sylvia Fraser’s webpage

An officer and a junkie : from West Point to the point of no return
Michael Winder
Paperback Collection (Shelved by author’s last name)

“Readers may find it hard to sympathize with Winder, who manages to graduate from West Point, gain an honorable discharge from the military and get accepted into one of the top law schools in the nation—all while maintaining a daily regimen of alcohol, GHB, LSD, cocaine and prescription drug cocktails. But that is the point of his memoir: to dispel the myth that addicts are necessarily “losers and failures.” Emphasizing the episodic in straightforward narrative, Winder vividly captures defining moments in his life as an addict, describing how his abuse of alcohol to escape the pressures of school escalated to a full dependence on drugs to compensate for his feelings of social and physical self-consciousness. At one point, he was using cocaine and Hydroxycut to battle the chronic fatigue of his alcohol binges; Xanax for the shaking and anxiety of the cocaine and Hydroxycut; Prozac for depression; steroids for energy and motivation to stay in shape; and Valium for sleep. While the picture Winder paints of himself is not pretty, it succeeds in capturing the self-centeredness and paranoia of an addict's life.”—From Publisher’s Weekly review (Mar. 2008)

Out of bounds : coming out of sexual abuse, addiction, and my life of lies in the NFL closet
Roy Simmons with Damon Dimarco in collaboration with David Fisher and Jimmy Hester
GV 939 .S465 A3 2006

“The second NFL player ever to come out as gay and the first ever to come out as HIV-positive, Roy Simmons was an up-and-coming star offensive lineman who quit football after just four years rather than be exposed as gay. Out of Bounds tells his compelling story—from his rape at age 10 to being plucked from his poor Southern background to join the NFL, from his first taste of pro football fame and sudden enormous wealth to his fast-paced, no holds barred nightlife of heavy drugs and countless sexual encounters with women and men. Simmons led a roller-coaster life that peaked in the late 1980s with his playing in the Superbowl. Ultimately, however, reckless living left him penniless, friendless, and
on the brink of suicide. Finally in 1992, Simmons tapped the courage to come out as gay on national TV—then coming out as HIV-positive 10 years later—leading him to a healthy path of sobriety and self-acceptance.”—From Google Books description

**Portrait of an addict as a young man : a memoir**  
Bill Clegg  
HV 5085 .C595 A3 2010

The author chronicles the dark secret life he led when, despite building for himself a respectable career as a literary agent, he embraced crack cocaine; went on a two-month binge; and lost his job, his home, and all his money.

**Prozac nation : young and depressed in America**  
Elizabeth Wurtzel  
RC 537 .W87 1994

Full of promise is how anyone would have described Elizabeth Wurtzel at age ten, a bright-eyed little girl who painted, wrote stories, and excelled in every way. By twelve she was cutting her legs in the girls' bathroom and listening to scratchy recordings of the Velvet Underground. College was marked by a series of breakdowns, suicide attempts, and hospitalizations before she was finally given Prozac in combination with other psychoactive drugs, all of which have worked sporadically as Elizabeth's mood swings rise and fall like the lines of a sad ballad. This memoir, both harrowing and hilarious, gives voice to the high incidence of depression - especially among America's youth. Prozac Nation is a collective cry for help, a generational status report on today's young people, who have come of age fully entrenched in the culture of divorce, economic instability, and AIDS. "This private world of loony bins and weird people which I always felt I occupied and hid in," writes Elizabeth, "had suddenly turned inside out so that it seemed like this was one big Prozac Nation, one big mess of malaise. Perhaps the next time half a million people gather for a protest march on the White House green it will not be for abortion rights or gay liberation, but because we're all so bummed out." Writing with a vengeance (Nirvana, Joni Mitchell, and Dorothy Parker all rolled into one), Elizabeth Wurtzel will not go gentle into that good night. She wants off medication, she wants a family, and most definitely, a life worth living.

**Rolling away : my agony with ecstasy**  
Lynn Marie Smith  
HV 5822 .M38 S65 2005

“Lynn Smith never wanted to be an addict. It just happened. One day, she was living a so-called normal life, and the next she woke up to reality. In the mirror she saw the face of a grinning skull and, in her head, the world was turned upside down. After a five-month binge on Ecstasy, Smith would never be the same. *Rolling Away* is the searingly honest confession of one young woman's frenzied flight into addiction and her long struggle to come back to earth.”—From Google Books description
Save me from myself: how I found God, quit Korn, kicked drugs, and lived to tell my story
Brian Welch
Paperback Collection (Shelved by author’s last name)
The incredible story of a controversial rock star, his secret addiction to methamphetamines, and his miraculous salvation through Jesus Christ. Candid and inspiring, Save Me from Myself is a rock ‘n’ roll journey unlike any other.

