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JODIE SWEETIN

WITH JON WARECH



A MEMOIR



UNSWEETINED

Unsweetined A Memoir

Vincent LoBrutto



Unsweetined A Memoir:

unSweetined Jodie Sweetin, 2009-11-03 In this explosive *Us Weekly* and brutally honest *E Online* memoir Jodie Sweetin once Danny Tanner's bubbly daughter on America's favorite family sitcom takes readers behind the scenes of *Full House* and into her terrifying and uplifting real life story of addiction and recovery How rude Jodie Sweetin melted our hearts and made us laugh for eight years as cherub faced goody two shoes middle child Stephanie Tanner Her ups and downs seemed not so different from our own but more than a decade after the popular television show ended the star publicly revealed her shocking recovery from methamphetamine addiction Even then she kept a painful secret one that could not be solved in thirty minutes with a hug a stern talking to or a bowl of ice cream around the family table The harrowing battle she swore she had won was really just beginning In this deeply personal utterly raw and ultimately inspiring memoir Jodie comes clean about the double life she led the crippling identity crisis the hidden anguish of juggling a regular childhood with her Hollywood life and the vicious cycle of abuse and recovery that led to a relapse even as she wrote this book Finally becoming a mother gave her the determination and the courage to get sober With resilience charm and humor she writes candidly about taking each day at a time Hers is not a story of success or defeat but of facing your demons finding yourself and telling the whole truth *unSweetined*

UnSweetined Jodie Sweetin, Jon Warech, 2009-11-03 In the vein of Nic Sheff's *Tweak* and Tori Spelling's *sTori Telling* *UnSweetined* reveals the former *Full House* star's harrowing journey from her role as America's sweetheart on a popular television show to her struggle with substance abuse color photo insert **Sitcommentary** Mark A. Robinson, 2019-10-15 From *I Love Lucy* to *Black-ish* sitcoms have often paved the way for social change Television comedy has long been on the frontline in how America evolves on social issues There is something about comedy that makes difficult issues more palatable with humor an effective device for presenting ideas that lead to social change From *I Love Lucy* which introduced the first television pregnancy to *Will Grace* which normalized gay characters the situation comedy has challenged the public to revisit social mores and reshape how we think about the world in which we live In *Sitcommentary: Television Comedies That Changed America* Mark A. Robinson looks at more than three dozen programs that have tackled social issues from the 1940s to the present The author examines shows that frequently addressed hot button topics throughout their runs such as *All in the Family* *Maude* and *Black-ish* as well as programs with special episodes that grappled with a societal concern like ageism class gender race or sexual orientation Among the important sitcoms discussed in this volume are such beloved shows as *The Brady Bunch* *A Different World* *The Facts of Life* *The Golden Girls* *Good Times* *The Jeffersons* *The Mary Tyler Moore Show* *M.A.S.H.* *Modern Family* *Murphy Brown* *One Day at a Time* *Roseanne* and *Soap* Each has broken down barriers and facilitated discussion debate and social evolution in America Arranged in chronological order these TV shows have influenced the masses by tackling tough topics or shining a spotlight on taboo subjects With discussions of some of the most popular shows of all time *Sitcommentary* will appeal to fans of these shows as well as anyone interested in the cultural

history of America and American television Working with the Wealthy and Well Known Dave Verhaagen,2025-07-24

Working with the Wealthy and Well Known takes a nuanced look at these two overlapping groups and offers evidence based guidance for treatment plans and strategies The writing mixes stories and narrative expert interviews with master therapists and other helping professionals and strong research to create a highly readable immensely practical guide for working with the rich and famous Drawing on decades of clinical experience and a strong body of research Dave Verhaagen shares deeply human stories evidence based insights and practical approaches to helping prominent clients navigate the complexities of wealth and fame He explores their impact on identity development relationships substance use and mental health

