

## **Memoirs Of An Addicted Brain A Neuroscientist Examines His Former Life On Drugs**

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### **Tweak**

A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, *Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery-- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows including *Fresh Air with Terry Gross* and *The Brian Lehrer show*.

### **Wasted**

The story of one teenager's descent into methamphetamine addiction is told from his father's point of view, describing how

a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

### **Saving Bobby**

Marc Lewis describes his former experiences with drug addiction and his eventual healing from the perspective of his current position as a neuroscience researcher and professor of developmental psychology.

### **As Needed for Pain**

### **Memoirs of an Addicted Brain**

THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET 'It was like being in a car with the gas pedal slammed down to the floor and nothing to do but hold on and pretend to have some semblance of control. But control was something I'd lost a long time ago.' Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. Tweak is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father's parallel memoir, Beautiful Boy. Praise for Nic Sheff:- 'Difficult to read and impossible to put down.' Chicago Tribune 'Nic Sheff's wrenching tale is told with electrifying honesty and insight.' Armistead Maupin

### **How to Murder Your Life**

The Weight of a Feather chronicles the relationship between a mother and her son on his journey into the dark world of addiction to his final recovery years later. Lynda Aroz is ruthlessly candid about the deception, betrayal, and violence inherent in the world of addiction, as well as the pitfalls and potholes on the pathway to recovery. However, she balances out the weight of her family's struggles with lighter moments of connection to the son she once knew and the absurdities they encounter along the path to recovery. Above all, The Weight of a Feather is a testimony to the enduring strength of relationship. It brings comfort and hope to others who are going through a similar ordeal and provides insight for those who wonder why recovery seems to be so elusive. Aroz urges a fresh look at the world of addiction and a new model for its

treatment in light of its impact on families across the country.

### **In My Skin**

A new model of addiction that incorporates neurobiology, social relationships, and ecological systems. Understanding addiction is no longer just about understanding neurons or genes, broken brain functioning, learning, or faulty choices. Oliver J. Morgan provides a fresh take on addiction and recovery by presenting a more inclusive framework than traditional understanding. Cutting-edge work in attachment, interpersonal neurobiology, and trauma is integrated with ecological-systems thinking to provide a consilient and comprehensive picture of addiction. Humans are born into connection and require nourishing relationships for healthy living. Adversities, however, bring fragmentation and create the conditions for ill health. They create vulnerabilities. In order to cope, individuals can turn to alternatives, “substitute relationships” that ease the pain of disconnection. These can become addictions. *Addiction, Attachment, Trauma, and Recovery* presents a model, a method, and a mandate. This new focus calls for change in the established ways we think and behave about addiction and recovery. It reorients understanding and clinical practice for mental health and addiction counselors, psychologists, and social workers, as well as for addicts and those who love them.

### **COVID-19**

I crush up my pills and snort them like dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, *Prozac Nation*, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressant medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. *More, Now, Again* is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her life. As honest as a confession and as heartfelt as a prayer, *More, Now, Again* recounts a

courageous fight back to a life worth living.

### **The Weight of a Feather**

Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found methamphetamine and LSD and heroin. He sniffed nitrous oxide in Malaysia and frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most addicts: into a life of addiction, desperation, deception, and crime. But unlike most addicts, Lewis recovered and became a developmental psychologist and researcher in neuroscience. In *Memoirs of an Addicted Brain*, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind. He explains the neurological effects of a variety of powerful drugs, and shows how they speak to the brain—itsself designed to seek rewards and soothe pain—in its own language. And he illuminates how craving overtakes the nervous system, sculpting a synaptic network dedicated to one goal—more—at the expense of everything else.

### **Addiction Inbox**

Marc Lewis describes his former experiences with drug addiction and his eventual healing from the perspective of his current position as a neuroscience researcher and professor of developmental psychology.

### **The Orchid and the Dandelion**

A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal

perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out. From the Hardcover edition.

