



# From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery

By Sylvester Sviokla III, Kerry Zukus

Download now

Read Online ➔

## From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus

Dr. Sylvester "Skip" Sviokla lived life as a successful, driven, athletic, and brilliant graduate of Harvard Medical School, reveling in wealth and glamour as a "celebrity doctor" until addiction brought his life crashing down. This real-life "Dr. House" had it all (he thought) until addiction took everything. Miraculously, recovery gave him back his family, his self-respect, and much more.

The media is filled with celebrity addiction stories, so people will be drawn to the author's experience as a "doctor to the stars." Having attended the most famous university and medical school in the world, Dr. Sviokla's story will also be relevant to a larger audience, including medical professionals and those seeking answers about addiction.

**Sylvester "Skip" Sviokla III, MD**, is a 1967 graduate of Harvard College (where he was a two-year starter on the football team, culminating in his receiving one vote for the 1966 Heisman Trophy and an offer to try out for the Chicago Bears) and a 1972 graduate of Harvard Medical School. He was owner and medical director of Skip Sviokla Entertainment Medicine, Inc. and of Medical Weight Management, Inc., in Massachusetts.

**Kerry Zukus** is an alumnus of Berklee College of Music in Boston, where he studied composition and arranging while appearing as an actor in theaters all over New England.

📄 [Download From Harvard to Hell...and Back: A Doctor's Jour ...pdf](#)

📖 [Read Online From Harvard to Hell...and Back: A Doctor's Jo ...pdf](#)

# From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery

*By Sylvester Sviokla III, Kerry Zukus*

**From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery** By Sylvester Sviokla III, Kerry Zukus

Dr. Sylvester "Skip" Sviokla lived life as a successful, driven, athletic, and brilliant graduate of Harvard Medical School, reveling in wealth and glamour as a "celebrity doctor" until addiction brought his life crashing down. This real-life "Dr. House" had it all (he thought) until addiction took everything. Miraculously, recovery gave him back his family, his self-respect, and much more.

The media is filled with celebrity addiction stories, so people will be drawn to the author's experience as a "doctor to the stars." Having attended the most famous university and medical school in the world, Dr. Sviokla's story will also be relevant to a larger audience, including medical professionals and those seeking answers about addiction.

**Sylvester "Skip" Sviokla III, MD**, is a 1967 graduate of Harvard College (where he was a two-year starter on the football team, culminating in his receiving one vote for the 1966 Heisman Trophy and an offer to try out for the Chicago Bears) and a 1972 graduate of Harvard Medical School. He was owner and medical director of Skip Sviokla Entertainment Medicine, Inc. and of Medical Weight Management, Inc., in Massachusetts.

**Kerry Zukus** is an alumnus of Berklee College of Music in Boston, where he studied composition and arranging while appearing as an actor in theaters all over New England.

**From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery** By Sylvester Sviokla III, Kerry Zukus Bibliography

- Rank: #588291 in eBooks
- Published on: 2013-07-16
- Released on: 2013-07-16
- Format: Kindle eBook

 [Download From Harvard to Hell...and Back: A Doctor's Jour ...pdf](#)

 [Read Online From Harvard to Hell...and Back: A Doctor's Jo ...pdf](#)

## **Download and Read Free Online From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus**

---

### **Editorial Review**

From Publishers Weekly

Sviokla, a recovered drug addict and alcoholic, today runs a successful clinic specializing in treating medical personnel with addiction issues. Here, Sviokla replays his early life, from Harvard College football player to his residency at UCSD's hospital, where he chose surgery as his focus and first began to show addictive symptoms. Shortly thereafter, he suffered an accident that ended his prospects as a surgeon, and a failed business venture led to heavy drinking and using pills. The loss of his medical license sparked a downward spiral into depression and poverty during which Sviokla took a series of low-paying jobs and turned to alcohol to numb the pain and embarrassment. He made half-hearted attempts at recovery, even checking into a psych ward, before finally arriving at a "moment of clarity" that led to true sobriety. Following a battle with bureaucracy in California, Sviokla found the Rhode Island Medical Board more receptive to reinstating his license and decided he "wanted to give something back to the world." The result is his current practice, Medical Assisted Recovery. Sviokla demonstrates bravery in this confessional account of his addiction and recovery.

