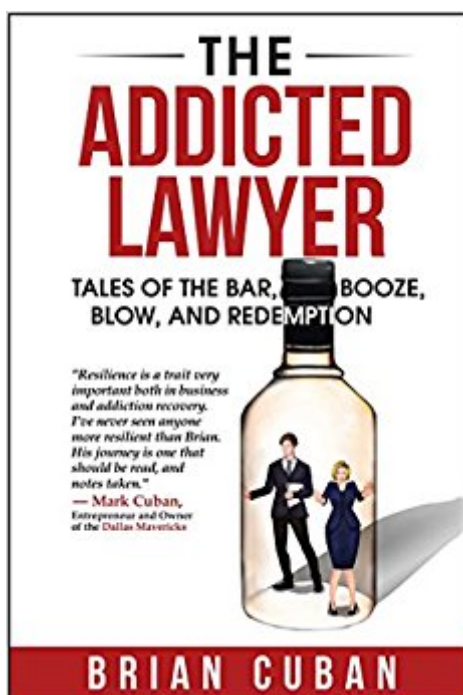


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# The Addicted Lawyer: Tales Of The Bar, Booze, Blow, And Redemption



## Synopsis

Brian Cuban was a successful lawyer and an addict. Brian Cuban was living a lie. With a famous last name and a successful career as a lawyer, Brian was able to hide his clinical depression and alcohol and cocaine addictions for a while. Today, as an inspirational speaker in long-term recovery, Brian looks back on his journey with honesty, compassion, and even humor as he reflects both on what he has learned about himself and his career choice and how the legal profession enables addiction. His demons, which date to his childhood, controlled him through failed marriages and stays in a psychiatric facility, until they brought him to the brink of suicide. That was his wake-up call. This is his story. Brian also takes an in-depth look at why there is such a high percentage of problematic alcohol use and other mental health issues in the legal profession. What types of therapies work? Are 12-step programs the only answer? Brian also includes interviews with experts on the subject as well as others in the profession who are now in recovery. The Addicted Lawyer is both a serious study of addiction and a compelling story of redemption.

## Book Information

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## Customer Reviews

"Resilience is a trait very important in both business and addiction recovery. I've never seen anymore more resilient than Brian. His journey is one that should be read about with notes taken." (Mark Cuban, Entrepreneur and Owner of the Dallas Mavericks)"Brian Cuban gives us a crash course in the brutal realities of alcoholism and addiction among lawyers. He spares no painful detail in recounting the many challenges he overcame to build a new a purposeful life. Incorporating the

stories of other lawyers who struggle with addiction, this book will be of great service to those in the profession in need of inspiration. Many lawyers are reluctant to admit they have a problem and reach out for help. Brian makes clear that the only way to tackle this issue among attorneys is to speak up and extend a hand to the next person who is suffering." (Lisa F. Smith, Author of "Girl Walks Out Of A Bar: A Memoir")"As a law school dean, I have seen first-hand the devastating impact of substance abuse on students' paths to achieve their goals and on lawyers' ability to thrive in the profession. It is more important now than ever to provide law students and lawyers with the tools they need to recognize the problem in themselves and others and move toward resolving it. Brian's book is a page-turner and reads like an exciting novel. But, rather than fiction, it portrays the harsh realities for so many in our profession who are struggling with addiction. The book's message is one of hope – the hope that it is possible for those struggling with addiction to regain control of their lives and move forward for the benefit of themselves and their clients. This book is a must-read for all law students and lawyers." (Cynthia L. Fountaine, Dean & Professor of Law Southern Illinois University School of Law)"If you want information beyond data and citations, communicated in a way that will resonate with you, look no further than *The Addicted Lawyer*. You will find stories at your level, as well as advice on what to do next." (David Jaffe, Associate Dean for Student Affairs, American University Washington College of Law)"Brian Cuban has done something very important with *The Addicted Lawyer* – taken the subject of a widespread problem that most lawyers and law firms would rather ignore and made it accessible, personal, and above all, real. Without question, this book is going to help people." (Patrick R. Krill, Attorney, addiction counselor, and leading expert on addiction in the legal profession. Co-author of "The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys.")"I've often searched for the right words and advice when I see addiction destroying great lawyers. *The Addicted Lawyer* is filled with the right words and advice, for all lawyers." (Brian Tannebaum, Ethics Lawyer and Author of "The Practice: Brutal Truths About Lawyers and Lawyering")

Brian Cuban, the younger brother of Dallas Mavericks owner and entrepreneur Mark Cuban, is a Dallas based attorney, author, and addiction recovery advocate. A graduate of the University of Pittsburgh School of Law, he has passed the respective bar exams of Pennsylvania (retired) and Texas. Brian has been in long-term recovery from alcohol, cocaine, and bulimia since April 2007. His first book, *Shattered Image: My Triumph Over Body Dysmorphic Disorder*, chronicles his first-hand experiences living with, and recovering from, twenty-seven years of eating disorders and

Body Dysmorphic Disorder (BDD). Brian has spoken at colleges, universities, conferences, and non-profit events across the United States and in Canada. Brian has appeared on prestigious talks shows such as the Katie Couric Show as well as numerous media outlets around the country. He also writes extensively on these subjects. His columns have appeared on CNN.com, FoxNews.com, The Huffington Post, Above the Law, and in online and print newspapers around the world.

