Beautiful Boy

by David Sheff
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Purpose of the Common Reading Program

The Common Reading Committee chooses the Common Reading selection each year. The committee is comprised of staff and faculty representing the interests of areas that include First Year Experience, Akron Experience Courses, English, Political Science, Psychology, Service Learning, & Communications. First-year students read the book, and faculty members infuse its themes into general-education course curricula throughout the first year.

The goals of the Common Reading Program include the following.

- To select a book that interests a variety of students from different backgrounds, majors, and experiences
- To select a book that is students find engaging enough to read outside of required coursework
- To provide an introduction to the expectations of higher education
- To encourage students to read beyond textbooks
- To create a foundation for students to explore values and ethics
- To raise awareness and tolerance of intergenerational and cultural likenesses and differences
- To promote academic discourse and critical thinking
- To create a sense of community among incoming students
- To integrate an academic and social experience into the campus community
About Beautiful Boy

What had happened to my beautiful boy? To our family? What did I do wrong? Those are the wrenching questions that haunted every moment of David Sheff’s journey through his son Nic’s addiction to drugs and tentative steps toward recovery.

Before Nic Sheff became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets.

David Sheff traces the first subtle warning signs: the denial, the 3 A.M. phone calls (is it Nic? the police? the hospital?), the rehabs. His preoccupation with Nic became an addiction in itself, and the obsessive worry and stress took a tremendous toll. But as a journalist, he instinctively researched every avenue of treatment that might save his son and refused to give up on Nic.

Beautiful Boy is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help.
About the Author

David Sheff is the author of Beautiful Boy, published in 2008. The book was based on his article, “My Addicted Son,” which appeared in the New York Times Magazine. The article won a special award from the American Psychological Association for “outstanding contribution to the understanding of addiction.” Beautiful Boy was named the year’s Best Nonfiction Book by Entertainment Weekly, and it won first place in the Barnes and Noble Discover Award in nonfiction.

In 2009, he was named to the Time 100, Time Magazine’s list of the World’s Most Influential People. He won the 2013 College of Problems on Drug Dependence (CPDD) Media Award.


He has conducted seminal interviews with John Lennon and Yoko Ono, artist and dissident Ai Weiwei, nuclear physicist Ted Taylor, Congressman Barney Frank, Steve Jobs, Tom Hanks, Betty Friedan, Keith Haring, Jack Nicholson, Carl Sagan, Salman Rushdie, Fareed Zakaria, and others. He also wrote an award-winning documentary about John Steinbeck’s The Grapes of Wrath, and a radio special about Harper Lee’s To Kill a Mockingbird, both for National Public Radio.

Sheff is the author of Game Over, called “the bible of the videogame industry” by The Wall Street Journal, and “beguiling” and “irresistible... almost as hypnotic as a successful video game” by The New York Times. Author Gore Vidal said that China Dawn, Sheff’s book about the Internet revolution in China, is a “fascinating... study of go-getting businessmen in a revived China bound to shape our future.” All We Are Saying, based on Sheff’s interviews with John Lennon and Yoko Ono in 1980, was a Literary Guild Selection book. Charles Champlin, Arts Editor of the Los Angeles Times, wrote: “David Sheff’s sympathetic questions evoked so much of the Beatle past and of Lennon’s intellectual past and present and future plans that the interview would hardly have been less engrossing and important even it if were not illuminated by tragedy.”

Sheff graduated from the University of California, Berkeley. He lives with his family in Northern California.
The Setting for Beautiful Boy

Nic Sheff grew up in the Bay Area of California. This balmy region of Northern California includes the cities San Francisco, Oakland, and San Jose, as well as the more rural areas found in Marin (where Nic spent the majority of his school years), Napa, and Sonoma counties, which are famous for wine production. These areas feature beaches, mountains, forests, and national park land that complement the urban areas. The Bay Area includes Berkeley, home of the University of California, and Palo Alto, which houses Stanford. Companies like Google, Apple, Yelp, Facebook, and Twitter call the Bay Area home, attracting educated young adults from across the U.S. and around the world.

