

Agony and Ecstasy is the heart-rending story of the authors sons descent into substance abuse, criminality, addiction, incarceration and - ultimately - tragic death. Detailing the metamorphosis from happy sociable young child to depressed, aggressive addict, it examines both the authors own reminiscences and the various theories behind addiction. Genetics, learned behaviour, peer influences, role models and family dynamics are examined alongside the medical and psychological effects of the various substances. Marijuana, cocaine and alcohol are explored in depth, alongside the Ecstasy which ultimately killed Jimmy. Celebrity addicts are quoted and there are interviews with a former drug user, the mother of a drug addict, a recovering alcoholic, a bereaved mother, and two of Jimmys closest friends. They reveal the dark side of an attraction to illicit substances and the author painfully details his sons decline. From supposedly moody teenager to fully-fledged homeless addict, the book offers a brutally honest guide to families of potential substance abusers. Whilst detailing his sons addiction and describing the horror of his childs death, the author was also forced to face his own long-denied alcoholism. Agony and Ecstasy is the painful truth behind the partying facade of our society.

The Balance Beam: One Womans Life-Changing Guide to Eliminating Stress, Anxiety, and Overwhelm, Titus Matiyane: Cities of the World, Beyond the Emergency: Development Within UN Peace Missions (Peacekeeping), Cladding of Buildings, Suede: The Biography,

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