



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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