

## PARENTING

**Guyland: The Perilous World Where Boys Become Men** ( Michael Kimmel, 2009) Based on more than 400 interviews, over a four-year span, with young men ages 16–26, the author discusses sex, drugs, sports, video games, male bonding, and other “rites of passage.”

**The Good Enough Teen : Raising Adolescents With Love and Acceptance (despite how impossible they can be)** (Brad Sachs, 2005)

**Emptying the Nest: Launching Your Young Adult Towards Success and Self Reliance** (Brad Sachs, 2010)

## RELIGIOUS: COPING



**Plan B: What Do You do When G-d Doesn't Show Up the Way You Thought He Would?** (Christian, Pete Wilson, 2010)

**Hope Will Find You: My Search for the Wisdom to Stop Waiting and Start Living** (Jewish, Naomi Levy, 2010)

## NOVELS FOR TEENS

**Street Pharm** (Allison Van Diepen, 2006)  
Booklist: This urban drama novel depicts Ty Johnson's life as a 17-year-old African-American drug dealer. While the resolution is regrettably unrealistic (few individuals as integrated into the drug trade as Ty can manage to escape as completely as he does), the book does offer an optimistic look at a drug-free, crime-free future for at least one young man.

**Clean** (Amy Reed, 2011 Amazon:  
“Olivia, Kelly, Christopher, Jason, and Eva have one thing in common: They're addicts. Addicts who have hit rock bottom and been stuck together in rehab to face their problems, face sobriety, and face themselves. None of them wants to be there. None of them wants to confront the truths about their pasts. And they certainly don't want to share their darkest secrets and most desperate fears with a room of strangers. But they'll all have to deal with themselves and one another if they want to learn how to live. Because when you get that high, there's nowhere to go but down, down, down.”

**Can't Get There From Here** (Todd Strasser, 2004)

“A surrogate family of homeless teens lives on the streets of New York City.” (School Library Journal) Each one of them has run away from horrors at home (abuse, drugs,) and many are turning to drug dealing and prostitution in order to survive. After seeing so much illness, death and destitution, the main character (whose street name is Maybe) realizes that she can't exist like this forever and needs to start thinking about her future.

## BOOKLIST: DRUG ABUSE (August 2011) Compiled by Debbie Bastacky (librarian and parent)



### DRUG ABUSE

**Addict in the Family: Stories of Loss, Hope and Recovery** (Beverly Conyers, 2003)

A book about sorrow, deception and pain; also how family members find support, set boundaries, and eventually discover how to enjoy life whether their loved one finds recovery or not

**Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs** (Schaefer, 1998)  
Older book but it's good for parents who just discovered their child is using drugs.

**Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children** (Charles Rubin, 2007)

## **DRUG ABUSE, cont'd.**

**Tweak: Growing up on Methamphetamines** (Nic Sheff, 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.

**We All Fall Down: Living with Addiction** (Nic Sheff, 2011) Sequel to Tweak: Nic's continuing struggle with drugs

**When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, and Getting on with Our Lives** (Jane Adams, 2004) Amazon:  
"With warmth, empathy, and perspective, Dr. Adams offers a positive, life-affirming message to parents who are still trying to "fix" their adult children -- Stop! She shows us how to separate from their problems without separating from them, and how to be a positive force in their lives while getting on with our own."

**Stay Close: A Mother's Story of Her Son's Addiction** (Libby Cataldi, 2009)  
A Maryland mother's struggle: At first, alcohol and pot, but quickly her son spiraled into using cocaine, ketamine, crystal meth and eventually heroin.

Several years later, her son is recovering and the family is healing.  
**DRUG ABUSE, cont'd.**

**Live Through This: A mother's memoir of runaway daughters** (Debra Gwartney, 2008) Publishers Weekly:  
Gwartney, a former correspondent for *Newsweek*, tells of her daughters' paths of self-destruction as street children, with intervening stints in various treatment centers (among them, a state group home, the foster child program, a wilderness-therapy program). As daughters Amanda and Stephanie move back and forth between their parents' homes of squabbles and angry rebellion and the street world of self-maiming—socially (dropping out of school), physically (drugs, scabies), emotionally (attempted suicide)—Gwartney builds a life around trying to bring them home again, into which her younger daughters, Mollie and Mary, are inexorably drawn. After a grim and frustrating two years, she is successful.

**Beautiful Boy: A Father's Journey Through His Son's Meth Addiction** (David Sheff, 2008)  
Before meth, Sheff's son, Nic, was a varsity athlete, honor student, and award-winning journalist. After meth, he was a trembling wraith who stole money from his eight-year-old brother and lived on the streets. With haunting candor, Sheff traces the first warning signs, the attempts at rehabilitation, and, at last, the way past addiction. He shows us that, whatever an addict's fate, the rest of the family must care for one another, too, lest they become addicted to addiction.

See also You Tube: Ralph Cantor: Drug Education (parts 3 – 9)  
**PARENTING**

**The Nurture Assumption: Why Children Turn Out the Way They Do** (Judith Rich Harris, 1998)  
Harris asserts that parents play a very minor role in mental and emotional development. *The Nurture Assumption* explores the mountain of evidence pointing away from parents and toward peer groups as the strongest environmental influence on personality development.

**The Parents We Mean to Be : How Well-intentioned Adults Undermine Children's Moral and Emotional Development** (Rick Weissbourd, 2009) Publishers Weekly:  
"Weissbourd asserts quite forcefully and repetitively that by abdicating moral authority to popular culture and children's peers, by shielding children from their destructive behavior, by letting fathers off the hook and by insisting on children's happiness rather than their goodness, adults are failing their own children."

**For Parents and Teenagers : Dissolving the Barrier Between You and Your Teen** (William Glasser, 2003) Amazon:  
"Glasser asks parents to reject the 'common sense' that tells them to 'lay down the law', ground teens, or try to coerce them into changing behavior. These strategies have never worked, asserts Dr Glasser, and never will.

Instead he offers a different approach based upon Choice Theory.”