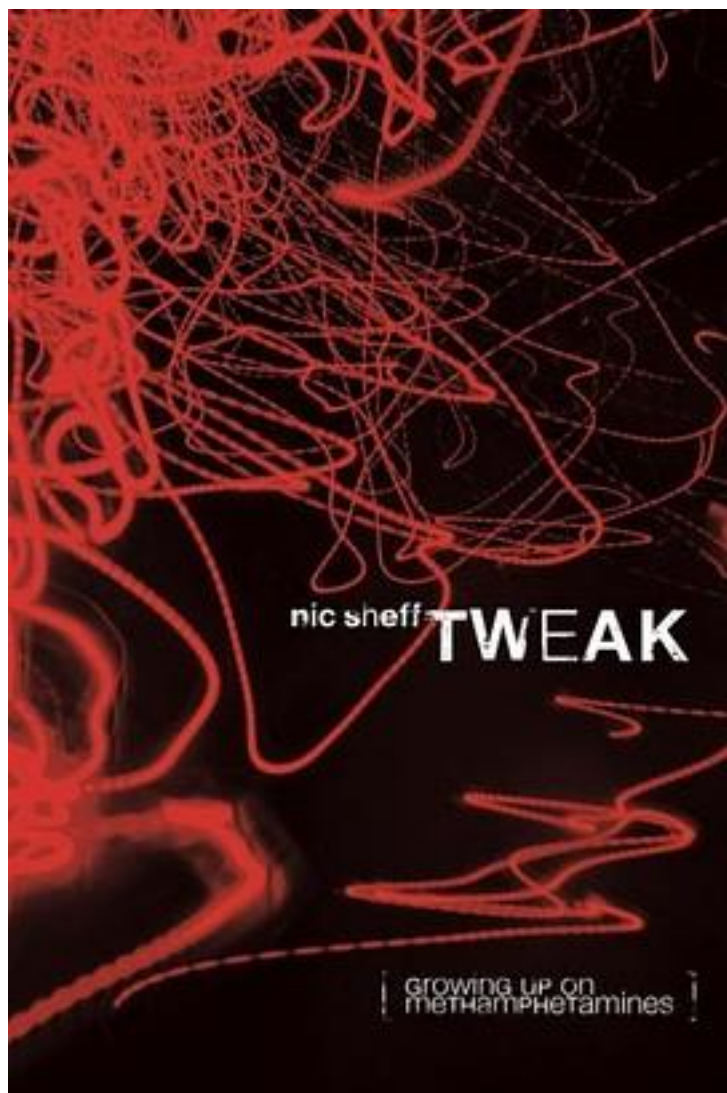


# Tweak



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著者:Nic Sheff

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Nic Sheff was drunk for the first time at age eleven. In the years that followed, he would regularly smoke pot, do cocaine and Ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer in California to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling, heartbreaking, and true story of his relapse and the road to recovery. As we watch Nic plunge the mental and physical depths of drug addiction, he paints a picture for us of a person at odds with his past, with his family, with his substances, and with himself. It's a harrowing portrait -- but not one without hope.

作者介绍:

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## 标签

非虚构

美国

瘾

自传

Biography

## 评论

希望Nic现在好好的。

ps.其实更想看到Nic说小时候的想法，他怎么开始的，我真的相信了他一次又一次……

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A desperate and pathetic memoir of drug addict/tweaker. It is even more touching

than any sociological theory on drug abuse. Thank Moe for all her explanations. Learn a hell lot of drug names. SY 8/24

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继续建议：请添加‘听过’选项。  
很迅速地听完这两本，如果说BB更多关于爱，这本更多关于成长吧。  
听BB会哭，听这本会坐立不安：像看人走钢丝，且你知道他会掉下去，只是不知道是什么时候。对Zelda的爱最后归于童年得不到母亲陪伴的移情，电影似乎移去了这个角色。10.12，托腮期待。

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可读性还是他父亲写的高一些。NIC写的没有强烈往下读的欲望。其实挺理解他一次一次无法自控的这样的状态，想要改变，但是面对他人的期待和压力又周而复始，希望他一切都好。脑补代入茶，简直要命啊。

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叙事有点乱，中间尤其，跳了一些此书最大的优点就是真诚！

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People are depressed, lonely and tormented regardless of their talent. Thank you for exposing yourself without the aid of that genius everyone craves. It sucks to be average and fucked up. It makes you feel even more unwanted.

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书评

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