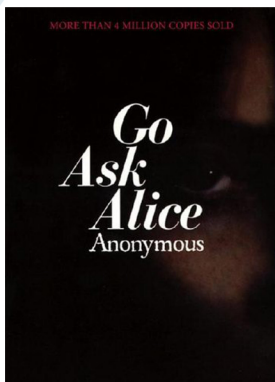


THREE TO READ:

A Battle Against Addiction

What is it like to live through an addiction? To have a fatal attraction to something so poisonous to the health, mind, and spirit? Through these three books, you realize how weak you really are against a battle with addiction. It's a neverending cycle of relapse, denial, pain, and struggle. These people live through a nightmare they can't wake up from, even with all the help and support they need. This collection of books will help you to understand the factors that make an addiction so difficult to break.

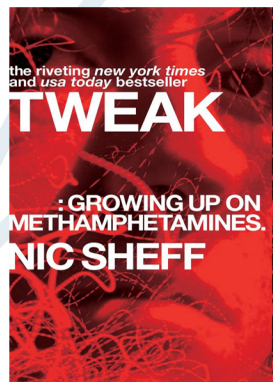
Recommended by Jennifer & Priscilla from High Tech High International



Go Ask Alice
by Anonymous

Go Ask Alice is written as a diary of fifteen-year-old girl who tells her story about the downfall of her life. When the book begins, it starts off by her writing down her teenage concerns, from worrying about crushes, to her insecurities about her weight, to meeting new friends and about going on the wrong path. Then, she attends a party and is unknowingly drugged. She begins to enjoy the feeling of it and starts to experiment with more intense drugs. She wants desperately to be a part of the popular crowd, so the "innocent" girl Alice quickly becomes addicted and uncontrollable. 213 pages

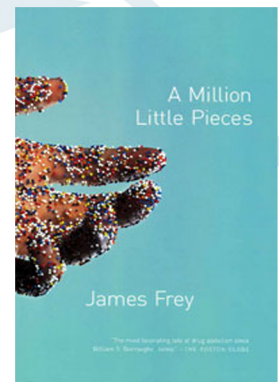
FIC/GO ANONYMOUS



Tweak
by Nic Sheff

San Francisco and Los Angeles are not the ideal cities to get away from bad influences, especially for twenty-three-year-old Nic, a drug addict living day by day. Nic Sheff shares his wild story and will make you feel like you're living through both the thrill and fear of an addiction. The overdoses and highs are described so vividly and are raw. He'll have you clinging on to the book to find out whether he wins his battle against addiction. With a difficult childhood, intoxicating relationships, and mind-blowing experiences, Nic's battle is truly unforgettable. *Tweak* shows you how addiction ruins various of Nic's relationships, puts him on the verge of death multiple times, and breaks him down emotionally. 322 pages

B/SHEFF



A Million Little Pieces
by James Frey

A Million Little Pieces is a novel based on the main character, James Frey, who struggles to quit his drug addiction and alcohol abuse. In the beginning of the book, James wake up on a plane, not knowing where he is going and ends up meeting his family and loved one who then takes him to a rehabilitation center. Through all the detoxification and withdrawals that James put himself through, even the doctors are surprised that he is still alive. James fights his way to reconstruct his life from what the life he destroyed. 430 pages

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