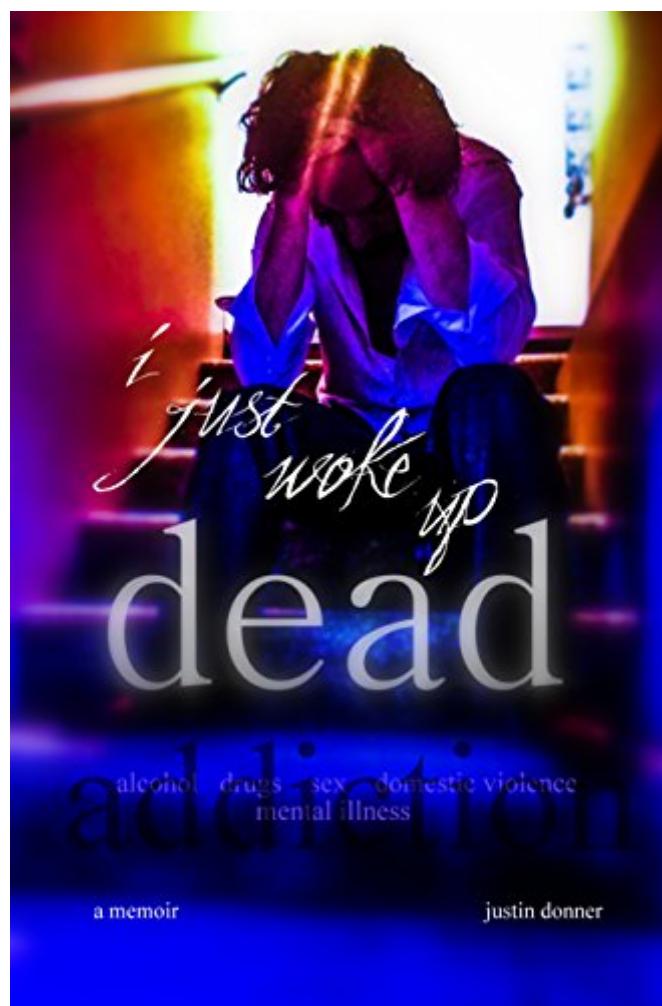


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# I Just Woke Up Dead: Sex, Drug And Alcohol Addiction Memoir: 3 Part Compilation Edition



## Synopsis

WARNING: re-think the addiction memoirLike awakening from a nightmare, readers learn pieces of the story through chapters providing clues to uncover the events of a blackout and Minnesota State-enforced psychiatric ward indefinite placement. Readers are left to fill in the blanks the way dreams are remembered vividly, along for the ride toward what leads to the vital first-step of admission of powerlessness to sex, drugs and alcohol. This is an experience, not a recollection meant to glorify; the story of an addict may enlighten understanding because that is what stories do. Visit [ijustwokeupdead.com](http://ijustwokeupdead.com) if you need to fact check or verify that addiction memoirs like this have no precedent.

**DISCLAIMER:** graphic sexual content is presented to illuminate behavior connected to violent and addictive development; these are the realities of countless people who feel disconnected and alone... you are not alone. Read at your own risk of feeling what you may not enjoy.\* An examination of addiction, mental illness and domestic violence unlike any other, "ijwd" was compiled using a lifetime collection of journals, notes, photos, arrest records, hospital documents, and candid conversations with those involved in the self-destruction contained herein. As much a research project as a memoir (written by an author with a masters degree from Cal Irvine with an extensive background in research writing), details and perspective never found in domestic violence, addiction or mental health literature are recounted in a way that will relate to addicts, enlighten professionals, and educate the loved ones who watch lives fall apart. Wake up from the blackout, bloodied, bruised, in detox on a police hold. No clue. In PART 1, readers participate in the unraveling of sexual, sometimes violent intoxicated events countless addicts endure daily. This narrative puts the reader at the high point of college success, earning top-school billing as a pre-med student. Fast forward to hell, learning about an attack of domestic violence not remembered, yet completely true. Back to college and the recklessness of arrogance, pressure and subsequent drowning in all things addictive. Travel into court, facing judges and prosecutors while arranging a psychiatric hospital stay. Beginning with a sharp fall from the top, alternating with grit climbing up from rock bottom, "ijwd" is an experience, a case study of addiction told in a perspective with rare clarity in an addiction memoir. PART 1 compares top from bottom, while PARTS 2 and 3 take readers on an exploratory journey to show, not tell, but live through what could possibly derail a bright future while the soul-searching path to recovery is told through psychiatric hospital walls and a rehabilitation center. Discover the strength and courage to deal with addiction, mental illness and domestic violence. Learn about behaviors not easily described, as an accomplice in the story of how sex, drugs and alcohol impact lives. That readers may understand why sobriety is so hard to obtain, that willpower is never enough for the masses who die each day fighting the battle against all types of

addiction, that one person leaves a violent relationship, those are the hopeful goals of this story.