The climate for the Bay Area is mild year 'round, with evening temperatures that settle normally in the 50’s and daytime highs that rarely rise above 70. The population of 7 million residents in the Bay Area is ethnically diverse; according to the 2010 Census, approximately 53% reported as Caucasian, 24% Hispanic, 24% Asian, and 6% African American (Bay Area Census).

When many people think of San Francisco and the Bay Area, they think this:

Or this:

Or maybe this:
However, San Francisco and the cities, towns, and communities that make up the Bay Area are much more dynamic than a few stereotyped images, as we will see. This will be a brief visit to some of the neighborhoods of San Francisco that Nic got to know as a little boy, and later spent his time in during the darker, more difficult days of his drug addiction.

When Nic was a young child, he lived in the City of San Francisco with his father, David. For a time, their home was in the well-known neighborhood, **North Beach**, which is also San Francisco’s “Little Italy.” North Beach, as one of the oldest areas in San Francisco, is a major tourist attraction, as well as a very popular residential area. Nic and his father would have enjoyed dining at one of many long-time Italian restaurants in the neighborhood or stopping by a bakery for a treat. Sts. Peter and Paul Church rests in the center of the neighborhood, right by Washington Square Park.

North Beach is also home to the very famous book store, City Lights, founded by Beat poet Lawrence Ferlinghetti. Historically, North Beach was part of the infamous Barbary Coast. Now, it is home to a very active club scene (North Beach).

Once David married Karen, the new family settled in **Inverness**, a small rural community in western Marin County. Inverness itself is essentially little more than a crossroads. However, the surrounding hills and beaches make Inverness and the nearby Point Reyes very popular tourist areas. Here, Nic enjoyed surfing at the beaches with his family and friends and exploring the wilderness areas of the Point Reyes National Seashore.
When Nic was an adult, battling his meth addiction, he frequented other neighborhoods in San Francisco, where his father, David, would search the streets and the parks in hopes of finding his son and bringing him safely home. Nic disappeared more than once into the neighborhood known as the Mission, yet another historic area of San Francisco. Since the mid-20th century, the Mission has been home to residents from Mexico and Central America, and the shops, restaurants, and bakeries reflect the Hispanic culture (Banner). Mission Dolores is one of the oldest buildings in San Francisco, and Dolores Park is popular with residents, offering great views of downtown San Francisco and places for both children and adults to play (Dolores and Valencia). The recent technology boom in the Bay Area has been changing the neighborhood, bringing gentrification and with it the loss of some of its ethnic feel. No discussion of the Mission district would be complete, however, without mentioning the Mission Murals. Hundreds of murals cover walls and buildings throughout the district, celebrating the culture and people who are part of the community.

When David Sheff went searching for Nic, he often visited the Haight, the iconic neighborhood that embodied the era of “peace and love” during the 1960’s in San Francisco. The corner of Haight and Ashbury streets is still there (although the street sign frequently goes missing), and remains a major tourist draw.

Evidence of the ’60s can still be found in the Haight, although the neighborhood features classic Victorian houses, access to two city parks (Buena Vista and Golden Gate), as well as boutiques, restaurants, and coffee shops galore. The residential streets are lined with beautifully maintained Victorian houses. A few head shops remain, but shoppers in the Haight can find anything from high-end boutiques to restaurants and coffee shops.
Sadly, the Haight and the panhandle of Golden Gate Park that lies just north of the neighborhood still attract young adults seeking the “Summer of Love.” Area businesses struggle to cope with homeless, often drug-addicted young adults who flock to the neighborhood, as can be seen in the following article from the *San Francisco Chronicle*:

**San Francisco Chronicle**

**McDonald’s on Haight Street is a magnet for homeless youth, drugs**

*By Emily Green  Friday, May 15, 2015*

Half a dozen young people sat on the sidewalk in front of the McDonald’s on Haight Street on Wednesday and one of them, 30-year-old Chris Redinger of Minnesota, packed a bowl with marijuana.

