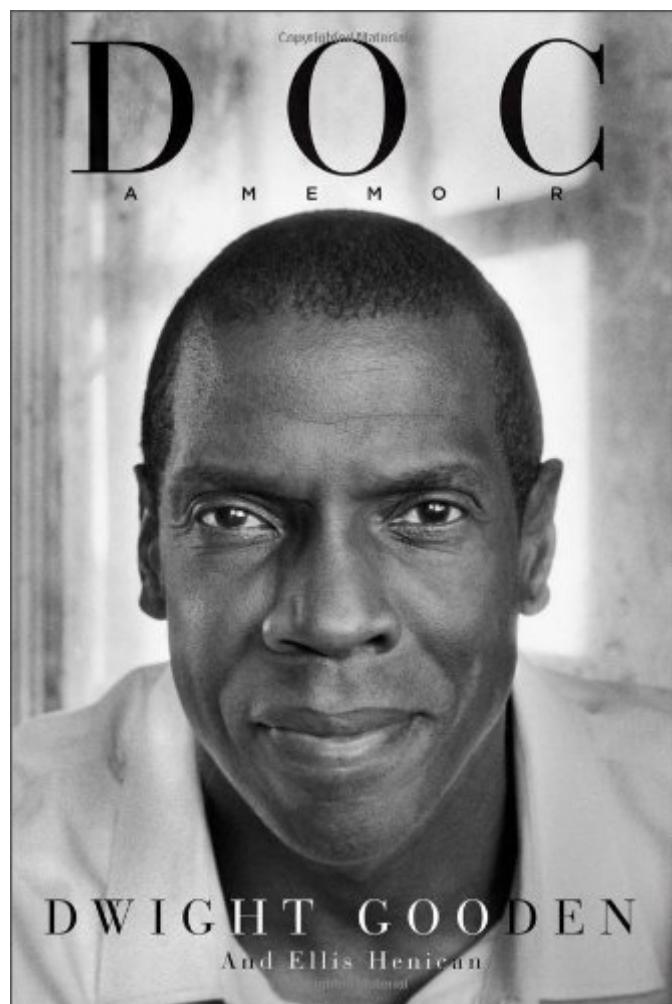


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# Doc: A Memoir



## 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 Metsâ™ 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 Metsâ™ 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 heartbreak attempts at getting sober, the senseless damage to family and friends, and the unexpected way he finally saved his lifeâ "on VH1â™s Celebrity Rehab with Dr. Drew. In Doc, Gooden details his close friendships with many of baseballâ™s greats: Pete Rose, George Steinbrenner, 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 gameâ™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

Disclaimer: I am a long time New York Mets fan who remembers, very clearly, watching Dwight Gooden pitch for the Mets beginning in the 1984 season. Like many long-suffering fans, I was anxious to see players like Gooden, Darryl Strawberry, Keith Hernandez, and Gary Carter lead the Mets to success as they developed strong teams the latter part of the decade, winning the World Series in 1986 and making the playoffs again in 1988. Dwight Gooden was a big reason for the Mets success, as he won the Rookie of the Year Award and Cy Young Award his first two years in the majors, and winning the "Triple Crown" for pitchers in 1985 as he led the league in wins, earned run average, and strikeouts. Much has happened to Gooden since that championship year; the downward slide into alcohol and drug addiction, broken marriages, numerous arrests and run-ins with the police, and, most recently, induction into the Mets Hall of Fame and a stint on Dr. Drew's "Celebrity Rehab" television show. In "Doc, A Memoir," Gooden, along with co-author Ellis Henican, detail the baseball star's life, from his somewhat wild upbringing in Tampa, Florida (as a five-year-old he witnessed his sister being shot by her husband), to being recognized as a pitching prodigy as a youngster, his entry into the major leagues at age 19, his successes on the field as well as numerous disappointments off of it. Baseball fans familiar with Gooden's history will not be surprised by the content in this book. Gooden spares us none of the details and writes honestly about the pitfalls of dealing with fame, drinking, and drugs, and he is very clear that his dependencies cost him a shot at the baseball Hall of Fame.

When it comes those in the public eye they are not only an example of what type of success is possible but also how you can rise, fall and get back up stronger and more determined than ever. I hadn't known of Dwight Gooden before reading the book *DOC*. Not being a big sports fan I was interested in his story and how he has been able to not just accomplish a lot but share his life lessons as well. I wasn't disappointed. *DOC* is an in-your-face glimpse into the life of a man who seemed to succeed against all odds---and make a name for himself in the process. I learned from the book that he got the nickname Doc because of the way he performed on the field. A family friend named Dennis told Dwight's father that he "performed like a surgeon out there. Steady and smooth. Getting the job done." That is something that would stick with him. Ironically there were times when Doc would have to operate on himself, cutting out that which threatened all that he had

accomplished and the vices that could destroy him forever. Part of what plagued Doc would be drug use. He writes: "When I did coke," he writes "I could never do just a line or two and say 'Enough.' I'd have been sneaking into the dugout, snorting lines every inning or two." It would be an issue that he dealt with for years, but he wouldn't give up. Another thing we learn about Doc was how his faith developed. When it comes to being baptized he says this: "I wanted to feel like I belonged to a church. Up to then, I'd only belonged on teams...When I left the pew and walked toward the altar, the whole congregation stood and cheered. I'd been cheered in ballparks for various achievements. I'd been cheered at baseball card shows and sport award dinners.

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