



Nic Sheff

Writer

Nic Sheff is an American writer best known for his candid memoirs on addiction, including the New York Times bestseller “Tweak: Growing Up on Methamphetamines” and “We All Fall Down: Living With Addiction.” He also writes young adult novels and has worked as a writer, story editor, and co-producer for film and television.

Sheff's life and work are deeply intertwined. His memoir Tweak chronicles his battle with methamphetamine addiction and multiple relapses, offering an unflinching look at substance abuse and recovery. He collaborated with his father, David Sheff, on Beautiful Boy: A Father's Journey Through His Son's Addiction, further detailing their family's journey.

Sober since 2011, Nic Sheff is a sought-after speaker known for his raw, compelling talks on addiction, mental health, and recovery. His presentations address prevention, teen communication, dual diagnosis, and the use of mindfulness practices like prayer and meditation.

As a self-identified “bipolar addict,” Nic Sheff advocates for greater awareness of dual diagnosis and the link between addiction and untreated mental illness. Through his storytelling, he brings a human face to the substance abuse epidemic, offering hope and empathy to those affected.