He said there’s one reason he hangs out there: “Location, location, location.” The restaurant is the closest place to Golden Gate Park, he said.

San Francisco City Attorney Dennis Herrera wants to change that and has threatened to sue McDonald’s Corp. for allowing drug dealing and other illegal activity at its restaurant. It’s a new approach to tackling the open drug use and sales that have persisted for decades despite attempts to clean up the area.

**Proximity to park**

The McDonald’s, across Stanyan Street from the eastern edge of Golden Gate Park, attracts homeless youths and drug dealers and users. It is also, Herrera said, a breeding ground for violence and crime that has generated more calls to the police than any other business in the area.

“If the demand letter changes nothing, the lawsuit we’d file would be no joke,” Herrera’s spokesman Matt Dorsey said of a letter the city attorney sent Tuesday to McDonald’s President and CEO Steve Easterbrook at the corporation’s headquarters in Oak Brook, Ill.
A Whole Foods is across Haight Street, but the grocery store employs security guards who make homeless people like him leave the property, Redinger said. McDonald’s employees, for the most part, leave him and his friends alone.

According to the draft complaint Herrera sent to the fast-food chain, police have been called to the McDonald’s property nearly 1,100 times since January 2012 for such reasons as auto burglaries, dog attacks, fights, assaults and drug dealing.

“We firmly believe that, in its current condition, your property threatens the health and safety of the surrounding neighborhood,” Herrera’s letter said.

McDonald’s corporate office issued a statement from franchise owner Betty Lin, who said she has had “regular communication” with police and city officials to “discuss the safety of the restaurant” since she became its owner two years ago. She said she “was not made aware of the claimed drug issues” and “will continue to work diligently with the city and officials to make the restaurant a safe and enjoyable place for my customers.”

Even the people Herrera wants to stay away from the property say the restaurant can be a wild place.

“That McDonald’s inside is like a reality show,” said Justin Walker, a 23-year-old from Atlanta who arrived in San Francisco three days earlier and was hanging out on the sidewalk in front. “It’s just the craziest wing-nut people.”

**Persistent problems**

Haight Street, epicenter of the Summer of Love in 1967, has for years been plagued by homelessness, aggressive panhandling and open use of drugs.

In 1997, then-Mayor Willie Brown initiated a get-tough policy on crime, drug abuse and illegal encampments in Golden Gate Park — with a particular emphasis on the eastern edge. Nearly two decades later, the same problems remain, even though the Park Police Station is nearby. Drugs confiscated at the
McDonald’s property over the past six months include LSD, psychedelic mushrooms, hashish and marijuana, according to the city attorney.

Paul Fogel, an appellate attorney with the law firm Reed Smith, said the city could have a difficult time proving the restaurant is at fault.

“The causal link between the owner’s activities and criminal activity is a hard thing to prove,” he said.

Dorsey, with the city attorney’s office, said the city hopes to avoid filing a lawsuit at all. If it does and wins, the McDonald’s franchise could be closed for a year and the defendants, including McDonald’s Corp., required to pay $25,000 plus additional penalties, Dorsey said.

Low-key police approach

The police, meanwhile, have taken a low-key approach to the drug use outside the fast-food restaurant. Plainclothes officers patrol the area but are easily spotted by regulars. Uniformed officers show up intermittently to tell the loiterers to move on, but no one expects them to stay away, despite the city’s “sit-lie” law that prohibits sitting or lying on the sidewalk or in other public spaces during daylight hours. The ordinance, approved by voters in 2010, was inspired by panhandling on Haight Street.

“It’s just a ballet every day. Every day it’s the same dance,” said Ronnie Morrisette Jr., a 29-year-old San Francisco native, sitting on the sidewalk. “The drugs, the hanging out, it’s been going on since the ’60s and all of a sudden they start tripping.”

