

# Addiction & Recovery Memoirs

## at Manchester Public Library



**It's Hard for Me to Live with Me: a memoir**  
by Rex Chapman  
(B Chapman)



**A Clean Mess: a memoir of sobriety after a lifetime of being numb**  
by Tiffany Jenkins  
(B Jenkins)



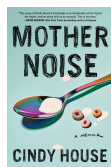
**We Are the Luckiest: the surprising magic of a sober life**  
by Laura McKowen  
(B McKowen)



**Cudi: the memoir**  
by Scott Mescudi  
(B Mescudi)



**The Recovering: intoxication and its aftermath**  
by Leslie Jamison  
(616.86 Jamison)



**Mother Noise: a memoir**  
by Cindy House  
(B House)



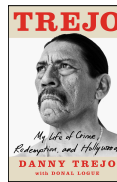
**Beautiful Boy: a father's journey through his son's addiction**  
by David Sheff  
(362.29 Sheff)



**Blood Orange Night: a memoir of insomnia, motherhood, and benzos**  
by Melissa Bond  
(B Bond)



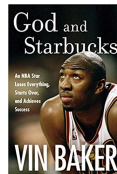
**Stash: my life in hiding**  
by Laura Cathcart Robbins  
(B Cathcart Robbins)



**Trejo: my life of crime, redemption, and Hollywood** by Danny Trejo  
(B Trejo) (Also available in our Spanish language collection)



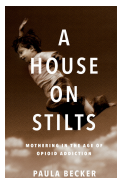
**Lit: a memoir**  
by Mary Karr  
(B Karr)



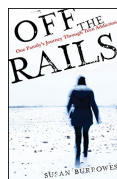
**God and Starbucks: an NBA superstar's journey through addiction and recovery**  
by Vin Baker  
(B Baker)



**Corrections in Ink: a memoir**  
by Keri Blakinger  
(B Blakinger)



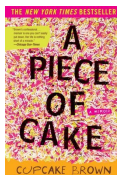
**A House on Stilts: mothering in the age of opioid addiction**  
by Paula Becker  
(362.29 Becker)



**Off the Rails: one family's journey through teen addiction**  
by Susan Burrowes  
(B Burrowes)



**Drinking: a love story**  
by Caroline Knapp  
(362.29 Knapp)



**A Piece of Cake: a memoir**  
by Cupcake Brown  
(B Brown)



**The Many Lives of Mama Love: a memoir of lying, stealing, writing, and healing**  
by Lara Love Hardin  
(B Hardin)