

yourself or be able to take yourself to someone who can help you — ***because you do need help.*** One way or the other, or both.

If you can't see trying to stop, or at the very least, trying to moderate your problem, why don't you save yourself some time and money and get yourself a gun. Stick it in your mouth and blow your brains out. That's all you're doing anyway. Actually, you don't even have to do that. If you get obnoxious enough someone will do it for you.

There are a lot of other things I could have brought up but I'm not here to preach. I wrote this book to help anyone I could un-ruin their lives and at the same time try and make back some of the money I spent on drugs.

You know what your problems and so does everybody no matter how slick you think you are. I'm merely trying to remind you of all the wonderful things you are allowing into your life. They may seem unbeatable. They're not. You can beat them with a stick. You've just got to give yourself a chance. You don't want to go on being a jerk all your life, which isn't going to be all that much longer if you keep doing what you've been doing.

P.S. if you really want to go for the gusto think about what it would feel like waking up in jail with a murder charge because you were out blasted the night before trick driving your new BMW and you sideswiped three little kids who are now past tense.

***Think about it.*** Now, think about it some more.

You may have noticed by now that I haven't yet mentioned any of the other numerous methods of trashing your life by better living through chemistry. This book is primarily aimed at cocaine self-immolation but you can apply the principle outlined here to ***anything*** in your life that's taking up most of your time unproductively, should be a lot of fun but isn't — up to and including your girl friend, your boy friend, your job or your life. You use it however you want. If nothing else it

makes good reading in the bathroom — especially when you're hugging the porcelain throne promising God you'll never do it again if he makes you feel better.

### ***IT'S YOUR DECISION, IT'S ALWAYS YOUR DECISION***

Enough negative stuff. Let's do some positive stuff and get this act on the road and take it down to Main Street. You should realize by now that you're going to have to make some changes. Not *go* through changes but *make* some changes. There's a big difference. And, once you make them you have to stick to them — ***for one week at least***. As soon as you've got this concept down, assuming you're sick and tired and scared enough by the way your life has been derailed, you're ready for to move on to the next step.

***What do you change and how do you change it?***

### **YOUR ENVIRONMENT**

***(The Big Daddy of them all)***

**M**e and you and a dog named Boo and everybody else starts from the same place — ***OUR ENVIRONMENT***. This is the first thing you need to become aware of.

***If you want to get rid of a problem you have to change the environment that breeds that problem.***

Here are a couple of ideas:

### **GEOGRAPHICALLY**

**G*****et up and leave!*** Just like that. Go someplace that'll make you smile when you walk out the door. It should be a place where there are none of the things that aid and abet your jones — bars, bad relationships, drug dealers, lousy jobs or what ever. ***Get away from them immediately***, it's only for a week. This will give you chance to look at yourself from a different perspective and allow you to make some semi-rational major decisions about what you're going to do to repair

your head, your life and your body to make them a real nice place to live. Needless to say – ***you’ve got to go clean!***

Don’t tell me you can’t afford it. ***You’ve got a drug habit.*** All you have to do is *not* get high for a week and you’ll have enough money to go to Australia for a month. Don’t go with the idea of partying. Partying got you in trouble in the first place. Prepare yourself to be alone for a while. I realize this may be a terrifying thought, but you have to learn to hang out with yourself. You probably haven’t done this for a long time so you’re out of practice. If you don’t like to be with you nobody else who’s worth the time of day will either. The only people you’ll attract are other jerks who can’t stand being alone. Jerks are petrified of being alone with themselves. Who can blame them? Give yourself a chance to be your own best friend again.

If you can afford it in any way do it, even if it means hanging out at your folk’s house in Idaho. It will get you away from the “bad” environment and allow you to start feeling good for a change — which is precisely what you want to – ***feel good for a change.***

### ***DO YOUR HOMEWORK***

**I**f you can’t get away from your “bad” environment geographically – change it right where you live — at home. You’re going to have to do this when you get back from Idaho anyway, but it’s something you can start the minute you finish reading this book – *if* you finish reading this book. It all depends on how badly you want to do it. The whole thing is in your mind. If you can’t even finish reading a dumb little book, you certainly won’t be able to stick to one week of straightening up your act. If you *can* finish reading this book you probably have a fighting chance to straighten up your life.

### ***CONTROL THE ROLL*** ***(Environmentally speaking)***

**Y***ou must learn to control your environment — just like a television.* When you don't like the program you change the channel. It's exactly the same with your environment. If you don't like the program get off your hungover butt and change the channel. Make your environment force you to want to do what you want to do — *feel good again.*

Start by throwing away all your paraphernalia and any liquor you have around the house. ***If it ain't there, you can't do it.*** At the same time this will keep the people who do those things away from you which is exactly what you want.

100 times out of 100 these people haven't been coming over to see you, they're coming to see your drugs. If drugs and paraphernalia aren't in your house these people won't be either. Your new environment will keep them away — you won't have to do a thing. Try it for a week. You'll find out who your "friends" are real quick. They're the ones who come over to see you, not your dope.

Stay away from the places where you think you have the most "fun". Your habitual hangouts — bars or whatever. ***It's only for one week.*** You'll live. That's the whole idea.

Go places you wouldn't go normally — the zoo, bowling, anything, as long as it's not your usual set pattern. Just make sure you don't replace on trick bag situation with another — ***don't just change bars.*** Stay away from places you know the dope's going to be— drugs and people.

Change the furniture around in your house. Make it as comfortable as possible, but different. Every time you walk in the door it will remind you of what you're trying to do for yourself — break nasty old patterns.

Home should be the nicest place you can go so when you're out wasting time, money and the rest of your life trying to meet that "someone special" at the Dew Drop Inn and you get bored, you