### **Stray**

From the New York Times bestselling author and former beauty editor Cat Marnell, a “vivid, maddening, heartbreaking, very funny, chaotic” (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell “treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist” (The New York Times Book Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can’t say no. Combining “all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer’s true-life journey to recover her former health, happiness, ambitions, and identity” (Harper’s Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

### **Memoirs of an Addicted Brain**

A scientific explanation of addiction by a leading neuroscientist looks at how and why people become addicts and discusses advances in prevention and treatment.

### **Beautiful Boy**

Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of

people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family—all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

### High Price

In this powerful memoir of addiction, prison, and recovery, a reporter and a photographer tell their gripping story of falling in love, the heroin habit that drove them apart, and the unlikely way a criminal conviction brought them back together. Books for a Better Life Award Finalist • LitHub Best Book of the Month When Susan Stellin asked Graham MacIndoe to shoot her author photo for an upcoming travel book, she barely knew him except for a few weekends with mutual friends at a summer house in Montauk. He was a gregarious, divorced Scotsman who had recently gotten sober; she was an independent New Yorker who decided to take a chance on a rough-around-the-edges guy. But their relationship was soon tested when Susan discovered that Graham still had a drug habit he was hiding. From their harrowing portrayal of the ravages of addiction to the stunning chain of events that led to Graham's arrest and imprisonment at Rikers Island, *Chancers* unfolds in alternating chapters that offer two perspectives on a relationship that ultimately endures against long odds. Susan follows Graham down the rabbit hole of the American criminal justice system, determined to keep him from becoming another casualty of the war on drugs. Graham gives a stark, riveting description of his slide from brownstone Brooklyn to a prison cell, his gut-wrenching efforts to get clean, and his fight to avoid getting exiled far away from his son and the life he built over twenty years. Beautifully written, brutally honest, yet filled with suspense and hope, *Chancers* will resonate with anyone who has been touched by the heartache of addiction, the nightmare of incarceration, or the tough choice of leaving or staying with someone who is struggling on the road to recovery. By sharing their story, Susan and Graham show the value of talking about topics many of us are too scared to address. Praise for *Chancers* "Stellin and MacIndoe, in entries sometimes akin to fighters in the ring, tell the story of their lives as MacIndoe rides a roller-coaster life of drug addiction and prison. . . . It is a remarkable nine-year parallel journey that forced them to bare their innermost thoughts and feelings, forced them to distance themselves and, finally, forced them to recognize that a life, even in the depths of despair, merits saving. . . . [Chancers] grabs in a voyeuristic way and propels page-turning to find out what happens next in a saga no soap opera could create."—The Buffalo News "Emotionally resonant and evenly structured, their tandem chronicle resists overly romanticizing their bittersweet interactions to focus on the dedication and devotion necessary to make their already-complicated relationship survive the fallout of critical hardships. An emotionally complex and intensely personal binary memoir of addiction and sustainable love."—Kirkus Reviews

## **In the Realm of Hungry Ghosts**

High Price is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami's toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value of school, studying just enough to keep him on the basketball team. Today, he is a cutting-edge neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, Dr. Carl Hart recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.

## **Imaging the Addicted Brain**

Based on Gabor Maté's two decades of experience as a medical doctor and his groundbreaking work with the severely addicted on Vancouver's skid row, *In the Realm of Hungry Ghosts* radically reenvision this much misunderstood field by taking a holistic approach. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout (and perhaps underpins) our society; not a medical "condition" distinct from the lives it affects, rather the result of a complex interplay among personal history, emotional, and neurological development, brain chemistry, and the drugs (and behaviors) of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. *In the Realm of Hungry Ghosts* argues persuasively against contemporary health, social, and criminal justice policies toward addiction and those impacted by it. The mix of personal stories—including the author's candid discussion of his own "high-status" addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