Transcending the stereotypes of rich people and celebrities this is a must read for mental health professionals fans of psychology and anyone who helps or supports prominent clients Written with empathy and insight the book is a landmark work for understanding and helping the rich and famous **TV in the USA** Vincent LoBrutto,2018-01-04 This three volume set is a valuable resource for researching the history of American television An encyclopedic range of information documents how television forever changed the face of media and continues to be a powerful influence on society What are the reasons behind enduring popularity of television genres such as police crime dramas soap operas sitcoms and reality TV What impact has television had on the culture and morality of American life Does television largely emulate and reflect real life and society or vice versa How does television s influence differ from that of other media such as newspapers and magazines radio movies and the Internet These are just a few of the questions explored in the three volume encyclopedia **TV in the USA A History of Icons Idols and Ideas** This expansive set covers television from 1950 to the present day addressing shows of all genres well known programs and short lived series alike broadcast on the traditional and cable networks All three volumes lead off with a keynote essay regarding the technical and historical features of the decade s covered Each entry on a specific show investigates the narrative themes and history of the program provides comprehensive information about when the show started and ended and why and identifies the star players directors producers and other key members of the crew of each television production The set also features essays that explore how a particular program or type of show has influenced or reflected American society and it includes numerous sidebars packed with interesting data related information and additional insights into the subject matter *Scandalous!* Hallie Fryd,2012-02-14 This book includes 50 juicy pop culture political and entertainment related scandals complete with photos event synopses and a look at why it went down in history and how it continues to influence us today

Booktalking Nonfiction Jennifer Bromann-Bender,2013-12-20 **Booktalking Nonfiction** 200 Sure Fire Winners for Middle and High School Readers will provide an introduction to selecting and writing booktalks for nonfiction books with a focus on unique informational texts and biographies and autobiographies A booktalk is a summary of a book presented in a way that would interest someone in reading the book described Why non fiction Because the Common Core Standards Initiative which most states have adopted requires that 70% of the materials students read be from

the category of informational texts it is especially important to focus on nonfiction when sharing books with students Here s everything you need to do just that Chapters cover selecting writing preparing and presenting booktalks special tips for high interest low level books and using non fiction in the library and the classroom Two hundred ready to present booktalks arranged by genre are also included Genres include animals famous people sports crime and serial killers movies and television religion war history and the supernatural *Running of the Bride* Rachel Eddey,2012-05-15 When Rachel s handsome studio exec boyfriend proposes on the Sex and the City movie set she can t fathom the dizzying adventure ahead Accepting a once in a lifetime venue deal helps their budget but puts them on a crash course to get married in just four months and time isn t their only challenge They battle a wacky host of vendors including a hair stylist who fakes a car accident and a makeup artist channeling Marilyn Manson all while testing their love amid tastings and tulle Using her nervous energy productively Rachel enters every contest she can find winning diamond earrings a honeymoon a photographer and two wedding gowns Her pop culture obsession lands the wedding party on two hit reality TV shows There s just one problem as the clock ticks down Her staunch perfectionism and fear of dancing threaten to derail everything She has to redefine perfect and embrace the mistakes or risk losing it all Please take your seats The wedding is about to begin

This River James Brown,2011-03-01 Continues where Brown s first memoir *The Los Angeles Diaries* left off It s molten stuff the story of his efforts to control his river of rage Los Angeles Times Award winning author James Brown gained a cult following after chronicling his turbulent childhood and spiraling drug addiction in *The Los Angeles Diaries* *This River* picks up where Brown left off in his first memoir describing his tenuous relationship with sobriety telling of agonizing relapses and tracking his attempts to become a better father This is the heartbreaking and at times uplifting tale of Brown s battles peeking into his former life as an addict and detailing his subsequent ascent to sobriety and fight for redemption A beautifully crafted and intensely moving book Without artifice or pretension without false moves of any sort James Brown goes after the biggest literary game death love children degeneration hopelessness hope I read this book straight through in one spellbound sitting and I will read it again in a week or two It is so good Tim O Brien National Book Award winning author of *The Things They Carried* Beautifully written this is clear eyed truth telling by a man coming to terms with the best and worst in himself and others Booklist *This River* pulls no punches art shouldn t and Brown doesn t The good the bad the ugly are all there in a lucid uncluttered muscular prose studded with honesty willpower and courage Brown s is a story of a man who against overwhelming odds not only came back from the abyss but triumphed Duff Brenna author of AWP Best Novel *The Book of Mamie* **Never Give in to Fear** Marti Macgibbon,2010-07-29 A new enhanced edition of this book is coming out complete with three new chapters *Never Give in to Fear Laughing All the Way Up from Rock Bottom* will be available Oct 8 2012 Details Stay Strong Publishing *Never Give in to Fear Laughing All the Way Up from Rock Bottom* release date Oct 8 2012 distributed by AtlasBooks 15 95 Trade Paperback ISBN 978 0 9860067 0 8 376 pages 5 99 E book ISBN 978 0 9860067

