



# Cooked in LA: I Shot for the Stars and Hit Bottom

*Paul Cook*

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## **Cooked in LA: I Shot for the Stars and Hit Bottom** Paul Cook

Paul Cook had everything going for him—he was young, good looking, had a successful career in radio, a lovely wife, and loving parents—and yet one night he found himself in a near-catatonic state caused by ingesting too much ketamine or "special K," on the floor of a St. Louis bar. This autobiography details Paul's voracious appetite for drugs and alcohol—exemplified by the search for an unobtainable buzz through morning to night binges—that lead to his near fatal descent. With an obsession for celebrity culture and seeking approval and validation, he moves to LA only to find more opportunities for abuse. Just weeks before the birth of his first child, Paul hits rock bottom, admits to his wife and parents that he is out of control, and begins to put his life back together. With wry humor and great insight, Paul Cook chronicles his plunge to the depths of addiction and his return to the Midwest city where he first found success.

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