

Read PDF The Myth Of  
Addiction

# The Myth Of Addiction

*Investigating sub-genres such as  
Blaxploitation, SF/Horror and  
the Underground, Addicted  
covers a wide range of the  
wildest movies ever made,*

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***focusing not only on bodies of drug film from different countries, but also on individual works ranging from Performance with Mick Jagger to Brian de Palma's Scarface and Terry Gilliam's Fear and Loathing in***

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***Las Vegas.***

***Addiction is increasing all around the world, and the conventional remedies don't work. The Globalization of Addiction argues that the cause of this failure to control addiction***

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***is that past treatments have focused too single-mindedly on the afflicted individual addict. This book presents a radical rethink about the nature of addiction. Presents the history and***

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***questionable science underlying sexual addiction, suggesting that men take responsibility for sexual choices rather than labeling sexual desire as a force that must be resisted, feared, and treated.***

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***First published in 1998.***

***Routledge is an imprint of Taylor  
& Francis, an informa company.***

***As a veteran war correspondent,  
Chris Hedges has survived  
ambushes in Central America,  
imprisonment in Sudan, and a***

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***beating by Saudi military police. He has seen children murdered for sport in Gaza and petty thugs elevated into war heroes in the Balkans. Hedges, who is also a former divinity student, has seen war at its worst and knows too***

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***well that to those who pass through it, war can be exhilarating and even addictive: “It gives us purpose, meaning, a reason for living.” Drawing on his own experience and on the literature of combat from Homer***



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***to Michael Herr, Hedges shows how war seduces not just those on the front lines but entire societies—corrupting politics, destroying culture, and perverting basic human desires. Mixing hard-nosed realism with***

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***profound moral and philosophical insight, War Is a Force that Gives Us Meaning is a work of terrible power and redemptive clarity whose truths have never been more necessary.***

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***Politicians and the media tell us that people who take drugs, including alcohol or nicotine, cannot help themselves. They are supposedly victims of the disease of 'addiciton', and they need 'treatment'. The same goes***

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***for sex addicts, shopping addicts, food addicts, gambling addicts, or even addicts to abusive relationships. This theory, which grew out of the Temperance movement and was developed and disseminated by***

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***the religious cult known as Alcoholics Anonymous, has not been confirmed by any factual research. Numerous scientific studies show that 'addicts' are in control of their behavior. Contrary to the shrill, mindless***

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***propaganda of the 'war on drugs', very few of the people who use alcohol, marijuana, heroin, or cocaine will ever become 'addicted', and of those who do become heavy drug users, most will matrue out of it***

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***in time, without treatment. Research indicates that 'treatment' is completely ineffective, an absolute waste of time and money. Instead of looking at drug addiction as a disease, Dr. Schaler proposes***

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***that we view it as willful  
commitment or dedication, akin  
to joining a religion or pursuing a  
romantic involvement. While  
heavy consumption of drugs is  
often foolish and self-  
destructive, it is a matter of***



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***personal choice.***

***Alcoholic Iliad/Recovery***

***Odyssey focuses on the use of metaphor within addiction and recovery counseling. The central core of the book involves the telling of the story of one who***

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***undergoes a transforming life event and wishes to share that experience with others. This book offers a treasure trove of metaphorical images which will not only assist the counselor, but also the client throughout the***

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*various stages of recovery.*

[\*A Practical Guide\*](#)

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[\*Utilizing Myth As Addiction\*](#)

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[\*Addiction and Choice\*](#)

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*Heavy Drinking*  
*Strategies to Increase*  
*Understanding and Strengthen*  
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*A Revolutionary New Way of*  
*Understanding Addiction*  
*Addiction Is a Choice*

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*'I deserve this.' 'This is my reward.'  
'I'm allowed to treat myself.' Ever  
uttered these statements to yourself  
as you opened a bottle of wine at  
5pm? If so, you're not alone.  
Addiction is seemingly inexplicable.  
From the outside, it can look like*

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*wilful, arrogant self-destruction; from the inside, it can feel as inevitable and insistent as a heartbeat. It is possible to describe, but hard to explore. Yet in The Recovering, Leslie Jamison draws on her own life and the lives of addicts of*

