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Posted on 06 June 2018 By Melinda Ferguson

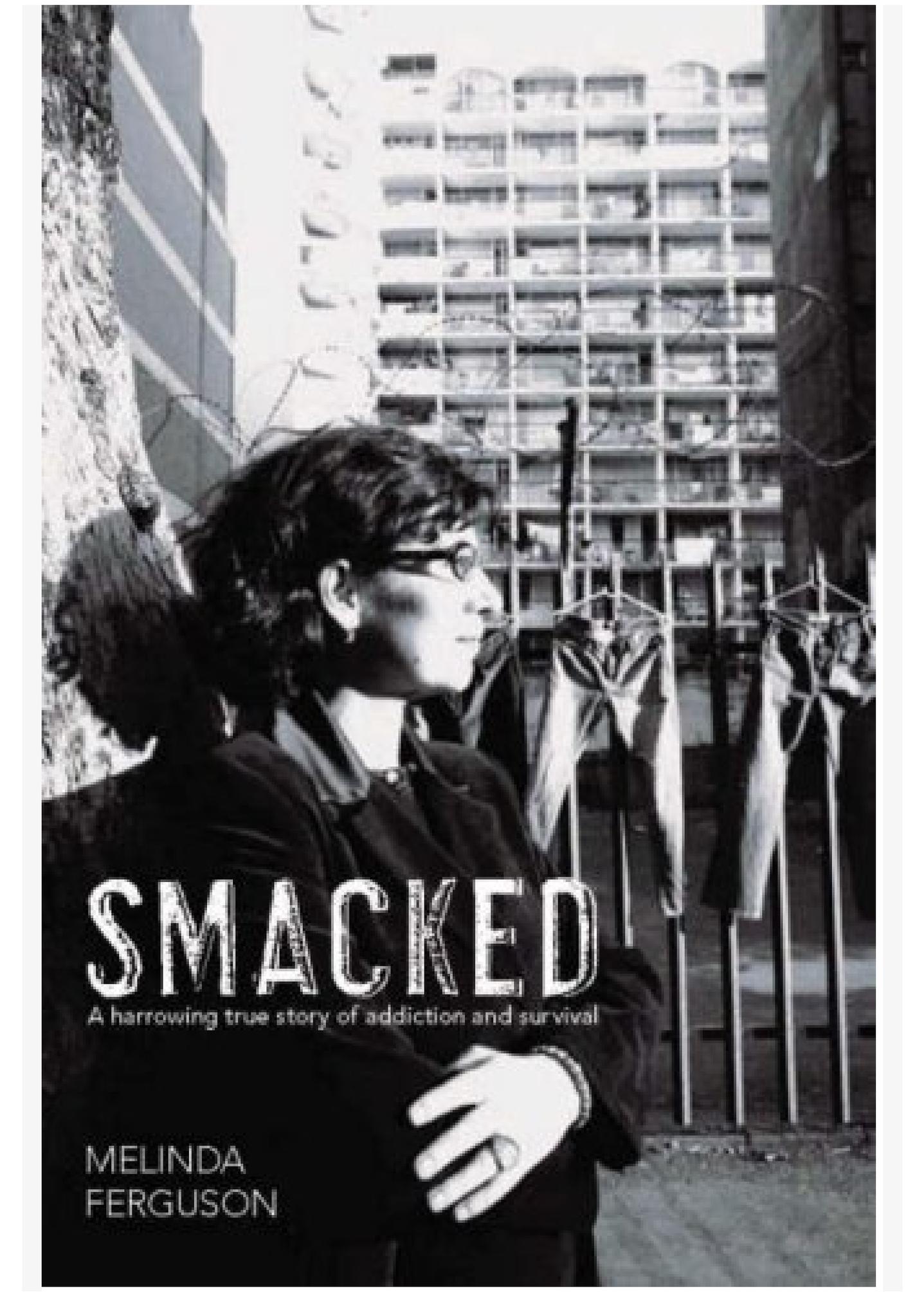
{FREE EPUB} Ú Smacked Ø eBook or E-pub free

This book will shake you to your very core This is a very brave, very raw account of the life of an addict At times I wasn t sure if I could push on any further as the no holds barred

storytelling burns shocking imagery into your imagination with every page Every parent should read this It will remind you to never say never. I read this book in one sitting i could not put it down When i was finished, i felt drained emotionally It was a gift to be able to get a glimpse of her mind and her journey. An emotional onslaught It took me 8 days to read this 8 days of crying Sniffing Reflecting Questioning 8 days of Girl, why you gone on and did that to your self 8 days of wanting to claw at the words and BITCH SLAP Melinda 8 days of Hey, this life is challenging enough with a strong body and mind, why do you weaken yourself like that. Melinda gave me a harrowingly chilling account of her drug filled life in the underbelly of Johannesburg, Hillbrow Why do they call it Little Lagos beats me Maybe it is the chaotic disorderly mess that it is I read this with a held breath till page 141 when Melinda's kids are literally ripped from her Then I exhaled My heart was full of joy Joy at her babies getting the nourishment needed to create and sustain healthy bodies Joy that her boys will now have a fighting chance at life Joy that her boys will grow up surrounded by functioning adults doing normal life sustaining tasks Like eating Having a positive purpose Joy that someone loves them enough to put them first. A bittersweet moment for Melinda I thought that it was going to be a wakeup call for her A defining moment where she realises that this is it This drugging has to stop This is the time that she reclaimed her life. But she went on 6 weeks of madness Utter uncontrollable chaos A death wish A twisted satanic cry for help Was she trying to mask the hurt of having her kids taken away from her by her mother in law I first read 6 Weeks In Hell in the Sept 2001 edition of True Love magazine and I was shocked beyond measure Shaken to the core My kids were toddlers then, 5 and 2 years old I must admit that I was disgusted by Melinda's behaviour Selfish I shouted at the article Children are demanding at any age They require that you be sane enough, sober enough, motivated enough to handle your business in order to handle their business I remember that I concluded that Melinda had White girl problems The kind of problems one has when one has too much money The kind which require you to take time off your life in order to address them The kind that requires tens of thousands of rands to be sorted out In hindsight, I realise that I was a bit hasty in my judgement. I loved Melinda's honest account Her drug filled existence couldn't be called a life A life is full of promise, hope, a better tomorrow Her drug filled existence was so fast Even the narration demands that one reads in a fast pace I guess drugs do that Your life literally passes you by Your days are about getting drugs and getting high That's it The END But she lived to tell the tale. The recovery period was slow, long and painful I was hit by the phrase Getting clean and staying stopped Willing your body and mind off the drugs every second Minute Hour Day Week Months Years The narrative is meaty and wordy I could feel her reclaiming her life Her senses I felt her determination to be, to have and to do better I felt her wanting better for her body and soul in order to be a better mother, daughter, sister, partner and employee I was rooting for her and squealing in delight when she went on a solo trip to Mozambique Melinda, it is truly in acknowledging our weaknesses do we embrace our strengths. Addiction at any form

