



I Should Be Dead: My Life Surviving Politics, TV, and Addiction

Bob Beckel , John D. Mann (With)

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From Bob Beckel, the popular co-host of *The Five* on Fox News Channel, a deeply moving, redemptive memoir about his life as a political operative and diplomat, his long struggle with alcohol and drugs, and his unlikely journey to finding faith.

Growing up poor in an abusive home, Bob Beckel learned to be a survivor: to avoid conflict, mask his feelings, and to lie--all skills that served him well in Washington, where he would become the youngest-ever Deputy Assistant Secretary of State and manage Walter Mondale's 1984 presidential campaign.

But Beckel was living a double life. On January 20, 2001--George W. Bush's first Inauguration Day--he hit rock bottom, waking up in the psych ward. Written with captivating honesty, Beckel chronicles how his addictions nearly killed him until he found help in an unexpected ally, conservative Cal Thomas, who helped him find faith, get sober, and get his life back on track.

I Should Be Dead: My Life Surviving Politics, TV, and Addiction Details

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From Reader Review I Should Be Dead: My Life Surviving Politics, TV, and Addiction for online ebook

Robert says

This man is a sociopath. If you choose to waste your time reading this book approach it as the violent case history of a dangerous liar.

Rich says

I am a conservative who loves Bob Beckel. I don't agree with him on most things, but at least he's honest about what he believes. It was a good read...

Lorraine says

Interesting, informative and well written

Katie B says

Political analyst and former presidential campaign manager, Bob Beckel has had a life long struggle with alcohol and drugs. This book takes you through his childhood being raised in an abusive home with alcoholic parents to right around the time he parted ways with Fox News.

Even if you disagree with his left-leaning politics, Bob is the type of person that most people can't help but like. That is clear in the fact that he has maintained friendships with people who are on the opposite side of the political spectrum. He isn't shy with his opinions and doesn't hold back on sharing the good, bad, and ugly events that have shaped him as a person.

I would recommend this book to anyone that is interested in political campaigns since Bob shares many of his stories from the campaign trail. I also think this book will appeal to those that are struggling with addiction. Bob is very candid about his road to recovery and the many setbacks he faced along the way.

I received a free copy of this book and that is my honest and fair review.

Alice J Muhr says

A must read whether you are liberal or conservative

I have always watched the five and enjoyed bob Beckel
His life is fascinating and a journey to the Lord and life.

He is human and loves his kids and loves his five family

Naomi says

Read my full review: <http://bit.ly/1RVTy4V>

Synopsis: Bob Beckel discusses this very poignant memoir his life raised in an impoverished, alcoholic home and the continued lifelong struggle with addiction..all while under the glaring spotlight of politics and television.

My rating: 5 Stars

My opinion: So, I have to say that I come into this book review with a bias. I absolutely adore and respect Bob Beckel and, in his time with Fox News, learned so much from him regarding accepting people for who they are versus political ideology, it isn't even funny.

As a COA, this was a tough read for me, but it is also what makes it an incredibly powerful read. As a child of an alcoholic, Mr. Beckel writes with such brutal honesty and insight into his early years in an abusive, alcoholic home that I found myself reflecting on incidents in my own home growing up while numerous moments of catching myself holding my breath. This insight isn't only on blaming parents for a less than idealistic home life. With keen insight, Beckel takes a deep look into the progression of his own addiction and the behaviors that followed.

I have to admit that I paid very little attention to the political or television side of the memoir with the exception of how they played into the addictive behavioral pattern.

Source: Purchased

Would I recommend? : As a COA and former addictions counselor, this book has risen to my number one book to recommend for those in treatment or recovery. Beckel, in his typical humility, has taught lessons that every addict should walk away with regarding the past impacting the present and the fragile state of recovery. This story gives excellent discussion points for use as a form of bibliotherapy.

Stand Alone or Part of a Series: Stand Alone

Becky says

I found this book to be a real page turner! A nice, easy read. If you enjoy politics and history you will enjoy Mr. Beckels story. He has an interesting life and provides interesting insight to many historical events. I'm glad I was able to learn about more his life.

Christopher Lawson says

I never did like this guy.

Well after reading *I SHOULD BE DEAD*, I confess my entire perspective on Bob Beckel drastically changed. Honestly, I'm not sure I could have done as well as Bob Beckel did in overcoming these huge hurdles. Bob Beckel has done a tremendous job overcoming a ton of obstacles. Of course the biggest was an abusive father who was like Dr. Jekyll and Mr. Hyde--as different as Night vs Day.

The author relates a case when his father came into his high school to give a talk. His father actually arrived drunk; everyone knew it, and the "talk" was a complete disaster. Bob had to put up with all of the scorn and ridicule from his classmates.

As a youth Bob got a well-deserved reputation for beating anyone who picked on someone else. He relates the account where he seriously beat some schoolmates, including one who was much larger than himself. Bob was lucky he was not charged with some type of assault.

I found the story of Bob's conversion especially interesting. With lots of prodding from Cal Thomas, he walks into a conservative Church, populated with--guess what? Lots of conservatives. "All the conversation in the entire church stopped, like a sound system with its plug suddenly yanked out of the wall. It felt like a scene in an old western when the bad guy walks into the saloon and all the poker games stop in their tracks, the piano cuts out, and the bar chatter grinds to an immediate halt."

Bob credits his good friend Cal Thomas for suggesting some good books on Christian apologetics. It was a long haul for Bob, and he admits he was really cantankerous, but he eventually came to Faith. The author makes it extremely clear what a major role Cal had in stepping in when Bob really needed a friend.