## **The Addictive Brain**

Bill Clegg had a thriving business as a literary agent, a supportive partner, trusting colleagues, and loving friends when he walked away from his world and embarked on a two-month crack binge. He had been released from rehab nine months earlier, and his relapse would cost him his home, his money, his career, and very nearly his life. What is it that leads an exceptional young mind want to disappear? Clegg makes stunningly clear the attraction of the drug that had him in its thrall, capturing in scene after scene the drama, tension, and paranoid nightmare of a secret life--and the exhilarating bliss

that came again and again until it was eclipsed almost entirely by doom. He also explores the shape of addiction, how its pattern--not its cause--can be traced to the past. Portrait of an Addict as a Young Man is an utterly compelling narrative--lyrical, irresistible, harsh, honest, and beautifully written--from which you simply cannot look away.

### **Portrait of an Addict as a Young Man**

A neuroscientist's unique and fascinating journey into his own addiction--for readers of Oliver Sacks and Andrew Solomon Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found methamphetamine and LSD and heroin; he sniffed nitrous oxide in Malaysia; and frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most addicts: into a life of desperation, deception, and crime. But unlike most addicts, Lewis recovered to become a developmental psychologist and researcher in neuroscience. In Memoirs of an Addicted Brain, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind.

### **Unbroken Brain**

Imaging the Addicted Brain, the latest volume in the International Review of Neurobiology series will appeal to neuroscientists, clinicians, psychologists, physiologists, and pharmacologists. Led by an internationally renowned editorial board, this important serial publishes both eclectic volumes made up of timely reviews and thematic volumes that focus on recent progress in a specific area of neurobiology research. This volume focusses on the imaging of the brain addicted to food, gambling, tobacco, and opiates. Offers a unique perspective on how addiction affects the brain Covers a broad scope of addictions, including food, gambling, tobacco, and common psychogenic agents with a focus on their effects on the brain Focuses on the use of medical imaging methods, especially MRI, to explore and explain addiction in the brain

### **Memoirs of an Addicted Brain**

The vibrant and beloved star of Once and Again and Sisters offers a story about her journey home to recapture the magic of youth in the deep South for her children and to make peace with the death of her mother. At a time when much of America is yearning to recapture the spirit and feelings of a more innocent era, comes the paperback edition of this exceptional book, from one of our most beloved actresses: a story of one woman's journey to reconnect with the landscape of her childhood. Though best known today as the star of the television series Once & Again and Sisters, Sela Ward considers herself first and foremost a small-town girl. The eldest of four children, she was raised by a father who helped her believe in



herself, and by a mother who taught her a sense of the importance of virtues like self-respect, grace, and sacrifice. In her hometown of Meridian, Mississippi, within a tightly-knit community of neighbors and kin, Sela learned ways that would remain with her throughout life—humble virtues that were ‘forged in the hearth of a loving home.’ Long after she had established herself as a successful model and Emmy Award winning actress, Sela started her own family, and found herself pining for the comforts of her small-town childhood. In an effort to balance her children’s West Coast upbringing with a taste of a more natural way of life, she and her husband built a second home on a farm in Meridian, Mississippi so that her family could retreat there several times each year. Even as Sela was reconnecting with the rhythms of home, though, her world was rocked by a crisis the family had long anticipated but never quite prepared for—the death of her mother. As her family gathered around her mama’s bedside, Sela’s simple journey home became something far deeper: a turning point in her own life, as she pondered her mother’s complicated legacy, and came to terms with just what it was she herself was searching for. Filled with warmth, storytelling, and laughter, Homesick is a book to treasure: an exploration of the lessons we carry away with us from childhood, and a celebration of the bittersweet legacy of home.