“It’s not that we leave them alone,” Sgt. Ron Meyer said. “It’s that we go out there, tell them to move on if they are breaking the law, and then they are coming right back and doing it. What we’ve been asking McDonald’s to do is to have some security there. ... It seems they are not willing to do what they need to do as a property owner. “McDonald’s is getting an exorbitant amount of police services,” he said.

Emily Green is a San Francisco Chronicle staff writer. E-mail: egreen@sfchronicle.com Twitter: @emilytgreen
Local Resources & Service Learning Opportunities

If you are interested in making more of a local connection using Beautiful Boy, please consider some of these local resources. The following is a list of local programs, organizations, and services that deal with drug addiction, alcoholism, and recovery programs.

91.3 The Summit: Rock & Recovery

"Based in the birthplace of the modern recovery movement, Akron, Ohio, Rock & Recovery is an online community built around the healing power of music for people dealing with addiction or trauma. We mix music with inspirational stories and messages to give you strength and hope."

ACCESS, Inc.

"ACCESS is dedicated to addressing the plight of homeless women and children in our community. The agency encourages the development of self-esteem and the attainment of self-sufficiency through its commitment of providing a holistic, safe and supportive environment, and through its programs of housing, advocacy and empowerment."

Akron-Urban Minority Alcoholism Drug Abuse Outreach Program (Akron UMADAOP)

"Since our inception, the UMADAOPs of Ohio have grown to become a vital force in meeting the substance abuse education, prevention, and treatment needs of African and Hispanic Americans throughout the State of Ohio."

Alcohol, Drug Addiction & Mental Health Services Board (ADM Board)

"In an effort to maintain a safe and healthy community, the ADM Board provides a cost-effective, efficient system of prevention and care for persons suffering from addiction and/or mental illness. The Board assures a client driven system of care for residents of Summit County with a priority for those individuals most in need."

Community Health Center

"Community Health Center is committed to enhancing the quality of life. We provide effective services for compulsive and addictive disorders, health care, life skills development, prevention, housing, wellness and rehabilitation."

Dr. Bob’s Home

Dr. Bob’s Home is the place where Dr. Bob and Anne Smith loved and served thousands of recovering alcoholics. It was in this house that Dr. Bob regularly met with Bill Wilson and other recovering men and women, and began the spiritual awakening that resulted in his recovery, and in the formation of Alcoholics Anonymous."
Freedom House for Women

"Our mission is to decrease barriers of addiction and homelessness by providing substance treatment, recovery housing and supportive services to those in need in our community."

Greenleaf Family Center

"Greenleaf Family Center strengthens families in our community through counseling, education, and support."

Interval Brotherhood Home (IBH)

"IBH offers persons afflicted with alcohol and drug addiction the opportunity to restore hope and gain skills for a lifetime of sobriety."

Legacy III

"Legacy III provides supportive housing services to homeless women in Summit County who are in recovery from chronic substance abuse, mental health disorders, or physical disabilities. We assist our program participants in re-establishing stability in their lives, advocating for their selves, and becoming economically self-sufficient."

Oriana House

"Oriana House provides quality and humane chemical dependency treatment and community corrections services to clients while contributing to safer communities."

South Street Ministries: Front Porch Café

"The Front Porch is South Street’s between space. Between rich and poor. Between black and white. Between the Church and the world. Between stranger and neighbor. Cross the threshold & join us in a space to be still, stay sober, find work, connect, serve, eat, & worship."