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*extraordinary talent - John Cheever, John Berryman, Jean Rhys and Amy Winehouse among them - to take us inside the experience of addiction, exposing the contours, edges and wholes of an intoxicated life. Part memoir, part group*



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*biography, part literary history and part definitive analysis of cultural and social considerations of addiction, The Recovering is a significant moment in the history of post-war narrative non-fiction. Like other cultural myths that*

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*emerged from the war, the concept of an addicted army was first advanced by war hawks seeking a scapegoat for the failure of U.S. policies in Vietnam, in this case one that could be linked to permissive liberal social policies and the*

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*excesses of the counterculture. But conservatives were not alone. Ironically, the author shows, elements of the antiwar movement also promoted the myth, largely because of a presumed alliance between Asian drug traffickers and*

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*the Central Intelligence Agency. While this claim was not without foundation, as new archival evidence confirms, the left exaggerated the scope of addiction for its own political purposes. Exploiting bipartisan concern over*

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*the perceived drug crisis, the Nixon administration in the early 1970s launched a bold new program of federal antidrug measures, especially in the international realm. The central problem in the study of addiction is to explain why people*

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*repeatedly behave in ways they know are bad for them. For much of the previous century and until the present day, the majority of scientific and medical attempts to solve this problem were couched in terms of involuntary behaviour; if*

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*people behave in ways they do not want, then this must be because the behaviour is beyond their control and outside the realm of choice. An opposing tradition, which finds current support among scientists and scholars as well as members of*

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*the general public, is that so-called addictive behavior reflects an ordinary choice just like any other and that the concept of addiction is a myth. The editors and authors of this book tend to take neither view. There has been an increasing*



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*recognition in recent literature on addiction that restricting possible conceptions of it to either of these extreme positions is unhelpful and is retarding progress on understanding the nature of addiction and what could be done*

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*about it. This book contains a range of views from philosophy, neuroscience, psychiatry, psychology and the law on what exactly this middle ground between free choice and no choice consists of and what its implications are for*

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*theory, practice and policy on addiction. The result amounts to a profound change in our thinking on addiction and how its devastating consequences can be ameliorated. Addiction and Choice is a thought provoking new volume for all those*

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*with an interest in this global issue.  
“The Addiction Inoculation is a vital  
look into best practices parenting.  
Writing as a teacher, a mother, and,  
as it happens, a recovering  
alcoholic, Lahey's stance is so  
compassionate, her advice so*

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*smart, any and all parents will benefit from her hard-won wisdom.”*  
—Peggy Orenstein, author of *Girls & Sex and Boys & Sex* In this supportive, life-saving resource, the New York Times bestselling author of *The Gift of Failure* helps parents

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*and educators understand the roots of substance abuse and identify who is most at risk for addiction, and offers practical steps for prevention. Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite*

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*her desire to thwart her genetic legacy, she became an alcoholic and didn't find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens, and was determined to inoculate her two*

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*adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation's*



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*largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use disorder report they began drinking and taking drugs before age eighteen. The*

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*Addiction Inoculation is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this*

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*essential guide provides evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a*

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*child's risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children. The Addiction Inoculation is an empathetic, accessible resource for anyone who plays a vital role in*

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*children's lives—parents, teachers, coaches, or pediatricians—to help them raise kids who will grow up healthy, happy, and addiction-free. Your partner's addiction takes a toll on both of your lives. That doesn't mean you should turn your back on*

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*the person you love. We've been told that staying with a partner who struggles with addiction—whether it be with drugs, alcohol, or addictive behaviors—means that we're enabling their destructive behavior. That wanting to help them means*

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*we're codependent, and that the best thing for both of us is to walk away from the relationship entirely. But is that true? When Your Partner Has an Addiction challenges the idea that the best chance for recovery—for the addict and their*

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*partner—is to walk away. Instead, it makes the revolutionary claim that you, and the love you have for your partner, can be a key part of his or her journey to recovery. Together, addiction activist and bestselling author Christopher Kennedy*



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*Lawford and psychotherapist Beverly Engel, MFT, take a fresh look at addiction and codependency—the latest research on what causes them and what the two have in common. Rather than treat addiction or codependency as*

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*disease or weakness, When Your Partner Has an Addiction honors the trauma and shame that often lie at their source and shows you how to use your love to combat that shame, allowing you to more effectively support your partner and*

