

# The fight against drug abuse as illustrated in james frey's, a million little pie...

[Literature](#), [Books](#)



## **Battling Drug Abuse in A Million Little Pieces**

A Million Little Pieces is the memoir of James Frey, a reformed addict of cocaine, alcohol, glue, and much more. This book served as a diary as he suffered through six weeks in the world's best rehabilitation center.

Throughout the weeks, he makes it clear that he is completely hopeless, but ultimately prevails. However, the graphic depictions of pain, withdrawal, and emotional dissonance paint the events as anything but a heroic story. His story teaches about the self-fulfilling prophecy of drug addiction, the overwhelming strength of self-doubt, and the importance of finding motivation.

Throughout his life, Frey continuously falls victim to the vices he knows will kill him. By the time he enters the treatment facility at age twenty-three, his addictions had already grown to near-deadly extremes. In fact, the medical staff in the facility were shocked that he was still alive. The mandatory detoxification that comes with treatment violently clashes with Frey's never-ending urge to use chemicals. After many previous attempts to recover, he had grown accustomed to giving in to the want. This would, of course, result in a few more months of drug fuelled accidents until he would be put into a different treatment plan. Frey's story shows the internal and external struggles of drug addicts everywhere. His fight begins and ends with himself as a victim, from drug abuse to a lack of purpose without them.

Frey has to fight to find his own way to confront the consequences of the life he has lived so far, and to determine what future he holds. Though he

continues to attempt recovery for the sake of those around him, he never can. This is because he doesn't see the point in saving someone as worthless as he is. Infact, over his six weeks, he often sees very little value in his own life. Everyone tries to reassure him that he will make it through – he will live a full life free of addiction. Eventually, the message begins to stick, and he finds a reason to continue on. Overall, the strength of his own self criticism keeps keeps himself from true happiness in recovery. It's those around him that make it all worthwhile, and grow his motivation to pursue life.

Inside the rehab center, James is surrounded by people as troubled as he is; addicted judges, mobsters, and even a famous boxer. The advice of all these 'damaged' people is more influential than anything the doctors or therapists tell him. He sees past the center's droning dogma of How to Recover, and finds the value in living. He still refuses to view himself as a victim of anything but his own decisions, but can understand why people think he needs help. By following through on the steps to recovery, he becomes even closer to the past he could barely remember. This sentiment is groundbreaking for all, and makes it clear that rehabilitation is a necessary evil.

No grandiose story of rehabilitation could ever compare to Frey's graphic recounts of his six weeks. Through the visceral, honest, and many times gorey events that filled his time in rehab, we begin to grasp the struggles of an addict in modern-day America. Frey deliberately shows the reader some all new definitions of recovery, and brings a new fact to the nature of drug

and alcohol addiction. It's interesting to see new forms of mental illness, and important to crush the stigmas of the past. Addicts are not helpless, they are not harming themselves out of delusion. Frey knows every step of the way that he will die without this recovery. It's the hidden self-loathing that keeps him in this cycle.

I would recommend this to anyone looking to see the side of addiction we often don't get. This book is bittersweet- both heartbreaking and poking fun at how worthless he is. Though it may be a bit graphic for some, A Million Little Pieces is a very worthwhile read. From struggle to final recovery, this memoir is one of the best I've read. Brutally honest prose is powerful, and is convincing in showing Frey's perspective. Reading something so introspective and real is extremely refreshing – especially when it is so anti-romanticising drug abuse.