Summit County Re-entry Network

"Partners in the Summit County Reentry network (SCRN), work together so that adult felony ex-offenders can overcome the many challenges to their success. Our collaborative efforts will reduce the rate of recidivism, increase community safety, help reunite families and make the local economy stronger."
Essay Prompts for English Composition

1) Throughout the memoir, we learn that addiction is a disease. David spends a great deal of time and energy trying to understand Nic’s addiction, in addition to coping with his own compulsion to save his son. Nic’s addiction to drugs is one that we see discussed daily in the news, in our communities, and in our families. What about David’s addiction? Where in the text do you see evidence of his inability to let go of his desire to help his son as an unhealthy practice? Do you consider this an addiction? Why or why not? In an essay, explore the ways that the father and son’s “addictions” are similar and different. Support your answer with evidence from the text.

2) While reflecting on the influence art and music have had on his son’s drug and alcohol abuse, Sheff recalls that the young Kurt Cobain, quoting a song by Neil Young, claimed in his suicide note that “It’s better to burn out than to fade away.” Sheff further comments, however, that when he interviewed John Lennon in the summer of 1980, the more mature musician rejected this common rock-n-roll theme and claimed, “I worship the people who survive. I’ll take the living and the healthy” (118). Which argument does Sheff himself seem to support in the end, and how does his relationship to music, art, and pop culture inform his views? In your analysis, consider the ways in which Sheff uses literary quotes, pop culture references, and song lyrics to frame and describe Nic’s journey through addiction. In particular, consider the quotes (and figures) he uses to introduce each section of the book (the epilogues). What do these quotes and references teach us overall? In what ways do they clarify Sheff’s argument? In what ways do they complicate the issues?

3) On page 195, Sheff explores the idea of what it means to have a “normal life,” concluding, “Now I live with the knowledge that, never mind the most modest definition of a normal or healthy life, my son may not make it to twenty-one.” In your essay, consider what it means to live a “normal life.” Look closely at how the socially accepted definitions of a normal life (a “normal” family; a “normal” future; a “normal” expression of self, etc.)—contribute to, or hinder, Sheff’s ability to understand and accept his son’s situation. Also explore how these definitions have affected some of the decisions you’ve made about your own life.
Basic Writing Questions & Prompts

Basic Writing Questions and Prompts for Beautiful Boy by David Sheff

Introduction

1. After reading the short excerpt by Thomas Lynch at the beginning of the introduction, what does it say to you? What is your interpretation?

2. How have you prepared for the homecoming of someone you have not seen in a while?

3. Describe your anticipation waiting at the airport for someone you have not seen in a while?

4. Have you ever been told you look like a Disney character? Who? What film are they from? Describe.

5. Do you have a pet that greets you return home? Describe and explain.

6. Have you ever been involved in a water fight? Describe and explain.


8. What’s the best part of a storm?

9. What’s the worst part of a storm?

10. Have you ever experienced an addiction? What is it/was it? Have you recovered? How? How are you maintaining?

11. If you borrowed the car and did not return it on time, what were your consequences? How did you handle the situation?

12. Did you have a curfew? Explain.

13. As a parent, what lengths have you gone to in order to protect you or your child(ren)? Explain.

14. Have you attended a meeting such as Al-Anon to help you deal with the stresses of an addict in your life?

15. What challenges have you faced? What have you done to overcome them?

16. How many times have you bailed out one of your friends or child(ren)?

17. Have you ever lost a friend or relative to an overdose? How did this make you feel?


19. What is normal for you?

20. How do you feel about the word dysfunctional? Explain.
21. Have you ever or do you make excuses about your loved ones’ shortcomings? Explain.

22. When did you realize (if you have) that your loved one needs to decide how he/she will lead his/her life? Explain.

**Part I Stay Up Late--Chapter 1**

23. Describe your house and its surroundings.

24. When you were pregnant did you want to find out if it was a boy or a girl earlier with an ultrasound? Or wait until delivery? Why? Explain.

25. Parenthood...are you looking forward to it? Or dreading it? Explain.

26. Describe your earliest childhood memory.

27. Is there a story your parents retell often of your younger escapades that is embarrassing to you? Describe and explain.

28. Are you a child of divorce? How has that affected you? Are you divorced? How has it affected you and any children involved?

