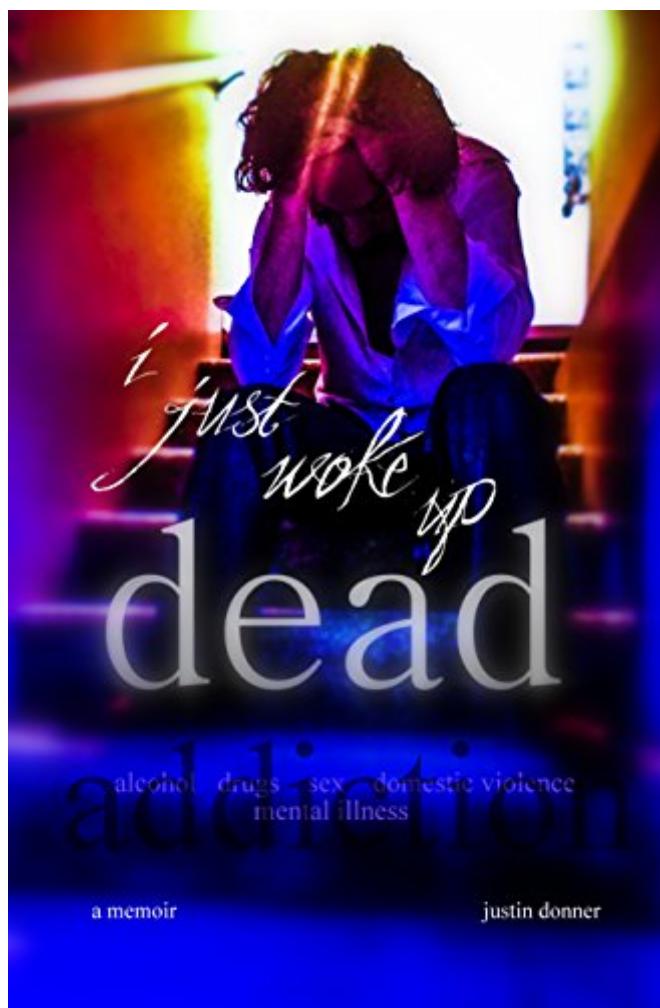


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I Just Woke Up Dead: Sex, Drug And Alcohol Addiction Memoir



Synopsis

WARNING: Gritty, raw, masterful depiction of Bipolar and Addiction Recovery as never written before, a case-study in Mental Illness following a college student's spiral into the psychiatric hospital in a quest for survival. Like awakening from a nightmare, readers learn pieces of the story through chapters providing clues to uncover the events of a blackout and Minnesota State-enforced psychiatric ward indefinite placement. Readers are left to fill in the blanks the way dreams are remembered vividly, along for the ride toward what leads to the vital first-step of admission of powerlessness to sex, drugs and alcohol. This is an experience, not a recollection meant to glorify; the story of an addict may enlighten understanding because that is what stories do. Visit ijustwokeupdead.com if you need to fact check or verify that addiction memoirs like this have no precedent.

DISCLAIMER: graphic sexual content is presented to illuminate behavior connected to violent and addictive development; these are the realities of countless people who feel disconnected and alone... you are not alone. Read at your own risk of feeling what you may not enjoy.* An examination of addiction, mental illness and domestic violence unlike any other, "ijwd" was compiled using a lifetime collection of journals, notes, photos, arrest records, hospital documents, and candid conversations with those involved in the self-destruction contained herein. As much a research project as a memoir (written by an author with a masters degree from Cal Irvine with an extensive background in research writing), details and perspective never found in domestic violence, addiction or mental health literature are recounted in a way that will relate to addicts, enlighten professionals, and educate the loved ones who watch lives fall apart. Wake up from the blackout, bloodied, bruised, in detox on a police hold. No clue. In PART 1, readers participate in the unraveling of sexual, sometimes violent intoxicated events countless addicts endure daily. This narrative puts the reader at the high point of college success, earning top-school billing as a pre-med student. Fast forward to hell, learning about an attack of domestic violence not remembered, yet completely true. Back to college and the recklessness of arrogance, pressure and subsequent drowning in all things addictive. Travel into court, facing judges and prosecutors while arranging a psychiatric hospital stay. Beginning with a sharp fall from the top, alternating with grit climbing up from rock bottom, "ijwd" is an experience, a case study of addiction told in a perspective with rare clarity in an addiction memoir. PART 1 compares top from bottom, while PARTS 2 and 3 take readers on an exploratory journey to show, not tell, but live through what could possibly derail a bright future while the soul-searching path to recovery is told through psychiatric hospital walls and a rehabilitation center. Discover the strength and courage to deal with addiction, mental illness and domestic violence. Learn about behaviors not easily described, as an accomplice in the story of how sex,

drugs and alcohol impact lives. That readers may understand why sobriety is so hard to obtain, that willpower is never enough for the masses who die each day fighting the battle against all types of addiction, that one person leaves a violent relationship, those are the hopeful goals of this story.

Book Information

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Customer Reviews

i am giving this 4 stars because it is a good story. I am not sure how much it really falls in the self help book reading list but if you hold as a good read with all of the sex, drugs and partying it has a good story line. When the main character starts to get clean and takes responsibility for all of the horrid things he has done you can't help but root for him to succeed. Keeping in mind this is a true story a lot of you may not get how it will help you. His story might not be your story so it isn't what you are looking for. I don't think this book is designed to be a self help book, so get what you can from it and be glad for my nephew that "he" managed to get it together and get out of that lifestyle. How ever it is or is not written this is a book about a young mans life. A young man who had it all

going for him until that monster got ahold of him and destroyed his original path in life and how God's good graces gave him a new start. He has helped others and continues to keep the work going, for himself as well as for others. His intentions are pure and for that and his hard work we are very proud of him. He continues to work for abused women and people with addiction issues. He has been there and for that is able to help others. READ THE BOOK AND SEE FOR YOURSELF. It may be your story and give you all the inspiration you need to at long last handle your addiction. It can't hurt!!!! It is written in a way to give you the reader a choice of how you choose to read the book. A little mystery to keep you wondering.

A crazy ride from addiction to sobriety. The story flips back and forth between the past and the current time during recovery. Sometimes it's a little difficult to follow. Justin is a great storyteller, and seems to glamorize his addictions and the outrageous hijinks he's gotten away with. I loved the book and couldn't wait to read what was happening next. I really couldn't put it down. I really wanted to party with Justin, but I was pulling for him to get his s*** together and get sober. DEFINITELY worth reading!!

Not an easy read due to the writing style, was not exactly a page turner but I trust he turned his life around

Far too much detail and repetition. To get through it I did lots of sight reading aching to get to the end.

A sad story about the life of an addict and the many people who are effected by the ups and downs that this one poor man lives through. There are periods of unwelcome and institutionalized sobriety, followed by drug use, alcoholism and unprotected sex, partying, and trying to hold onto a codependant, yet abusive relationship. A very long but interesting read.

What a interesting story. Really shows the effects of addiction on life. Way to graphic about the sexual situations I didn't think all of that detail was needed. Really shows how deep his sex addiction goes. Over all a great book a little to drawn out . Also several spelling errors.

Excellent read. The bravery in your life story that's so raw and truthfully told is admirable. I couldn't put this book down. I am left wanting more and hoping for a sequel on continued sobriety.

I could not put this book down. One of the best -- and most hauntingly disturbing -- stories of living in the throes of addiction.

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