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*heal yourself. The research proves that, while you cannot "fix" your partner, you can have a positive impact on their recovery. Whether you suffer from codependency, and whether your partner is already in recovery, When Your Partner Has*

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*an Addiction provides you with proven techniques and strategies to drastically improve your relationship and help get your partner the help he needs—without leaving and while taking care of yourself in the process.*

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*This enlightening work investigates the history, incidence, and causes of a unique sexual lifestyle pursued by increasing numbers of couples. It is called by many names, and lived in a variety of ways by different couples. The most common terms*

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*used to describe it are 'hotwife' or 'cuckold lifestyle.' This sexual practice, a form of sexual nonmonogamy, is distinguished from swinging and polyamory in that the husband rarely seeks sexual contact outside the marriage except*

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*for participation in group sex with his wife and other men, while the wife is permitted and often encouraged to pursue unrestrained sexual encounters with other men. The author includes interviews and comments from couples living the*

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*lifestyle throughout the U.S., and presents the stories in an attempt to determine the history of this sexual practice and its role in society and in relationships. He explores the psychological, social, biological, and evolutionary underpinnings of*



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*this uncommon and socially taboo behavior in an effort to make it more comprehensible to those engaged in the lifestyle and those who are just curious.*

[Overcoming Addiction and Ending America's Greatest Tragedy](#)

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*Your Relationship (and Heal You  
Both in the Process)*

*Addictions, the Myth How to  
Conquer Them*

*Drugs, Brains, and Behavior*

A myth-shattering look at drug  
abuse and addiction treatment,

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based on cutting-edge research  
Addiction is a preventable,  
treatable disease, not a moral  
failing. As with other illnesses, the  
approaches most likely to work are  
based on science — not on faith,  
tradition, contrition, or wishful  
thinking. These facts are the

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foundation of Clean. The existing addiction treatments, including Twelve Step programs and rehabs, have helped some, but they have failed to help many more. To discover why, David Sheff spent time with scores of scientists, doctors, counselors, and addicts

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and their families, and explored the latest research in psychology, neuroscience, and medicine. In *Clean*, he reveals how addiction really works, and how we can combat it. “ A guide for those affected by addiction, but also a manifesto . . . for America as it

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confronts its drug problem. [Sheff] has performed a vital service by compiling sensible advice on a subject for which sensible advice is in short supply. ” — New York Times Book Review “ As a journalist, father, and clear-eyed chronicler of addiction, David Sheff



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is without peer. ” — Sanjay Gupta,  
M.D., chief medical correspondent,  
CNN

Current attitudes towards drug  
misuse in the media, government  
and even treatment centers often  
exaggerate the pharmacological  
power of drugs. Their coercive

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influence is widely believed to be so great that to experiment with a drug is tantamount to addiction. This book argues that such beliefs are largely inaccurate and harmful. Research shows that explanations for drug use vary according to circumstances. Drug users may

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explain that they have lost their willpower and capacity for personal decision-making, because this is the explanation expected of them, but most actually use drugs because they want to and because they see no good reason for giving them up. Addicted behavior is

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therefore a form of learned helplessness that encourages passivity and irresponsibility. It is a book which gives you a good basis in addictions. The author tried to make it so. You do need to spend too much time in research, through the isles of libraries,

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through browsing the internet and any other form of research. It is a manual as well as a self-help book. Once you have it you will use it for a long time.. The beginning of the book covers some forms of addictions, including poker machines, and can be used by

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anyone who is addicted. The book dismisses the addiction myth, that you should not be addicted. There are healthy addictions which you should try to master, and unhealthy addictions which you should try not to have. There is also a purpose in addictions and

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that is to have more, to be more and to do more. Mastering addiction is the first step in dealing with addictions, but there is more to it than that. The idea of the purpose of living, the reason you are here is discussed. And, if you are less than fifty years of age you

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should try to do more than mastering your addictions. I hope you will enjoy the book and that it will make a difference in your life and in the life of the people you surround yourself with.

**A NEW YORK TIMES  
BESTSELLER** More people than



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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

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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

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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

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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

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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

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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

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interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.

