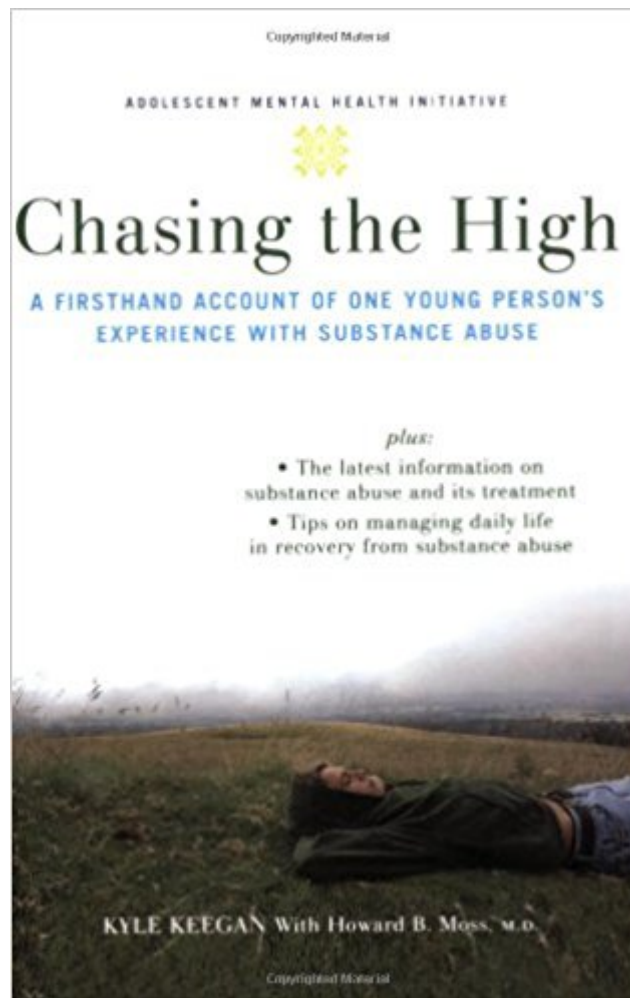


The book was found

Chasing The High: A Firsthand Account Of One Young Person's Experience With Substance Abuse (Annenberg Foundation Trust At Sunnylands' Adolescent Mental Health Initiative)





Synopsis

Kyle Keegan was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life. Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language and along with the psychiatric expertise of Howard Moss, MD, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as therapies which are used to combat addiction, how to talk to families and friends about substance abuse, and how to navigate risky situations. Both an absorbing memoir and a useful resource for young people. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Chasing the High* offers hope to young people who are struggling with substance abuse, helping them to overcome its challenges and to go on to lead healthy, productive lives.

Book Information

Series: Annenberg Foundation Trust at Sunnylands' Adolescent Mental Health Initiative

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Customer Reviews

“The real truth about the worst seems like the best place to start.” • From a harrowing

night on a rooftop, gravely ill and in withdrawal, Keegan tracks back through his young-adult years spent addicted to drugs, primarily heroin. Now clean and sober in his early thirties, Keegan remembers with dark honesty his slide from experimentation to addiction. This title is more than just a memoir, however. Coauthored with a psychiatrist and produced in conjunction with the Adolescent Mental Health Initiative, a program of the Annenberg Foundation Trust at Sunnylands, the book provides a wealth of up-to-date information about the neurobiology of addiction and explains why teens are at a higher risk for drug abuse than are adults. Detailed descriptions of rehab and recovery approaches and lists of resources for further help are also included, while short excerpts from other addiction memoirs add to Keegan's wrenching story. Teens struggling with addiction are directly addressed, but the publisher is marketing the book to the adults in their lives who are trying to help them. --Gillian Engberg

"The book provides a wealth of up-to-date information about the neurobiology of addiction and explains why teens are at a higher risk for drug abuse than adults...short excerpts from other addiction memoirs add to Keegan's wrenching story."--Booklist