Straw: finding my way
Darryl Strawberry with John Strausbaugh
Paperback Collection (Shelved by author’s last name)
Former baseball slugger Darryl Strawberry, whose achievements on the field were often overshadowed by his struggles off the field, recounts the highs, the lows, and the lessons of hope and survival he learned along the way. Darryl grew up in a working-class neighborhood in Los Angeles, where he channeled his energy into baseball and basketball. The New York Mets drafted him in 1980, and he won Rookie of the Year in 1983. Throughout the eighties and nineties, however, Strawberry faced many personal challenges, including drug use, tax evasion, solicitation, and allegations of domestic violence. His seasons with the Dodgers, Giants, and Yankees were interrupted by suspensions, visits to rehab, and treatment for colon cancer. But in 2006, Strawberry's life changed course dramatically. With his wife, Tracy, he devoted himself to his church and to his work with children and adults affected by autism and other developmental disorders. Here, for the first time, Darryl Strawberry delivers his own inspirational story."--From publisher description.

Ten thousand sorrows: the extraordinary journey of a Korean war orphan
Elizabeth Kim
E 184 .K6 K44 2000
“They called it an "honor killing," but to Elizabeth Kim, the night she watched her grandfather and uncle hang her mother from the wooden rafter in the corner of their small Korean hut, it was cold-blooded murder. Her Omma had committed the sin of lying with an American soldier, and producing not just a bastard but a honhyol--a mixed-race child, considered worth less than nothing. Left at a Christian orphanage in postwar Seoul like garbage, bleeding and terrified, Kim unwittingly embarked on the next phase of her extraordinary life when she was adopted by a childless Fundamentalist pastor and his wife in the United States. Unfamiliar with Western customs and language, but terrified that she would be sent back to the orphanage, or even killed, Kim trained herself to be the perfect child. But just as her Western features doomed her in Korea, so her Asian features served as a constant reminder that she wasn't good enough for her new, all-white environment. After escaping her adoptive parents' home, only to find herself in an abusive and controlling marriage, Kim finally made a break for herself by having a daughter and running away with her to a safer haven--something Omma could not do for her. Unflinching in her narration, Kim tells of her sorrows with a steady and riveting voice, and ultimately transcends them by laying claim to all the joys to which she is entitled.”—Google Books description

Triggered: a memoir of obsessive-compulsive disorder
Fletcher Wortmann
RC 533 .W67 A3 2012
A member of a sketch comedy group describes growing up with OCD, discussing his pop-culture obsessions, the roles of literature and Christianity in shaping his perspective, and his visit to the OCD Institute in Massachusetts.

**Tweak : (growing up on methamphetamines)**
Nic Sheff
HV 5805 .S52 A3 2007

The author details his immersion in a world of hardcore drugs, revealing the mental and physical depths of addiction, and the violent relapse one summer in California that forever changed his life, leading him down the road to recovery.

**Wasted : a memoir of anorexia and bulimia**
Marya Hornbacher
RC 552 .A5 H67 2006

“The author shares her lifelong battle with bulimia and anorexia, chronicling her secret life of bingeing and purging and her obsession with food and body image, substance abuse, and sex.” —Google Books description

**Will's choice : a suicidal teen, a desperate mother, and a chronicle of recovery**
Gail Griffith
HV 6546 .G75 2005

“In the early hours of March 11, 2001, seventeen-year-old Will ingested a near-fatal dose of his antidepressant medication, an event that forever changed his life and the lives of his family. In **Will's Choice**, his mother, **Gail Griffith**, takes us down the very personal road each of the family members traveled to renew Will's interest in life and to regain their equilibrium in the aftermath of his self-destructive act. Griffith intersperses her own finely wrought prose with dozens of letters and journal entries from family and friends, including many from Will himself, allowing us to bear witness to Will's attempts to explain what even he cannot fully understand: why he did it.” —From Google Books description

**Within a dark wood : the personal story of a rape victim**
Jennifer Barr
HV 6561 .B36

“That rape could have widespread psychological ramifications seems reasonable enough; that it could color every action and attitude for several years, as chronicled here in the narrative and journal excerpts of a victim, seems incredible.” Excerpt from Kirkus Reviews website