takes so much away from a person It especially roots out your self confidence, your self belief It weakens everything about you It is a disease of CAN Ts You become dysfunctional.Rebuilding her life one brick at a time Waking up with a clear plan Remembering to perform minute ablution tasks Eating for nourishment Willing her mind to think positive thoughts one syllable at a time Planning to work at it and WORKING THE PLAN.A true account of beating addiction Living your best life and working at beating addiction one day at a time.Highly recommended 5 PHAT STARS.NB An academic was heard at a literary festival saying that IF SOMEONE SAYS THAT THEY VE READ YOUR BOOK IN A SINGLE SITTING, BE AFRAID, BE VERY AFRAID. This took me on a roller coaster ride There were times that I hoped it would end soon, then, when I started getting to the end I hoped there was a sequel Melinda has bared her soul, lived a train of traumas and constantly addressed the sorry s necessary in living well It s palpable that s she s doing her utmost best to live a path with heart and walk her talk It s fine to say sorry, but what are you going to do about it Some of my favorite quotes I know nothing but that to die is not that easy, and to live is not easy either Don t flirt with Heroin, it will Marry You Addiction is like an insidious cancer that stays hidden it lurks, waiting Sometimes it slides into remission There are people four, eleven or twenty years clean and sober who all say that unless they stay connected to the fellowship, they will use Unless they stay vigilant and in the programme , they will use Sometimes I long for release from the restlessness of reality I think this is often what starts the need to numb addiction How my strength is my weakness And then it hits me like a lightening flash there is no one ending There are just endless possibilities of life As I got into the loop of reaching out of myself to other people, I became full with something intangible, something that was far satisfying than any drug I had ever used The I gave the I got instead It is miraculous how the words gather beside one another to portray a life..a whole life.my life In Melinda s own words that s exactly how I felt, a beautifully written human story that will stay with me for a long long time. This is a definite must read Melinda takes you on her journey to drug addiction losing everything and getting back up You will want to put the book down because you can t believe what just happened, but you will quickly pick it up because you want to know what happens next It is one of my best reads this year I bought this book because I wanted to understand what drug addicts really live like and what drives them to become that way, especially today with so much awareness I have to say that it was terrifying, revolting and heartbreaking I still do not understand why they become addicts to begin with as mostlythey know what they re getting into but this book has shown me how awful life as an addict is It made me, as merely a reader feel completely insecure and unsafe with my surroundings, yet also, it brought me to tears and moved me to my core I cannot and absolutely would not want to imagine actually having to live like that That said, Melinda Ferguson is a fantastic writer and this book was utterly gripping Her writing style really captures how time unconscious life as an addict is and how events mix up and blur Her story is definitely not linear but somehow she still puts

everything in place and I loved it..



SMACKED

A harrowing true story of addiction and survival

MELINDA
FERGUSON

Very hard to read emotionally. A shocking, moving and haunting read This book rings with truth and conviction. {FREE EPUB} P Smacked ? For Six Years Melinda Ferguson Was Driven By One Motivating Force The Next Hit For This, She Would Abandon Her Promising Film Making Career, Lose Her Comfortable Suburban Home, Her Husband, Her Two Children And, In A Gruelling Finale To Six Years Of Remorseless Self Destruction, Herself Rescued From The Maw Of Hillbrow S Drug And Prostitution Underworld, Melinda Not Only Survived, But Recovered To Tell This Harrowing Tale Of How An Intelligent, Middle Class Girl From Joburg Hits Rock Bottom, Face First, And Claws Her Way Back To Redemption I don t enjoy misery memoirs, and found large chunks of this honest, easy to read account of the author s drug addiction and eventual recovery relentlessly harrowing hence 3 instead of 4 stars I started reading it because I know the author, have addicts in my familial genepool, and wanted insight I kept reading because even as the story got and wretched, the writing had a sparkle and a flow that keeps the eyes racing over the pages Recommended for everyone wrestling with addiction their own, or that of loved ones also, an effortless read, not intimidating or preachy at all.

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The House of Mirth

Go Down, Moses

Breakfast of Champions

Pale Fire

The Dogs of War

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Nothing Like the Sun

His Dark Materials

Darkness Visible: A Memoir of Madness

Days of Wine and Roses

Winter's Tales

The Lathe of Heaven

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I Know Why the Caged Bird Sings

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A Thousand Splendid Suns

In Cold Blood

Under the Greenwood Tree

All the King's Men

A Separate Peace

Death Be Not Proud