### **The Biology of Desire**

When Renee Hodges invited her nephew, Bobby, to come stay with her for a few weeks so he could visit a doctor about his back pain, she knew he was recovering from an addiction to prescription painkillers. She believed that if he could address his back problems, he would have a better chance of staying clean—but she had no idea what a roller coaster ride she was getting on. Unlike other books about addiction, Saving Bobby begins after rehab is over. Told in part through journal entries, e-mails, and personal recollections, this raw, honest, deeply moving memoir—begun to keep the family accountable—describes the sixteen months that Hodges, her husband, and their community struggled alongside Bobby as he attempted to successfully re-enter the day-to-day world. Using a holistic and open approach, the shame and stigma associated with addiction was lessened—and ultimately, Bobby learned he had to save himself. A gripping and heartrending story of survival, Saving Bobby is an essential, timely read for those concerned about America’s most pressing epidemic.

### **Chancers**

Recounts the addiction and recovery of the world-renowned solo artist and former lead singer and songwriter of Soul Coughing.

### **More, Now, Again**

Traces the author's descent from a life of wealth and privilege into crystal meth addiction and petty crime throughout the

course of a year, a period during which he came to an understanding of the side effects of crystal meth use and suffered a near-psychotic event that prompted his decision to get clean. Reprint. 25,000 first printing.

### **Leaving Dirty Jersey**

In the vein of Mary Karr's *Lit*, Augusten Burroughs' *Dry* and Sarah Hepola's *Blackout*, *As Needed for Pain* is a raw and riveting—and often wryly funny—addiction memoir from one of New York media's most accomplished editors which explores his never-before-told story of opioid addiction and the drastic impact it had on his life and career. Dan Peres wasn't born to be a media insider. As an awkward, magic-obsessed adolescent, nothing was further from his reality than the catwalks of Paris or the hallways of glossy magazine publishers. A gifted writer and shrewd cultural observer, Peres eventually took the leap—even when it meant he had to fake a sense of belonging in a new world of famed fashion designers, celebrities, and some of media's biggest names. But he had a secret: opiates. Peres's career as an editor at *W* magazine and *Details* is well known, but little is known about his private life as a high-functioning drug addict. In *As Needed for Pain*, Peres lays bare for the first time the extent of his drug use—at one point a 60-pill-a-day habit. By turns humorous and gripping, Peres's story is a cautionary coming-of-age tale filled with unforgettable characters and breathtaking brushes with disaster. But the heart of the book is his journey from outsider to insecure insider, what it took to get him there, and how he found his way back from a killing addiction. *As Needed for Pain* offers a rare glimpse into New York media's past—a time when print magazines mattered—and a rarefied world of wealth, power, and influence. It is also a brilliant, shocking dissection of a life teetering on the edge of destruction, and what it took to pull back from the brink.

### **Sobriety**

Discover the most essential and comprehensive information about the coronavirus (COVID-19) pandemic, how to ward off infection, and safeguard your mental and physical health during isolation—from the award-winning science journalist and #1 New York Times bestselling author of *The Fast 800* and *The FastDiet*. Dr. Michael Mosley has experienced the effects of coronavirus firsthand, as he and both his sons—medical professionals in their twenties—all became ill during the height of the pandemic in London. Now recovered, Dr. Mosley shares his insights and explains the science behind the greatest public health crisis of our time. From the emergence of the novel virus in China at the end of 2019 to its rapid worldwide spread, this clear, detailed guide provides you with a basic understanding of the virus, how it jumps from person to person, how it can be overcome, and the most effective ways to protect yourself and your family. Featuring in-depth interviews with leading doctors and virus researchers working on the front lines to defeat this microscopic enemy, COVID-19 also tracks the ongoing developments in finding new treatments and an effective vaccine—the only way to ultimately halt the spread of the virus. Offering highly readable, easy-to-digest information about this global pandemic, Dr. Mosley's COVID-19 is the

ultimate resource to help you feel better informed and take care of yourself as we all work through this global crisis.