### **About the Author**

Sylvester Sviokla, III: Dr. Sylvester "Skip" Sviokla III is a 1967 graduate of Harvard College (where he was a two-year starter on the football team, culminating in his receiving one vote for the 1966 Heisman Trophy and an offer to try out for the Chicago Bears) and a 1972 graduate of Harvard Medical School. He was owner and medical director of Skip Sviokla Entertainment Medicine, Inc. and of Medical Weight Management, Inc., in Massachusetts. Additionally, he has served as an emergency room director, a chief of occupational medicine, and a vice-president of outpatient services in a number of hospitals.

In more recent years, since his struggle with substance abuse and the loss and eventual reinstatement of his medical license, he has received certification from the American Society of Addiction Medicine, and is a Diplomate of the American Board of Addiction Medicine. He is a staff orientation speaker for Rhode Island Hospital, where he talks to incoming physicians about the perils of substance abuse and addiction in the medical community. He is the medical director of several methadone clinics in Rhode Island and co-owns a substance abuse clinic dedicated to helping others get well and reclaim their lives.

He is the proud husband of Maurine and the father of daughters Katherine, twin daughters Nicole and Amanda, and son Chip (aka Sylvester Sviokla IV). He is also the gratified grandpa to seven wonderful grandchildren who love him dearly and have never seen him impaired.

Kerry Zukus: Kerry Zukus' debut novel, *The Fourth House* (2007), was a Featured Selection of the Book of the Month Club, the Doubleday Book Club, and the Literary Guild, divisions of Random House/Doubleday Entertainment, where it sold out its first two printings. *The Fourth House* was named a finalist for the prestigious James Jones Award, given annually to the best first novel by an American author.

Kerry is an alumnus of Berklee College of Music in Boston, where he studied composition and arranging while appearing as an actor in theaters all over New England. He is also the co-author of *Paul Rusesabagina: Hollywood's Make-Believe Hero*, with Edouard Kayihura, a memoir and critical deconstruction of the heralded Hollywood movie *Hotel Rwanda*.

He lives in Little Silver, New Jersey.

## **Users Review**

### **From reader reviews:**

#### **Raymond Custer:**

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a move, shopping, or went to often the Mall. How about open or even read a book called From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery? Maybe it is being best activity for you. You recognize beside you can spend your time with the favorite's book, you can better than before. Do you agree with it is opinion or you have other opinion?

#### **John Ward:**

Book is actually written, printed, or descriptive for everything. You can understand everything you want by a publication. Book has a different type. As you may know that book is important issue to bring us around the world. Next to that you can your reading ability was fluently. A publication From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery will make you to possibly be smarter. You can feel far more confidence if you can know about every little thing. But some of you think which open or reading a new book make you bored. It is far from make you fun. Why they are often thought like that? Have you seeking best book or suitable book with you?

#### **Richard Plummer:**

This From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery are generally reliable for you who want to be considered a successful person, why. The explanation of this From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery can be among the great books you must have will be giving you more than just simple examining food but feed a person with information that might be will shock your prior knowledge. This book is actually handy, you can bring it almost everywhere and whenever your conditions at e-book and printed versions. Beside that this From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery giving you an enormous of experience including rich vocabulary, giving you trial of critical thinking that we realize it useful in your day task. So , let's have it appreciate reading.

#### **Irene Navarro:**

Beside this specific From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery in your phone, it may give you a way to get nearer to the new knowledge or data. The information and the knowledge you might got here is fresh in the oven so don't end up being worry if you feel like an old people live in narrow village. It is good thing to have From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery because this book offers for your requirements readable information. Do you oftentimes have book but you rarely get what it's interesting features of. Oh come on, that won't happen if

you have this in the hand. The Enjoyable set up here cannot be questionable, such as treasuring beautiful island. Use you still want to miss this? Find this book and read it from right now!

**Download and Read Online From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus #0RW4HJ25UZM**

## **Read From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus for online ebook**

From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus books to read online.

### **Online From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus ebook PDF download**

**From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus Doc**

**From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus Mobipocket**

**From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus EPub**

**0RW4HJ25UZM: From Harvard to Hell...and Back: A Doctor's Journey through Addiction to Recovery By Sylvester Sviokla III, Kerry Zukus**