Brian describes in painful and transparent detail the life unmanagability of the (frequently) dually addicted. The contrast he reveals between intelligence and behavioral addiction clearly supports the diagnosis of "disease" given by doctors today. Underneath the two surface addictions of eating disorder through body dysmorphia and substance addiction, he describes what is referred to as "relationship addiction"- childhood issues not unpacked in a balanced way when becoming an adult. The mixed impacts, particularly the negative ones, translate and reoccur as "the repetition compulsion" of the childhood pain. His deep willingness to share his story shows humility and self awareness. As a mental health counselor and addictions professional also in recovery -twenty years as we speak- I hear his struggle with the Higher Power concept and personally hope "more will be revealed " there. This book is compelling and very honest.

A great book that peels back the onion on Brian's life, struggle with drugs, alcohol, and, "fitting in." Brian's hard-hitting honesty about coping with having a famous last name, failed marriages, his depression, and his climb up and out was very moving to me. Bravo!!! I could not put the book down and a must read!

It is rare that an authentic, compelling story can strike so close to home for so many people. Brian Cuban does just that in his second book, "The Addicted Lawyer." Cuban has honed his rapid writing style, and perfectly leverages his unique perspective to bring timbre to an otherwise silent killer of legal professionals. Without the preachy falsetto of a celebrity confessor, Cuban lays bare an authentic portion of himself in relating the forces that nearly destroyed his livelihood and should have ended his life. As another generation of legal professionals gear up to face the gauntlet that all too often leads to spiraling depression and substance abuse, friends and family would be doing themselves a favor to read, re-read, and circulate far and wide. Cuban's is a unique voice, but his is one cry in a storm of torment. This book will save untold lives.

Innumerable addictions ruin the lives of countless millions of people around the world. Any human being even a "six-degrees-of-separation" from a non-recovering addict is affected in innumerable negative emotional and physical ways. Thankfully for the entire human race acceptance and growing avenues of support in the last twenty-five years have made reaching the light at the end of the tunnel more attainable. My feelings about the story the author Brian Cuban has produced here are multi-faceted and just like helping an addict I will pull no punches along with my offering praise. First of all being that Brian is the brother of Dallas Maverick billionaire entrepreneur Mark Cuban if I were the author I would have never had the biggest marketing quote for his book be from his famous brother right there emblazoned largely on the front cover. Brian's story can easily stand on its own both entertainingly and educationally. This just shows an ongoing dependence on his brother's fame something that the author makes a major point of late in the book in getting away from his "FAME-UMBRELLA". I think having that adorning the cover is like the author having a relapse of one of his addict traits. The author's story is told with enough self-deprecating humor that makes the debauchery Brian (and most addicts) enveloped himself in to destroy his life be dare I say entertaining. (a tough word to use regarding such a serious subject) The one negative about his fast-paced narrative is that he kept going forward and back and forward in time. If the reader is truly interested in the narrative and dutifully wants to track and absorb the ups and downs of the author's battle to beat his multiple addictions these constant back and forths in time stamps is very disconcerting. One of the main subjects that the author circles his literary-wagon around is how addiction prone attorneys are. Brian was a failed attorney who according to Brian never even wanted to be an attorney in the first place. Some statistics are provided touting how much higher the addiction rate is in the legal field. There is an old adage that states "statistics lie" and liars use statistics! I feel

his book could just as easily been about the perils of addiction as a whole. As addiction has no color it has no specific gender, race, religion or job title. Trying to tie the scourge of addiction to the “stress of law school or defending a client is kind of off-putting to a janitor who loses his job and has to go home and tell his wife and four kids he can’t pay the rent or the truck driver who put all his families money into a large truck to start his own business and finds out it was repossessed while he was sleeping after driving for eighteen hours straight. The picture the author paints of the

“poor-poor-stress-ridden-attorneys” really in my opinion takes away from the overall power of this otherwise well written book. My closing praise of this book I believe says it all. I recommend this book to any person who is suffering from addiction or any family member or friend or work associate being affected by someone in the grips of addiction whether you are an attorney or not.

Great book but an amazing individual. I’ve met him personally and he’s perhaps one of the best advocates for recovery that we have in our era.

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