### **Memoirs of an Addicted Brain**

This book, written from the perspective of a practicing primary care physician, interweaves patients' stories with fascinating new brain research to show how addictive drugs overtake basic brain functions and transform them to create a chronic illness that is very difficult to treat. The idea that drug and alcohol addiction are chronic illnesses and not character flaws is not news—this notion has been around for many years. What *Hijacked Brains* offers is context and personal stories that demonstrate this point in a very accessible package. Dr. Barnes explores how the healthy brain works, how addictive drugs flood basic reward pathways, and what it feels like to grapple with addiction. She discusses how, for individuals, the combination of genetic and environmental factors determines both vulnerability for addiction and the resilience necessary for recovery. Finally, she shows how American culture, with its emphasis on freewill and individualism, tends to blame the addict for bad choices and personal weakness, thereby impeding political and/or health-related efforts to get the addict what she needs to recover.

### **Never Enough**

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs

play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

### **Homesick**

Kyle Keegan was like many teenagers: eager to fit in at school, he experimented with alcohol and drugs. Soon, his abuse of these substances surpassed experimentation and became a ruthless addiction to heroin that nearly destroyed his life. Now in recovery, Keegan tells his remarkable story in *Chasing the High*. Starting with the early days of alcohol and drug use, Keegan charts his decline into crime and homelessness as his need for heroin surpassed all thoughts of family and friends, of right and wrong. He then goes on to use these experiences to offer guidance and practical advice to other young people who may be struggling with substance abuse. In straightforward, easy-to-understand language and along with the psychiatric expertise of Howard Moss, MD, Keegan discusses what is known about the neurobiology of addiction in young people, how to seek treatment, and how to get the most out of professional help. He also covers such topics as which therapies are used to combat addiction, how to talk to family and friends about substance abuse, and how to navigate risky situations. Both an absorbing memoir and a useful resource for young people. Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, *Chasing the High* is at once both an absorbing memoir and a useful resource. It offers hope to those who are struggling with substance abuse and will help them to overcome its challenges and to go on to lead healthy, productive lives.

### **Last Call**

What do we mean when we talk about addiction? This anthology of articles is designed to bring multiple perspectives to bear on that question, a pursuit made possible by the recent explosion of research on the scientific underpinnings of drug and alcohol addiction. In this collection of posts from the well-respected science blog, *Addiction Inbox*, you'll meet some of the researchers, and some of the new research. You'll learn about the new synthetic stimulant drugs now flooding American grey markets. And you'll hear about some of the best recent books on addiction and recovery. The articles—cover health studies about drugs, addiction and alcoholism, including the most recent scientific and medical findings—plus interviews and book reviews. The Research section includes posts on a wide-ranging and controversial group of subjects, all related by an approach that highlights the underlying science and evidence-based medicine pertinent to the subject. Is shoplifting the opiate of the masses? Does menthol really matter? Can ketamine and other party drugs cause permanent bladder damage? For answers, the author looks to neuroscientists and addiction researchers, an approach that led to his earlier book, *The Chemical Carousel: What Science Tells Us About Beating Addiction*.

### **Memoirs of an Addicted Brain**

From the bestselling author of *Sweetbitter*, a memoir of growing up in a family shattered by lies and addiction, and of one woman's attempts to find a life beyond the limits of her past. *Stray* is a moving, sometimes devastating, brilliantly written and ultimately inspiring exploration of the landscapes of damage and survival. After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history. Lucid and honest, heart-breaking and full of hope, *Stray* is an examination of what we inherit and what we don't have to, of what we have to face in ourselves to move forward, and what it's like to let go of one's parents in order to find peace--and a family--of one's own.