29. Have you ever had to fly alone in an airplane? How old were you? What was your first airplane ride like?

30. What was your favorite childhood game? Why? Describe it.

31. What was your favorite movie as a child? Why? What is it now? Why? How have your choices changed?

32. Explain and describe the worst trouble you got into as a child?

33. Did you have a favorite bedtime story or song? What? Why?

**Chapter 2**

34. If you were living in a single parent household, how did you feel when your parent went out on a date?

35. Do you or did you have a favorite book? What? Why? Explain.

36. Do you have a step-parent? How would you describe that relationship?

**Chapter 3**

37. Have you ever had to change schools? Explain this experience.

38. Describe one of your science fair projects? Success or failure? What did you learn from it?

39. How old were you when you got caught smoking for the first time? Explain.

**Chapter 4**
40. How early, if ever, did your parent(s) talk to you about the use of cigarettes and drugs? What did they tell you?

41. Have you or will you discuss with your children your drug and/or alcohol use and its affects?

42. How many times have you used the excuse “everybody does it?” Explain.

43. What have you experimented with to see what it would feel like?

44. How has peer pressure affected you? Explain.

45. Describe your first experience with the birth of a child?

**Chapter 5**

46. What was your worst experience on an airplane?

47. Do you have a favorite beach? Where? Why? Describe and explain.

**Chapter 6**

48. The author states that “nothing is more important than our child’s education.” What does that quote mean to you?

49. Describe your first call summoning you to the principal’s office?

50. What was your first detention or suspension for?

51. Have you ever made a bad choice? Explain.

52. What symbolizes HOPE to you? Describe and explain.

53. Have you ever entered a contest? Describe and explain. What was the outcome?

54. Describe your most memorable spring break.

55. How and what did you do to prepare for college? Where did you apply? Were you accepted to your first choice? Did you visit colleges before deciding where to apply and/or attend?

**Chapter 7**


57. Were you an obedient child or one who pushed the limits? Explain.

58. Have you ever walked into your home and sensed something was wrong or different than when you left? Describe and explain.

**Chapter 8**
59. At your place of employment how have you handled rude or unpleasant customers?

60. Did you take a year off from college to get a job, save money, and get yourself together? How did that work for you?

61. In your family dynamics, what position do you hold? Oldest? Youngest? Middle child? How do you think this position affected your life?

**Part II—Chapter 9**

62. The author inserts chapters of himself and his experiences while in college. Why do you think this is important in the course of the story? Have you ever experienced your parents telling you they did that (whatever it is) and don’t you do it? Explain.

**Chapter 10**

63. Have you ever made phone calls in the middle of the night to hospitals and police departments? Why? Explain.

64. Did you ever run away? Why? Explain. How long were you gone?

**Part III—Chapter 11**

65. What is the one thing that you were forced to do for your own good? Describe and explain.

66. Have you ever been involved in an intervention of a family member or a friend? Explain.

67. Have you ever used the line “It’s my life” in retaliation?

**Chapter 12**

68. Have you or have you watched someone self-destruct? Explain.

69. What do you do to escape the stresses of life?

70. How far would you go to help someone? Would you go farther if it were a family member? Why? Explain.

**Chapter 13**

71. Who is at fault?

72. To whom would you expose your soul? Explain who and why.

**Chapter 14**

73. Have you ever made a promise you knew you wouldn’t keep? To whom? What was the promise? Why did you make it if you knew you wouldn’t keep it?
74. The author continually repeats his son’s counselors when they say “relapse is a part of recovery.” Who do you think he is trying to convince and why?

