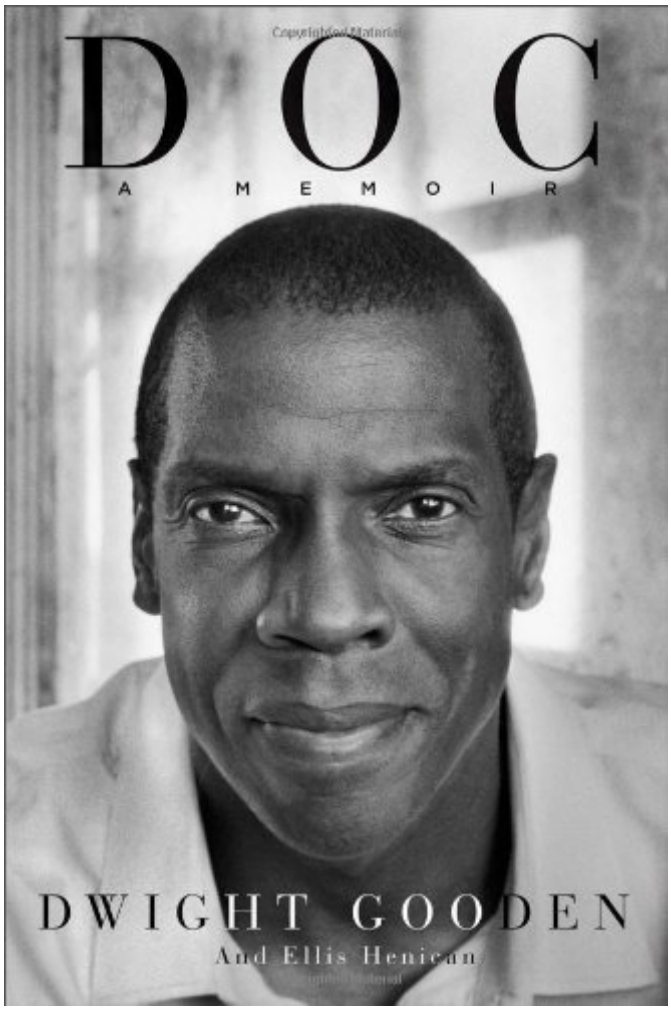
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Doc: A Memoir



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Synopsis

A brutally honest memoir of talent, addiction, and recovery from one of the greatest baseball pitchers of all time. As a shy nineteen-year-old, Dwight Gooden swept into New York, lifting a team of crazy characters to World Series greatness and giving a beleaguered city a reason to believe. Then he threw it all away.Now, with fresh and sober eyes, the MetsÃ¢â ¬â„¢ beloved Dr. K shares the intimate details of his life and career, revealing all the extraordinary highs and lows: The hidden traumas in his close-knit Tampa family. The thrill and pressure of being a young baseball phenom in New York. The raucous days and nights with the MetsÃ¢â ¬â„¢ bad boys (and the real reason he missed the 1986 World Series Victory Parade). The self-destructive drug binges and the three World Series rings. His heartbreaking attempts at getting sober, the senseless damage to family and friends, and the unexpected way he finally saved his lifeÃ¢â ¬â •on VH1Ã¢â ¬â„¢s Celebrity Rehab with Dr. Drew. In Doc, Gooden details his close friendships with many of baseballÃ¢â ¬â„¢s greats: Pete Rose, George Streinbrenner, Joe Torre, and nephew Gary Sheffield. For the first time ever, he reveals the full story of his troubled relationship with fellow Mets superstar Darryl Strawberry. And he tells the moving story of the Yankees no-hitter he pitched for his dying father. Doc is a riveting baseball memoir by one of the gameÃ¢â ¬â„¢s most fascinating figures, and an inspiring story for anyone who has faced tough challenges in life.

Book Information

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Customer Reviews

I began placing sports-themed books many years ago under the tree for my "I’m just not a book person" husband, who up until then had only skimmed the daily sports page or an occasional magazine article. Suffice it to say, he now looks forward more than anything else to finding out which books I’ve picked out for him - usually go with biographies with an inspirational message, and he gobbles them up. Such was the case with this book - he just finished it, and believes strongly that it should be "required reading" for high school/college athletes.In my husband’s words, this is a "brutally honest" book - written by a genuinely good man whose life began unravelling under cocaine’s mesmerizing spell. Each evening, I’d be given the gist of the latest portion he was reading - he was alternately shocked, intrigued, sad... so many emotional responses to what Mr. Gooden went through, experienced, the hell he inflicted upon himself and - by his own admission - upon others due to the all-consuming power the drug held over him. All of the promise of this 1986 "Rookie of the Year" who - rather than celebrate a World Series victory with his teammates - watched the celebration on TV from a crack house... all of the potential he had athletically, down the toilet. He readily admits to all of the second chances he was given (more than most people would ever receive), the pain his family endured as a result of his years of addiction - it takes a man humbled by life to be able to have the strength and courage to "own it".I hear from my husband that Mr. Gooden was two years sober when the book was written - it’s our hope he’s able to stay the course and make good on all of the potential he still has to make a positive difference in the lives of others, to pay forward all of the second chances he received. Best wishes to him on his journey.

I haven’t read any previous book written about or by Dwight Gooden or the Mets team he played for. I can’t compare excerpts between "Heat" and "Doc", and I have no plans to read the former. I give this book five stars because, for one thing, it’s extremely well-written and never came close to boring me or seeing something in the book that was already mentioned previously in detail (as compared to the books I’ve read that were written by Fritz Peterson). The book isn’t written for the baseball fan who wants to read Gooden’s take on his greatness as a pitcher and all the games he won. The book is about his life, particularly his experiences, his flaws and struggles from childhood to present day. I imagine writing this book is part of his never-ending process toward recovery. I think it’s a good read, and a very important one. You get an intimate understanding of what he did

and how he did it, and how easy it was from him to deny and lie about his addictions, eventually really confronting them head-on without making any excuses for his behavior. I think many who read this book will take a hard look at themselves if they have or have had any similar issues experienced by Dwight Gooden.

I still remember when Doc was ROY and the best pitcher I'd seen start their career in my lifetime. I'm a few months older than he is and the idea that someone my age(19 at the time) could do what he was doing was incredible. There were a few incidents in the book I didn't remember hearing about. I'm sorry that one of my "heroes" had to go through all the things Dwight did but I'm glad that through God, love, and family he has finally been able to get clean & stay that way. In 1984 I would guess that just about every male 20 years old or younger would have given almost anything to be Dwight Gooden, including Doc himself, and I'm sure it would have been a challenge for most of them. I'm glad he made it through all this alive, I'm glad he spends time trying to caution kids on the trappings of drugs, & I'm glad he wrote the book.

I bought this for my husband but haven't given it to him yet. It looks like a good book and he was a big fan of the 1986 Mets team.

A very good book. I was very happy with it. Very open and honest on his addictions and how he finally concord his deamons

Good book. I wish Doc well. A great read not only for Mets fans but also for someone in recovery...Peace

Sad what he went through but he is a great guy who made bad decisions. I'm happy he turned around for better.

Good story every kid should want to know it I want to play baseball

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