1 5 Praise for Never Give in to Fear Foreword Clarion Reviews Five Stars out of Five MacGibbon is self aware and is able to show the humor of the moment without losing the tense pacing of her story The memoir whips along hardly taking breath What makes Never Give in to Fear shine is MacGibbon s ease with her story She doesn t apologize for who she is and she doesn t try to win over the reader It s just the facts ma am and by the time the first chapter is over she s already on a roll Honest to a fault in ruthless pursuit of the story MacGibbon s memoir is captivating from the very first sentence MacGibbon has written and lived her way through a forbidding place It s wonderful to not only read her story but to know that she has flourished in her years of recovery A memoir that offers hope even in the worst of times Never Give in to Fear is a terrific read It s the perfect book for a reader in recovery though MacGibbon s real life adventures will be equally appealing to anyone who needs a little more adrenaline in their reading list Claire Foster It s amazing that Marti MacGibbon survived her harrowing life and had the guts to recount it not too preachy the author s candor and sense of humor keep the pages turning Suzanne Daly the bohemian com *Good Morning, Destroyer of Men's Souls* Nina Renata Aron,2020 A scorching memoir of a love affair with an addict weaving personal reckoning with psychology and history to understand the nature of addiction codependency and our appetite for obsessive love The disease he has is addiction Nina Renata Aron writes of her boyfriend K The disease I have is loving him Their love affair was dramatic urgent overwhelming an intoxicating antidote to the long lonely days of early motherhood But soon after they get together K starts using again and years of relapses and broken promises follow Even as his addiction deepens she stays convinced she is the one who can get him sober If she leaves him has she failed After an adolescence marred by family trauma and addiction Nina can t help but feel responsible for those suffering around her How can she break this pattern Written in prose at once unflinching and acrobatic Aron delivers a piercing memoir of romance and addiction drawing on intimate anecdote as well as academic research to crack open the long feminized and overlooked phenomenon of codependency She shifts between visceral ferocious accounts of her affair with K and introspective analysis of the part she plays in his addictions as well as defining moments in the history of codependency from temperance to the formation of Al Anon to more recent research in the psychology of addiction *Good Morning Destroyer of Men s Souls* is a blazing big hearted book one that illuminates and adds nuance to the messy tethers between femininity enabling and love **Beautiful Things** Hunter Biden,2021-04-06 NEW YORK TIMES BESTSELLER I come from a family forged by tragedies and bound by a remarkable unbreakable love Hunter Biden writes in this deeply moving and unflinchingly honest Entertainment Weekly memoir of addiction loss and survival When he was two years old Hunter Biden was badly injured in a car accident that killed his mother and baby sister In 2015 he suffered the devastating loss of his beloved big brother Beau who died of brain cancer at the age of forty six These hardships were compounded by the collapse of his marriage and a years long battle with drug and alcohol addiction In *Beautiful Things* an astonishingly candid and brave book about loss human frailty wayward souls and hard fought redemption Dave Eggers New York Times bestselling author

