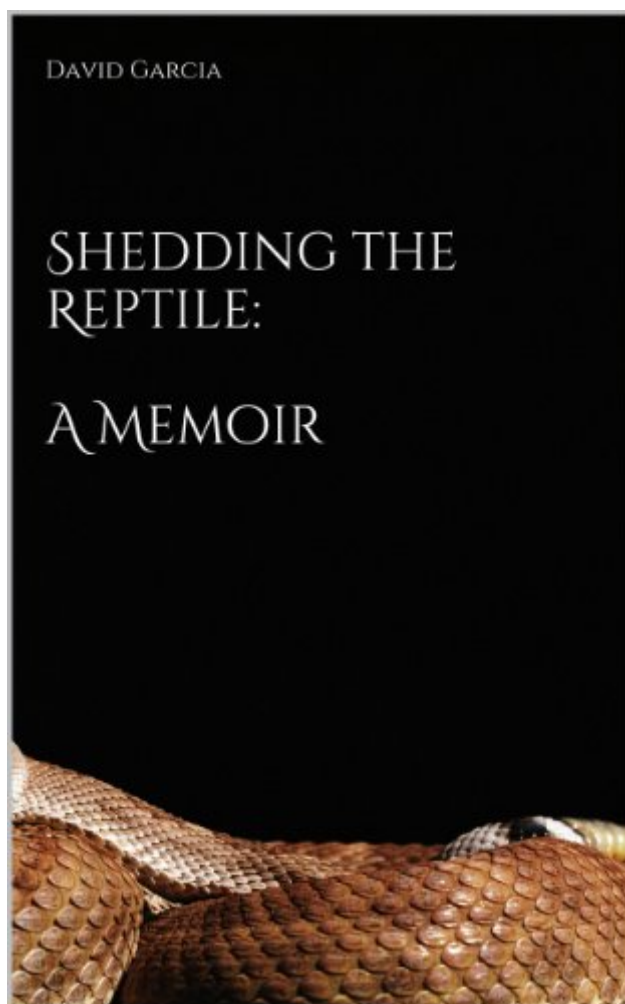


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# Shedding The Reptile: A Memoir



## Synopsis

After years of drug and alcohol abuse, sexual exploits and destructive self-exploration, David finds himself curled up in the corner of a run-down, empty apartment, guzzling vanilla extract to ward off delirium tremens, and as he strains to hold down the medicinal extract, he wonders what went wrong and how he arrived in hell. Twenty-something David Garcia wasn't an alcoholic. "Alcoholics live under bridges and have nothing," he convinced himself as he consumed beer after beer in the dimly-lit, lonely bar in America's Most Historic City, Fredericksburg, VA. His reptilian brain had begun stirring, prompted by the horrible realization that life had become unbearably stagnant. David gave the beast what it wanted--narcotics, alcohol, casual sex and violence--and it reciprocated by offering up delusions of sexual prowess, importance and power. Forbidden pleasures consumed David's boredom and replaced them with cravings for more and more of what the cold-blooded monster offered until David became more and more the reptile. In his memoir, *Shedding the Reptile*, author David C. Garcia offers up a soul-crushing narrative of alcoholism, addiction and unadulterated immorality with the objectivity of a journalist and the emotional honesty of a frightened child. Written with an unnerving fusion of humor and tragedy, *Shedding the Reptile* dares to present an awful human reality without glamour or condemnation and asks if one can truly escape the hell of chemical dependency once he has arrived.

## Book Information

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## Customer Reviews

This book is a very thoughtful, concise, well written and harsh autobiography of a young man, whose words take the reader through a life journey of self deceit and depravity caused by drug and alcohol abuse. David's ability to emerge from one of the lowest and dreadful places that any parent's child should ever experience is a must read for all parents who believe "That their child would never be involved in the things that David experienced". I know this to be true, because I am a highly decorated retired Special Agent with the Drug Enforcement Administration and David is my eldest son. I was so busy dedicating myself to combating the drug world outside of my professional career that I never believed that it could happen to my own family. I was wrong. I am very proud of David, that he had the courage to deal with his demons and memorialize them in this very hard, gritty and truthful memoir.

As memoirs go, they mostly suck. But the topic (drug and alcohol abuse) is a deadly serious one, especially today with the legalization of marijuana. Our children are at risk more than ever. I decide to educate myself thru the true life experience of someone who was addicted. The fabulous title caught my eye. Then the free chapters roped me in. I just had to read more and discover how this interesting (yes...I found him interesting!) man survived his addictions. I won't belabor you with the blow-by-blow. (No pun intended) It's enough to say that the talents of the author were compelling. Turning what could have been a snooze into one of the most thrilling, funny, sad, pathetic, triumphant...did I say funny? ... memoirs I have EVER read. I hope we haven't seen the last of this author. His style and talent is so gritty and real that I would love to see him write some fiction. I'm sorry he lived through the hell he did but like all of us, it brought him to where he is today. And with his unique talent, that's not a bad place to be.

I could not put it down I felt every emotion the author portrayed. As a parent of an addict I saw inside the author's mind which is like every human being whether or not they are addicts. People are all two different versions of themselves and they choose which side to show the world, I am thankful for the chance to read about both sides of the author's life and I wish him happiness and success with the rest of his journey.

By the end of the first few pages, I already knew I would enjoy this book. I read stories like this all the time and while most I read are good, you sometimes get the feeling like the author is censoring their behavior or opinions on things. I could be wrong, but it would make sense because you are likely to offend when being fully candid. With that said, this book was candid and the authors thoughts seemed to fall in line with what was going on. Call me crazy, but I found some parts of the book to be funny just given the thoughts alone. I am not certain I would view this book as a first-person account of kicking an addiction just because there wasn't much dedicated to that subject. This could have been the preference of the author, but as a whole the book was more or less the story of David becoming who he was in addition to the addiction (obviously that had influence, but there wasn't much reference). In short, I found the book to be a great read and I wish more authors would dump their thoughts like David did.

I would recommend this to anyone who "thinks" they might drink too much. To anyone who knows someone they are worried about. This is the absolute truth, it is the most honest and ugly account of addiction I have ever read. Let me say that I am a an addictive reader & have read many, many books on addiction. I can say that I have never read a book that let it all out no matter how ugly the truth was. I am fascinated by the choices people make , that ultimately make them into the person they become. This author was brutally honest. I would try to take a break but I couldn't stop until I raced through it. I may have to read it again.

I felt like a close friend was sharing their experiences. I didn't need a dictionary or an extensive vocabulary to decipher the meaning. It was a peer to peer one sided conversation. Descriptive writing painted pictures of everything I was reading. It was relatable, yet it showed me things I've never imagined. It's a very real, very honest rendering of the hell David's been through & put others through. So very glad for the ending, although I'd have loved to have heard a little more "happy" with that ending.

The last time I saw David we were children playing in Grandma, and Grandpa's yard. Little did we know the turn our lives would take. Just like David I too suffered with addiction, it took me more than 10 years to kick the bad habits, all along I had no clue of what David was going through until my Uncle told me about David's problem, I figured I was the black sheep of the family. As I heard about David's recovery it inspired me to grab a hold of my own life and start over. That's what I took from this book, being reborn, starting over, and living life to it's fullest, not being chemically dependant.

This book would be a good eye opener for someone wanting to start a new chapter in their own life. I can't wait for what this author has instore for us next. Keep up the hard work.

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