



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

*M.D. Sylvester Sviokla III, Kerry Zukus*

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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.

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