Hunter recounts his descent into substance abuse and his tortuous path to sobriety The story ends with where Hunter is today a sober married man with a new baby finally able to appreciate the beautiful things in life *Apology to the Young Addict* James Brown, 2020-03-03 Husband addict father skeptic Now sixty with years of sobriety under his belt the celebrated author of *The Los Angeles Diaries* and *This River* returns with his most moving work yet Opening with the tragic tale of an elderly couple consumed by opioid addiction and moving through the horrors of a Las Vegas massacre to the loss of a beloved sponsor these essays draw on Brown's personal journey to illustrate how an individual life in all its messiness and charm can offer a blueprint for healing From writing about finding a new path in life while raising three sons to making peace with the family whose ghosts have haunted him and helping the next generation of addicts overcome their disease this haunting and hopeful book is a reinvention of the recovery story and a lasting testimony from the master of the modern memoir The third panel in Brown's masterwork triptych on addiction from youth to sixty *Apology to the Young Addict* also accomplishes at last a staggeringly rare mercy on the ghosts of memory the ravages of disease the brutal hypocrisies of religion and finally most shockingly on himself Gina Frangello author of *Every Kind of Wanting* and *A Life in Men* **Stepping Stones** Marilea C. Rabasa, 2025-07-30 Addiction is a stealth predator Unrecognized it will grow and flourish Unchecked it destroys Marilea Rabasa grew up in post WWII Massachusetts in a family that lived comfortably and offered her every advantage But they were also haunted by closely guarded family secrets Alcoholism reached back through several generations and it was not openly discussed Shame and stigma perpetuated the silence And Marilea became part of this ongoing tragedy From an unhappy childhood to a life overseas in the diplomatic service to now living on an island in Puget Sound *Stepping Stones* chronicles Marilea's experiences weaving a compelling tale of travel motherhood addiction and heartbreaking loss The constant thread throughout this story is the many faces and forms of addiction phantoms that stalk her like an obsessed lover What if anything will free her of the masks she has worn all her life An inspiring poignant recovery story *Stepping Stones* tells how Marilea took on the demons that plagued her all her life and defeated them **If I Die Before I Wake** Barb Rogers, 2010-04-01 A woman shares the story of her descent into alcoholism her journey to getting clean and sober and life on the other side The tragic death of her teenage son Jon forces Barb Rogers to delve into the horror that was her life to that point Due to a home life fraught with substance and emotional abuse she found herself bottomed out more than once and homeless along the way When asked in early recovery if I knew any prayers the one I could think of was the child's nighttime prayer Now I lay me down to sleep As I thought of it I recalled the long nights when I simply wanted to go to sleep and never wake up Barb learned most of her life lessons through pain tragedy and addiction This is not a glamorous story it is real and raw It is not about survival of the fittest but the weak the hopeless the helpless the truly addicted not only to substances but to drama anger excuses and justifications Barb reflects on how she reached her lowest point just what it was and how and why she finally reached out to a 12 step program for help She shows the reader what it's really like to survive to stay clean

and sober and to find a way to the other side Recovery was one of the most difficult things she ever did but it was worth every effort I put out Barb Rogers would be the first to tell you she s not special But her story told well and with humor is sure to inspire anyone to put in the work to improve their lives Praise for If I Die before I Wake Raw vivid and brutally heart wrenching Barb s account of her shattered life will undoubtedly hit home with many Jennifer Storm author of Blackout Girl and Leave the Light On Gripping tragic and absolutely impossible to put down Rachael Brownell author of Mommy Doesn t Drink Here Anymore An inspiring story that reflects the transformative power of Twelve Step recovery This is a particularly important book for any woman who is struggling with sobriety and feels she will never achieve it Stephanie S Covington author of A Woman s Way Through the Twelve Steps

Saving Sara Sara Somers,2025-07-30 For nearly fifty years Sara Somers suffered from untreated food addiction In this brutally honest and intimate memoir Somers offers readers an inside view of a food addict s mind showcasing her experiences of obsessive cravings compulsivity and powerlessness regarding food Saving Sara chronicles Somers s addiction from childhood to adulthood beginning with abnormal eating as a nine year old As her addiction progresses in young adulthood she becomes isolated masking her shame and self hatred with drugs and alcohol Time and again she rationalizes why this time will be different only to have her physical cravings lead to ever worse binges to see her promises of doing things differently next time broken and to experience the amnesia that she like every addict experiences when her obsession sets in again Even after Somers is introduced to the solution that will eventually end up saving her the strength of her addiction won t allow her to accept her disease Twenty six more years pass until she finally crawls on hands and knees back to that solution and learns to live life on life s terms A raw account of Somers s decades long journey Saving Sara underscores the challenges faced by food addicts of any age and the hope that exists for them all

It Was Me All Along Andie Mitchell,2015-12-29 NEW YORK TIMES BESTSELLER A heartbreakingly honest endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self acceptance All her life Andie Mitchell had eaten lustily and mindlessly Food was her babysitter her best friend her confidant and it provided a refuge from her fractured family But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds she knew she had to change the way she thought about food and herself that her life was at stake It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome from morbidly obese to half her size from seeking comfort in anything that came cream filled and two to a pack to finding balance in exquisite but modest bowls of handmade pasta This story is about much more than a woman who loves food and abhors her body It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off kilter world More than anything though it is the story of her finding beauty in acceptance and learning to love all parts of herself