## Book Information

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## Customer Reviews

"i just woke up dead" chronicles a young man's desire to quell the pressures of academic perfection with drugs, girls, and utter detachment, leading him down a dark and gritty path to addiction. A disturbing picture of the college culture and its normalization of drug abuse and the immense pressures placed on young people to succeed. Whether celebrating or mourning, vast amounts of liquor and drugs are consumed. When Just Donner believes he has failed his organic chemistry exam, he consumes massive amounts of drugs. When he learns that he passed, he consumes massive amounts of drugs to celebrate. The prose is stark, minimalist. Reminds me of James Frey's A Million Little Pieces mixed with Palahniuk and a dash of Easton Ellis' Less Than Zero. The lack of the pronoun "I" reminds me of Palahniuk, while the minimalism and list descriptions remind me of Ellis. The lack of the pronoun "I" in particular is interesting because it detaches the narrator from his circumstances, recreating the detachment and haze that a drug fueled rage usually provides. In "i just woke up dead," Justin Donner hits rock bottom and bounces lower. The memoir is a very dark, disturbing portrayal of mental illness and drug addiction. NOT FOR THE WEAK OF HEART, but an

powerful, exceptional read from a talented new author.

An Absolutely great writer. He's got a gift. But....I'm at 50% completion and can't go on. First of all, it's all the same. I don't know why he toggles from all his partying that led up to his arrest and treatment to his time after arrest and in treatment, but it's stale. Each switch to and from is the same - arguing with his bitchy mother, cruising bars, getting stupid drunk, getting laid, hanging out with McKenzie, snorting, blacking out, etc., etc., to zombie-ing around in the court-ordered treatment center, going to group, hating the other loser residents, getting greasy hair, talking to his loser girlfriend, Halle, etc., etc. Secondly, enough is enough with the graphic sex, man. Cut me a small break. Don't need it in my face page after page, unless it's sexy, which it ain't. Can't whole-heartedly recommend it. It's a shame cuz, like I said, his writing style and level is commendable. Super intelligent dude. He's lucky he could salvage his brain after what he put it through.

i am giving this 4 stars because it is a good story. I am not sure how much it really falls in the self help book reading list but if you hold as a good read with all of the sex, drugs and partying it has a good story line. When the main character starts to get clean and takes responsibility for all of the horrid things he has done you can't help but root for him to succeed. Keeping in mind this is a true story a lot of you may not get how it will help you. His story might not be your story so it isn't what you are looking for. I don't think this book is designed to be a self help book, so get what you can from it and be glad for my nephew that "he" managed to get it together and get out of that lifestyle. How ever it is or is not written this is a book about a young mans life. A young man who had it all going for him until that monster got ahold of him and destroyed his original path in life and how ge by God's good graces gave him a new start. He has helped others and continues to keep the work going, for himself as well as for others. His intentions are pure and for that and his hard work we are very proud of him. He continues to work for abused women and people with addiction issues. He has been there and for that is able to help others. READ THE BOOK AND SEE FOR YOURSELF. It may be your story and give you all the inspiration you need to at long last handle your addiction. It can't hurt!!!! It is written in a way to give you the reader a choice of how you choose to read the book. A little mystery to keep you wondering.

A crazy ride from addiction to sobriety. The story flips back and forth between the past and the current time during recovery. Sometimes it's a little difficult to follow. Justin is a great storyteller, and seems to glamorize his additions and the outrageous hijinks he's gotten away with. I loved the book

and couldn't wait to read what was happening next. I really couldn't put it down. I really wanted to party with Justin, but I was pulling for him to get his s\*\*\* together and get sober. DEFINITELY worth reading!!

A sad story about the life of an addict and the many people who are effected by the ups and downs that this one poor man lives through. There are periods of unwelcome and institutionalized sobriety, followed by drug use, alcoholism and unprotected sex, partying, and trying to hold onto a codependant, yet abusive relationship. A very long but interesting read.

Justin sounds like a spoiled, egotistical, misogynist. Basically the story of frat boy excesses and notches on the bedpost, told with no regard for the people he took advantage of. Not worth your time. I almost made it to the end.

I read A LOT of memiors and this is my favorite. I feel like the author is truthful and that is the important thing.I feel like I knew this guy (or a version of this guy) when I was in my early 20's. While you might not feel sorry for him, you will get engrossed in his account. The way he viewed and treated women was gross, but like I said... truthful.The only part I found strange was that the Author spent a lot of time black out drunk, but was able to somehow very vividly remember his sexual experiences.Still, it was great. Loved it. Totally recommend it.

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