

# Exposé

Autor:	Tobias Kraehenbuehl (Tobias Krowhill, Tobias Crowhill)
English translation by:	Alexander McLarren / Tobias Kraehenbuehl
Titel:	Terr-apie (Part one of three)
Genre:	Self - help / Personal (a novel)
Extent:	210 Pages
Perspective:	It alternates between third and first Person
Logline:	A story about addiction from the perspective of an addict reflecting on himself and other addicts, all striving to break their addictions.
Blurb:	<p>For every addict to commit to a drug therapy is a terrifying prospect. He has to relive again everything he has done. And this time sober.</p> <p>Tobi is different. He was already 21 when he took Heroin for the first time. Many Junkies start in their early teens. As soon his addiction became evident, he tried to escape it.</p> <p>After many fruitless attempts to get rid of his habit through cold turkey, he commits himself to Therapy where he takes every chance to put his foot in his mouth. Even six years into his self-medication he is in many ways still new to the world of narcotists.</p> <p>Although he has his demons like everybody else, he considers them insignificant compared to the ones he crosses paths in his fellow inmates.</p> <p>We meet Tobi in his addiction, the withdrawal and the first weeks in Therapy.</p> <p>The book tells dramatic stories with no shortage of gallows humor, beautiful, disturbing, honest, authentic, unadorned and most important without self - pity.</p>

## What do I want with the Book?

This is a book about how to get away from drug addiction. Not a story about the life with drugs. Of that we have enough.

There is an opioid epidemic rampant in the USA. Worldwide drug use is on the rise. In the last 10 years consumption grew 30%<sup>1</sup>.

We need a different perspective on how to treat drug addiction. A 10% success rate is not enough. My book shows the problems in therapy and hints on how to do it better. To analyze a problem and to admit that it exists, this is the first step of solving it.

I have three basic goals. First, I want to get rid of the taboo. We have to talk open about all aspects of drugs in our society.

We as human beings have always and will always consume drugs. But we have to find a way it does not end in tragedy. We will never be able to help everybody, but we can do more.

Second, the family members of drug addicts stay alone. Most of the time friends and officials let them struggle on their own. I want to give them tools and insight so they can help their loved ones and, even more important, help them not to break themselves in the process.

Third, I want to sell a lot of books and get rich and famous ☺.

Furthermore, I see the possibility to adapt my books to a terrific tv show, a dramedy on HBO, Netflix or Amazon Prime.

This Exposé contains the first 2 chapters. I am currently writing the second volume of the trilogy.

---

<sup>1</sup> [https://www.unodc.org/documents/wdr/WDR\\_2010/2.0\\_Drug\\_statistics\\_and\\_Trends.pdf](https://www.unodc.org/documents/wdr/WDR_2010/2.0_Drug_statistics_and_Trends.pdf)

## Short vita

1973: Born in Switzerland

1994: Finished college in Switzerland

First time use of Heroin

Vancouver Film school

1995 – 2000: Work as cutter, cameraman, producer, graphic designer and journalist.

The (ab)use of Heroin gets worse. I go through many cold turkeys.

2000: Therapy in Switzerland.

2001 – 2005: University of Zurich, study of: History

Politics

Film

Latin

Middle Latin

Still struggling with the drug. Start to substitute with Methadone.

2005 – 2010: Start work as a tutor, students are aged between 10 and 40.

I teach every subject. (Math / French / English / History / Sciences /

Biology / Economics / Accounting / Latin / ...)

Final withdrawal from methadone.

2010 – 2020: Work as an independent tutor. Mouth to mouth propaganda.

2018 – 2020: Terr-apie is published in German.

Social work with addicts.

Organize writing courses in Frankfurt.

I regularly hold readings in Germany, Austria and Switzerland

I Work with different organizations in Berlin, Stuttgart, Zurich,

Frankfurt and many more.