Savaged to Wellness Melody Paul,2020-05-14 This is a recovery story about a Micmac woman named Melody Paul She is from the Canadian province of Nova Scotia in an island called Cape Breton famously known for its beautiful trails She was

raised in Eskasoni Eskasoni is one of the largest native Micmac tribe reservations in the world Growing up in her native culture community she struggles to adapt and decides to adventure and explore new places Melody finds her first job on the blueberry barrens of Down East Maine then discovers other ways to support herself She soon learns to adapt to the American way of life Unfortunately her life choice leads her to poverty abuse discrimination and substance abuse Running becomes a behavior she cannot contain dysfunctional behavior becomes her way of life with the combination of her addiction issues it is the exact combination for a perfect storm It is hustling her way to what she needs to fuel her substance use Hurting others along the way doesn't matter to her whatsoever because she was sick with addiction then finally one day something changes the course of her life path that is when she gets charged with trafficking drugs that causes her friend to overdose Melody finally owns up to what she has become and decides to face her demons in the cold brick wall of the Maine State Prison This is when her healing starts She prays daily and becomes more aware of her actions and behaviors Melody starts to write and heals herself from the damages of addiction This is a story of recovery

Quitter Erica C. Barnett, 2021-07-06 Barnett's prose style is brassy and cleareyed with echoes of Anne Lamott Beth Macy The New York Times Book Review Emotionally devastating and self-aware this cautionary tale about substance abuse is a worthy heir to Cat Marnell's *How to Murder Your Life* Publishers Weekly starred review A startlingly frank memoir of one woman's struggles with alcoholism and recovery with essential new insights into addiction and treatment Erica C Barnett had her first sip of alcohol when she was thirteen and she quickly developed a taste for drinking to oblivion with her friends In her late twenties her addiction became inescapable Volatile relationships blackouts and unsuccessful stints in detox defined her life with the bottles she hid throughout her apartment and offices acting as both her tormentors and closest friends By the time she was in her late thirties Barnett had quit and relapsed again and again but found herself far from rehabilitated Rock bottom Erica Barnett writes is a lie It is always possible she learned to go lower than your lowest point She found that the terms other alcoholics used to describe the trajectory of their addiction rock bottom and moment of clarity and the mottos touted by Alcoholics Anonymous such as let go and let God didn't correspond to her experience and could actually be detrimental With remarkably brave and vulnerable writing Barnett expands on her personal story to confront the dire state of addiction in America the rise of alcoholism in American women in the last century and the lack of rehabilitation options available to addicts At a time when opioid addiction is a national epidemic and one in twelve Americans suffers from alcohol abuse disorder *Quitter* is indispensable reading for our age and an ultimately hopeful story of Barnett's own hard fought path to sobriety

My Fair Junkie Amy Dresner, 2017-09-12 In the tradition of *Blackout* and *Permanent Midnight* a darkly funny and revealing debut memoir of one woman's twenty-year battle with sex drugs and alcohol addiction and what happens when she finally emerges on the other side Growing up in Beverly Hills Amy Dresner had it all a top notch private school education the most expensive summer camps and even a weekly clothing allowance But at 24 she started dabbling in meth in San Francisco

and unleashed a fiendish addiction monster Soon if you could snort it smoke it or have sex with she did Smart and charming with Daddy s money to fall back on she sort of managed to keep it all together But on Christmas Eve 2011 all of that changed when high on Oxycontin she stupidly brandished a bread knife on her husband and was promptly arrested for felony domestic violence with a deadly weapon Within months she found herself in the psych ward and then penniless divorced and looking at 240 hours of court ordered community service For two years assigned to a Hollywood Boulevard chain gang she swept up syringes and worse as she bounced from rehabs to halfway houses all while struggling with sobriety sex addiction and starting over in her forties In the tradition of Orange Is the New Black and Jerry Stahl s Permanent Midnight Amy Dresner s My Fair Junkie is an insightful darkly funny and shamelessly honest memoir of one woman s battle with all forms of addiction hitting rock bottom and forging a path to a life worth living

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