Reflecting on his journey to the Christian faith, Bob explains that there was one particular time, when he had to make a momentous decision. The wrong choice would be to go out and get drunk. The right choice would be to change direction. "If there is one moment I can point to, a moment when the idea of God's grace shifted from being some kind of abstract concept to being something flesh and blood, something meaty and Rich, something real, that was it. "

It was interesting to get the author's perspective on major political figures during the campaigns. I found the sections on Jesse Jackson especially interesting.

All in all, I found *I SHOULD BE DEAD* to be a fascinating book. It completely changed my understanding of this fine man. I am delighted that there were good men and women around him who lent Bob a helping hand.

Alecia says

Well written, engaging, & enthralling. A very "readable" plunge into the life of politics, TV, addiction, & the pursuant grace of Jesus.

barbara shiffer says

Excellent

I have watched Bob Beckel for many, thing him to be an arrogant sob. I have a newfound respect for him now, having read this book. I am in awe of the struggles with alcohol and drugs that he has overcome and I pray that he lives to a very old age to continue saving others from addiction.

Sharon Barrow Wilfong says

I'm always interested in people's journey to faith. Beckel's story is one of an alcoholic/hard substance abuser whose life was a train wreck. He credits Jesus Christ with turning his life around.

His conversion only comes into the last fifty pages of the book. The rest of it is how his life became such a wreck in the first place: alcoholic parents, abusive father etc..

I was impressed with his honesty. He sugarcoats nothing. He spent his youth mostly stoned. He joined the Peace Corp to dodge the draft then hid in Indonesia to avoid working for the Peace Corp. While in Indonesia he spent his time doing what he liked best: drinking, taking drugs and sleeping with prostitutes.

Throughout his escapades one wonders how he managed to stay alive. Even when he checked into rehab centers he conned his way into what he wanted.

For the rest of the review cut and paste the following link to my blog post:

<http://sharonhenning.blogspot.com/201...>

Vincent Lombardo says

Riveting. Beckel writes very honestly about his battle with addiction, and the book is a great political memoir, too. For the most part, it was a real page turner.

Brenda Wilson says

It was interesting to read about Beckel's early family life and how his parents' drinking affected him. I felt Beckel didn't try and hide his rouge political ploys (although I'm sure there are several more that were not covered in this book) or how his alcohol and drug were not merely glossed over. I especially enjoyed his encounter in DC with the union official and how it landed him a job in construction working on DC's metro line. It was a fairly honest story of one man's battle with fame and addiction, I felt the ending was a little weak and would liked to have seen a more thorough story with his dismissal from Fox and his stay at Betty Ford.

Sam Sattler says

A whole generation of Americans today mostly knows Bob Beckel as a TV personality, with relatively few of them much aware of just how powerful a political operative the man was in his day. Beckel won some and he lost some, but there is little doubt that he was once a real player in the game of national politics. One of his wins was helping Jimmy Carter get support for the Salt II Treaty; one of his losses (and it was a record-setting one) was managing the presidential campaign in which Walter Mondale won only his home state – and that by a slim margin.

But if there is one thing that defines Bob Beckel's life, it is not politics - it is that he has been an alcoholic for most of his adult life, and is a drug addict who admits to having been a frequent user of cocaine even during the years his office was inside the White House. Through it all, however, Beckel was one of the hottest campaign consultants and political advisers in Washington. In *I Should Be Dead: My Life Surviving Politics, TV, and Addiction*, his 2015 memoir, Beckel explains how he managed to do it.

Considering that both of Beckel's parents were alcoholics who found it difficult to control their addictions, it was perhaps inevitable that he would grow up to have the same problem. Beckel uses a substantial portion of *I Should Be Dead* to explore the rocky relationships he had with both parents and reveals that he only reconciled with his father shortly before the man died, something that he never fully achieved with his mother. As so often happens, Beckel was so confident that he would be able to control his own alcohol consumption that he was already an alcoholic years before he could admit it to himself.

Bob Beckel is a survivor, a man who grew up learning to do whatever it took to protect himself from an abusive father. In an attempt to keep his father off his back, he learned to lie, cheat, fake, and tell his father whatever he wanted to hear at any given moment. Sadly enough, these were the very skills that would serve him so well when as a young man he moved to Washington D.C. to begin his political consulting career (and it is obvious that he is not the only one there who has mastered those particular skills).

I Should Be Dead is the story of Beckel's life, a life filled with near-misses, barroom brawls, booze, drugs, and women as wild as he was. In one of the more interesting twists in his life, Beckel, who is a lifelong, left-leaning Democrat, reveals that his closest friends are the ones he made while working at Fox News. He, in fact, credits the very conservative columnist Cal Thomas with not only being his best friend in the world, but also being the man who saved his life in more ways than one. Not only was Thomas instrumental in getting Beckel hired by Fox when no other television network in the country would touch him, he was instrumental in ensuring that Beckel get the medical help that has kept him alive.

Agree with his politics or disagree with them, Bob Beckel is always interesting and, perhaps because of his previously mentioned survivor skills, he proves to be a difficult man to dislike even when his rougher side peeks through for a moment or two. That's why he was for so long one of the most popular commentators on Fox News, a network with very few viewers that share his political beliefs.

Bob Beckel is a survivor.

Mandy says

SPOILERS IN REVIEW....A brutally honest book written by a man who survived abuse, drugs, alcohol, the world of politics, and a divorce with children. He openly talks about dodging the draft, cheating during campaigns to get what he wanted, being with prostitutes, and so many terrible things that you can succumb to when living with addictions. There are few liberals that I enjoy listening to and Beckel is one. I especially loved hearing how he came to accept Jesus into his life.