75. Has a family member disappointed you by stealing from you? Explain.

Part IV-Chapter 15

76. Have you kept a family secret? What? Why? When and how did you finally release it?

77. To what lengths have you gone to protect someone in your family?

78. Have you ever asked yourself “What did I do wrong?” Explain.

79. Why do you think we always need to have someone to blame when things go wrong?

Chapter 16

80. The author states “I am present, but I am absent.” What do you think this means? Have you ever felt this way?

81. Have you ever waited for THE dreaded phone call? Explain.

82. Who or what do you worry about? How can you alleviate this worry?

Chapter 17

83. Have you ever been to a Farmer’s Market? Describe.

84. The author states “that each new betrayal brings with it a new eruption of emotion.” Have you been betrayed? How? Explain how you dealt with the betrayal.

85. Have you ever received THAT phone call in the middle of the night? Why? Describe and explain.

86. “He’ll have another chance.” Have you ever received a second chance? Explain.

Chapter 18

87. How do you comfort yourself?

88. What do you believe in?

89. Have you ever built a sandcastle? Explain and describe.

90. Have you acquired the “parents’ intuition” yet? Do or did your parents have it? Have you ever wondered how they knew?

91. How have you built your character?

Chapter 19
92. Have you ever participated in a long bike ride? Where did you go? Do you ride for fun or exercise?

93. Describe your tree climbing experience.

94. Have you ever experienced a break-in in your own home? What did you do? Were you home? How did the burglar get it? Was anything missing or damaged?

95. Nic says he does not know how to say I’m sorry. Do you?

**Part V—Chapter 20**

96. Begin writing your memoir.

97. Can you say you love life? Why or why not?

98. Have you ever had to call 911? Why? What transpired?

99. Describe a hospital visit. Good? Bad?

100. What makes you feel better?

101. What makes you feel lucky?

102. Have you thought about your future? What do you want to be when you grow up? Where do you want to be in five years? Ten years? 20 years?

103. Have you or your family ever experienced a life threatening experience? Describe. Explain. What have you learned from it?

**Chapter 21**

104. Daisy is not afraid to die. She says it’s like “the end of a vacation when you are ready to go home.” What do you think?

105. Have you experienced first day/first time jitters? Explain.

106. “Numbing the pain for a while will make it worse when you finally feel it.” What does this mean to you? Do you agree or disagree? Explain.

107. What good is blame? Explain.

108. Do you believe in a higher power? Explain.

**Chapter 22**

109. Are lies good or bad? Explain.

**Chapter 23**

110. Describe the most beautiful sunrise/sunset you have ever seen?

111. How do you know a person has a good soul?

112. Who or what do you miss in your life? Explain.
Chapter 24

115. How do you help someone who does not want to be helped?

Chapter 25

116. What has sacred you? As a child? As a teen? As an adult? Has it changed over the years? Why? Explain.
117. Have you ever dealt with the passing of a favorite pet? Explain.
118. Waiting...a terrible word...Are you good at it? Explain.
119. How do you heal from emotional trauma? Describe and explain.
120. The author says "Parents are suckers." Are we/they? Explain.
121. Have you mapped out your future? How do you plan to get there? Be specific. Explain and describe. What steps will you take to get there?

Epilogue

122. What was the hardest decision you ever had to make? Describe and explain.
123. With what are you preoccupied? Explain.

Afterword

124. The author states "I don’t think parents ever stop worrying about our children." True or false? Explain.
Digital Content & Online Resources

**Digital Content**

*David & Nic Sheff Talk about Life After Meth Addiction - U.S. News & World Report*

*Teen Perspective – National Institute on Drug Abuse (NIDA/NIH)*

*David Sheff & Nic Sheff Interview - Today Show w/ Matt Lauer*

*Drug Abuse & Recovery - Interview with Nic Sheff*

**Online Resources**

*Drug Facts – High School and Youth Trends* *(December 2014)*

*Understanding Drug Abuse & Addiction* *(November 2012)*

*Facts and Stats – Just Think Twice*

*Guides & Resources – Partnership for Drug-Free Kids*

*David Sheff.com*

*David Sheff on Twitter @david_sheff*

*New York Times Book Review of Beautiful Boy*
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Credits

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