### **The Book of Drugs**

This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality--the addiction, the withdrawal, and the recovery--of this newest generation of pill poppers. Joshua Lyon was no stranger to substance abuse. By the time he was seventeen, he had already found sanctuary in pot, cocaine, Ecstasy, and mushrooms--just to name a few. Ten years later, on assignment for *Jane* magazine, he found himself with a two-inch-thick bottle of Vicodin in his hands and only one decision to make: dispose of the bottle or give in to his curiosity. He chose the latter. In a matter of weeks he'd found his perfect drug. In the early half of this decade, purchasing painkillers without a doctor was as easy as going online and checking the spam filter in your inbox. The accessibility of these drugs--paired with a false perception of their safety--contributed to their epidemic-like spread throughout America's twenty-something youth, a group dubbed Generation Rx. *Pill Head* is Joshua Lyon's harrowing and bold account of this generation, and it's also a memoir about his own struggle to recover from his addiction to painkillers. The story of so many who have shared this experience--from discovery to addiction to rehabilitation--*Pill Head* follows the lives of several young people much like Joshua and dares to blow open the cultural phenomena of America's newest pill-popping generation. Marrying the journalist's eye with the addict's mind, Joshua takes readers through the shocking and often painful profiles of recreational users and suffering addicts as they fight to recover. *Pill Head* is not only a memoir of descent, but of endurance and of determination. Ultimately, it is a story of encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal.

### **Woman of Substances**

"Sobriety: A Graphic Novel offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps"--

### **The Addicted Brain**

I made money I'd never imagined and I wore velvet dresses and shone in lamplight. I walked tall in crowds, knowing myself to be desired. I told people I was a prostitute, and smiled as I said it, and dared them to turn their gaze. The smile that I give when I talk about it now is, I can feel, nostalgic, provocative. A brightness comes into my eyes. And, I'm told, a hard look too. In *My Skin* describes an extraordinary journey through an often hidden world of heroin and prostitution. Kate's story is one of survival and resourcefulness, and an unflinching look at the consequences of addiction. More than just a fearless and compelling narrative, *In My Skin* is the triumphant announcement of a new talent in Australian writing.

### **Addiction, Attachment, Trauma and Recovery: The Power of Connection (Norton Series on Interpersonal Neurobiology)**

Before We Treat, We Must Understand Millions of people suffer from alcoholism, and most of them don't even know it. Or perhaps, they just can't admit it. If you or somebody you know is suffering from alcoholism, it is important to act immediately. The effect of alcohol on the body and mind is significant. Alcohol abuse and alcohol addiction are serious, potentially lethal conditions. When it comes to overcoming alcoholism and alcohol dependence, the hardest part is understanding why. Maybe we've heard the personal drug stories, maybe we've read the personal memoirs, but have we lived them? Unless you yourself are an alcoholic, it's often difficult to understand. Why do alcoholics continue to destroy themselves? Given everything we know today about the neuroscience of addiction, about alcohol recovery and rehabilitation--why? The truth is dark. Because at the end of the day, the alcoholic doesn't care. The alcoholic will refuse to quit drinking, even when alcoholism treatment could transform their life for the better. He or she will do anything to avoid sobriety, risking life and limb simply to acquire that next, comforting drink. Until it's too late. So don't wait. The worst part about alcohol and drug dependence is that it doesn't just affect the alcoholic. Alcoholism is a family destroyer. The family and friends of alcoholics may endure incredible hardship in the face of this debilitating disease. Alcoholism often leads to a dysfunctional family and a marriage on the rocks, worsening abuse and complicating recovery. And if this isn't bad enough, alcohol dependency can lead to years of post-traumatic stress. For adult children of alcoholics, the damage can be deep. Years of childhood abuse, neglect and broken families have damaged their psyches. Healing and recovery are hard to achieve, even for alcoholics from good environments. But there is always hope. Healing the alcoholic brain--and those affected by it--is a process, just like anything in life. Step by step, alcoholism recovery can and does occur. Nothing can happen overnight, but with courage, and conviction, the addicted brain can finally rewire. Through relapse and relief,

intervention and rehabilitation, ending dependency is possible. By approaching the situation with the right tools and knowledge, the end of alcohol addiction is not only possible, but probable. Part guide, part personal memoir, "Last Call" includes: The terrible costs of alcoholism How to identify alcoholism Understanding the thought process (and neuroscience of addiction) How to treat and empower the alcoholic How to Help the alcoholic stay sober Tags: abuse, alcohol, alcoholic, alcoholism, alcohol addiction, dependence, dependency