"This heartfelt, powerfully written book is an easy read and a first choice for all collections."--Lorraine B. Wiener, teacher, in the School Library Journal

"Chasing the High is an excellent resource on substance abuse for adolescents and their families. Keegan's personal story captures the experience of addiction and recovery in a compelling manner. The authors even make the neurobiology of addiction clear and accessible. It is difficult to find good resources about addictive drugs for adolescents and this book fills the gap."--Charles Dackis, M.D., Director, Charles O'Brien Center for Addiction Treatment, University of Pennsylvania

"Chasing the High is honest and intense, yet also extremely informative. Kyle Keegan has written a brave cautionary tale that takes his readers deep inside the belly of addiction. This book speaks to anyone who has ever felt the deadly grip of drugs and alcohol take hold, but also to those who have watched someone they love disappear into a dark cloud of chemicals. Bravo to Kyle for having the courage to share his painful and inspiring story with the world."--Lynn Marie Smith, author of *Rolling Away: My Agony with Ecstasy*

"While the perils of addiction are often lost in detailed data, there remains a lacuna of information on the personal tolls of substance abuse. In *Chasing the High* we are given an intriguing and very personal snapshot of the initiation, maintenance, and subsequent battling of severe chemical dependency-intermixed with factual and useful information about addictions. Along with the author, we experience the tribulations of the addition- from the crashes to the euphoria to the rehabilitation and optimism of experiencing life without drugs. *Chasing the High* provides a unique inside perspective on addiction that is often

lost in academic texts."--Timothy E. Wilens, M.D., Massachusetts General Hospital & Harvard Medical School"Chasing the High by Keegan and Moss is wonderful first-hand account of a young person's development with addiction. With powerful descriptions of the events that led to drug use, abuse, and addiction the authors succeed in weaving a primer on addiction within the developing saga. Engaging and easy to read, this book should be an enormous help for those individuals and families struggling with this disorder to understand addiction. Particularly poignant for this researcher is the repeated focus on the "dark side" of addiction. The author states, 'In fact, you're taking drugs now not so much to feel good as to keep from feeling bad.' The authors illustrate so clearly that seeking drugs to fill emotional holes creates even bigger emotional holes that in turn need to be filled. This phenomenon is the core feature of addiction."--George F. Koob, Ph.D., Professor, Committee on the Neurobiology of Addictive Disorders, The Scripps Research Institute

I really recommend for people ages 11-28 because that is kind of the ages one would start feeling mad,sad,depressed, ect

I purchased this book because I work with adolescents who struggle with addiction or have family members who struggle with addiction. This book aids to my library by reaching out to students with a first hand account of what they, or their parent, may be experiencing. I enjoyed the book and will purchase more!

Great book to send to someone incarcerated or in rehab who has an addiction problem.

VERY GOOD READ.

This book was absolutely amazing! I couldn't put it down! My brother suffers from heroin addiction which has lead me to my career path of becoming an addiction counselor. It was very insightful not only from a counselor point of view, but I think it would be a great read for anyone suffering from an addiction to any substance, for parents or family members of an addict, and for anyone who is interested in learning more about addiction and what an addict goes through. Can't wait to read other books in this series.

My son asked me to read this. He suffers from addition. It helped me understand what he's going through. I asked my 2 other children to read the book. They too have a renewed outlook on

additions, avoidance and help. I can't thank the author enough for sharing his experience. If you have teenagers, you must read this book. It opened my eyes to MANY things. Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse (Annenberg Foundation Trust at Sunnylands' Adolescent Mental Health Initiative)

i love this book! it really helped me understand the addiction problem of a loved one! great job!!

The author states he wrote this to help those who want to overcome an addiction. I am a family member of an addict and it helped me understand this disease better. It was a quick read and I would recommend it for anyone trying to cope with addiction - either personally or as a family member of a loved one who is an addict.

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