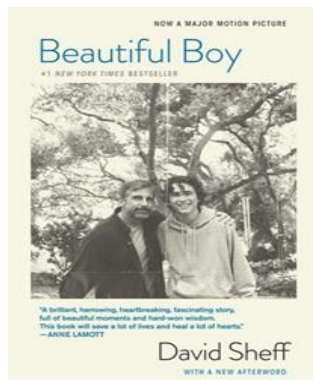


ADF Library Book Review.

Beautiful boy: a father's journey through his son's addiction



Author: David Sheff

Print Book 2018

Reviewer Name: L A

Occupation Category: Other

Rating: 5 being excellent



Overall impression:

This is a fascinating and informative memoir of a father, David Sheff, who tries to save his son from (meth) addiction. As a father – desperate to save his son – and as a writer, the author investigates the problem and reports his findings. Through his words, we can understand how addiction can affect a family.

I have appreciated both the personal recount of this devastating experience and the educational parts. I was hoping with the author and feeling as disappointed as him when his son, Nic, relapsed. A book worth reading.

Favourite bit? :

I don't have a single favourite part only.

There are several little bits; for instance, when the writer's vulnerability can't be contained anymore; his effort to be 'morally correct' fades and his genuine thoughts emerge. Fragments like this:

"I try not to blame Nic.
I don't.
Sometimes I do."

Your recommendation and why?

I do recommend this book to be read especially in high schools. As we know, AOD appeal to many young people for different reasons. This book shows the dark side of the effects of AOD, from a personal perspective. If a book can prevent even only one individual from their use, I believe it has reached its purpose.

It's a book that can be related to all parents of teenagers, because no matter how good, talented and full of life their children are, the risk is there. A parent can never feel safe.

It is important to read this book to understand that addiction is a disease, and as a disease it can hit anyone, even the best student, the popular one, loved and cared for by family and friends.

Although it's an auto-inflicted illness, I don't think that people suffering from it would deliberately choose to get stuck in the trap. But because, unlikely other diseases, this is self-caused, people who are suffering from it are marginalised. This book can help to fight the stigma around it.

**Who do you think
would like to use this
book?**

Families and communities that are facing this problem daily, schools, rehabs etc. This book can be useful to the whole society. Families who are struggling can find themselves in it, living as the same or similar situations as the author, finding a support in it or simply feeling less alone. Young people who are approaching drugs can see the devastating consequences of them and might think twice before fall in the temptation.