### **Pill Head**

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans," "sexual napalm..." and more. *Open Book* is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

### **Open Book**

Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way. Mining the expertise of 35 leading researchers, clinicians and psychiatrists, she explores the early predictors of addictive behaviour, such as trauma, temperament and impulsivity. Drawing on neuroscience, she explains why other self-destructive behaviours – such as eating disorders, compulsive buying and high-risk sex – are interchangeable with problematic substance use. From her childhood in suburban Slough to her chaotic formative years in the London music scene, we follow her journey to Australia, where she experiences firsthand treatment facilities and AA groups, and reflects whether or not they are meeting the needs of women. *Woman of Substances* is an insightful, rigorous and brutally honest read. In Australia it was nominated for a prestigious Walkley Book Award. 'Employing expert interviews and research, each rich personal

episode is contextualised within the under-examined issue of women's substance abuse. Detailed, insightful and told with a feature writer's narrative flair' Bookseller and Publisher. 'Engages readers with storytelling while presenting scientific findings and theories in a way that is accessible to a broad audience' Broadsheet. 'Part monograph, part memoir, part Ginsbergian howl of outrage at a culture in which gender bias is a tenet. It is a work of compellingly articulate anger' The Australian. 'In straightforward, lively prose she relates even her darkest moments without self-pity or aggrandisement, and often with a streak of gallows humour, leading to more laugh-out-loud lines than you might expect' The Saturday Paper. 'We need books like this, and writers like Valentish, to give voice to our frustrations and concerns, to help legitimise and mobilise' Kill Your Darlings. 'Valentish's passion lies in exploring the underlying causes and their effects and, in the most female of ways, offering companionship and reassurance for her readers' The Monthly. 'Doesn't mince her words' Sydney Morning Herald.

### **Hijacked Brains**

A gripping, triumphant memoir about the power of addiction and its effect on the brain Marc Lewis knows addiction: that desperate ambition to get high accompanied him around the world for many years. In the 1960s, Lewis was a teenager in boarding school, experimenting with cough syrup and alcohol to assuage his depression. When he moved to Berkeley, California, the pulsing heart of the counter-cultural movement, he began using LSD and heroin. His spiralling journey of addiction eventually led him to Asia, where he sniffed nitrous oxide in the Malay jungle, took speed in Kuala Lumpur, and lost himself in the opium dens of Calcutta. This was the beginning of his descent into a moonlit world of crime, poverty, and desperation. Returning to Toronto, Lewis lived a double life: by day, he was a psychology student; and by night, he stole from homes and laboratories to get high. Thirty-four years on, Lewis is a neuroscientist, and he studies the brains of troubled children. But he never forgets that he was once one of those kids — and that, no matter how many scientific conferences he attends, he always will be. In this mesmerising memoir, Lewis recounts his relationship with drugs from the inside out, giving a revelatory analysis of the chemical changes in his brain that sustained his addiction. This is not just the story of a man who found his calling while fighting a habit that crossed continents and brought him in contact with the wilder edges of life. It is also a penetrating, powerful analysis of addiction, offering a fascinating insight into the human brain, and what drives it to self-destruction.

### **Memoirs of an Addicted Brain**

Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the "disease model" of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in *The Biology of Desire*, cognitive



neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do--seek pleasure and relief--in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

### **Chasing the High**

"Based on groundbreaking research that has the power to change the lives of countless children--and the adults who love them." --Susan Cain, author of *Quiet: The Power of Introverts*. A book that offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children. In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children. Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-development research for almost four decades, and explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety, attention deficit hyperactivity disorder, and antisocial, sociopathic, or violent behaviors. But rather than seeing this "risk" gene as a liability, Boyce, through his daring research, has recast the way we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before but far exceed their peers. Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

Where To Download *Memoirs Of An Addicted Brain* A Neuroscientist Examines His Former Life On Drugs

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