Understanding and Treating Sex and Pornography Addiction demonstrates why people 's lives are being destroyed by compulsive

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sexual behaviour and what we can do to help them. The book examines the latest research into these conditions and outlines the new integrative C.H.O.I.C.E. Recovery Model, a practical, sex-positive model which incorporates CBT, ACT and psychodynamic



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theories to help people enjoy lifetime recovery. This new edition has been updated throughout, with new material covering pornography addiction, ChemSex, internet offending and female sex and love addiction. Written in a clear and informative manner, this

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book contains support and advice for both the clinician and for those who suffer from sex addiction, and provides tools for securing confident and rewarding recovery. Understanding and Treating Sex and Pornography Addiction is essential reading for anyone

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looking to make an enduring recovery from these conditions, as well as for clinicians new to the field and those wanting to update their skills and knowledge.

The now-classic guide to alcoholism returns with new, enlightening research that

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confirms the revolutionary ideas first trailblazed by this book in a time when such theories were unheard of—now featuring a new foreword, new resources, and the same reliable insights and easy-to-read style. “ This book is truly informative, powerful, and an

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invaluable resource on overcoming alcoholism. ” —Angela Diaz, M.D., Ph.D., M.P.H. Ten of millions of Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem that can be “cured” once the

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purported underlying psychological problems or moral failings of the alcoholic are addressed. Based on groundbreaking scientific research, *Under the Influence* examines the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way

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of understanding and treating the disease of alcoholism. You ' ll learn:

- How to tell if someone you know is an alcoholic.
- The progressive stages of alcoholism.
- How to help an alcoholic into treatment and how to choose the right treatment program.
- Why

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diet and nutritional therapy are essential elements of treatment. • Why frequently prescribed medications can be dangerous for alcoholics. • How to ensure a lasting recovery. An essential resource for anyone hoping to better understand the nature of



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alcoholism—whether you are looking to support a loved one or learning how to best care for yourself—it ' s no wonder this innovative work has been hailed as “ the best book ever written on alcoholism ” (AA Beyond Belief). This special updated edition of

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Under the Influence will continue to earn its standing as a classic in the alcoholism field for years to come.

This publication-"Drugs: Shatter the Myths"-answers teens' most frequently asked questions about drugs and abuse with scientific

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facts and engaging images. This is a must have resource for every teen!

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In a book sure to inspire controversy, Gene Heyman argues that conventional wisdom about addiction - that it is a disease, a compulsion beyond conscious control - is wrong. At the heart of Heyman's

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analysis is a startling view of choice and motivation that applies to all choices, not just the choice to use drugs. Heyman's analysis of well-established but frequently ignored research leads to unexpected insights into how we make choices - from

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obesity to McMansionization - all rooted in our deep-seated tendency to consume too much of whatever we like best.

"Hart's argument that we need to drastically revise our current view of illegal drugs is both powerful and



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timely . . . when it comes to the legacy of this country's war on drugs, we should all share his outrage." —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that

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the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the

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Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and

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productive life as a colleague, husband, father, and friend. In *Drug Use for Grown-Ups*, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use--not

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drugs themselves--have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time

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when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his

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hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling

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in, and Black and brown bodies behind bars. Drug Use for Grown-Ups will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving



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automobiles was fatal car crashes. Drug Use for Grown-Ups offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an

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extraordinarily important step. Brings Integral Theory to addiction treatment, offering a more holistic vision of recovery and powerful practices for achieving it.

A noted expert on alcoholism and addiction discusses his ideas on

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alcohol abuse, many of which counter current medical thinking, including a rejection of the idea of alcoholism as a disease, and also offers alternative treatments. This book is about addictions of all kinds. Addictions to smartphones,

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sex, games, social media, gambling, money, but most of all to alcohol and drugs. The words 'addict' and 'addiction' are loaded with baggage. Not just in Australia, but the world over, addicts are considered to be sub-human, if not alien. This book

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aims to reclaim their dignity. It aims to rescue the word 'addiction' from its kidnappers and restore its humanity. It offers personal accounts from inspirational people who have found themselves in the grips of such addictions, and their amazing stories

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of survival. At the Ted Noffs Foundation, Matt Noffs and Kieran Palmer spend their lives working with young people who have serious and often debilitating drug addictions. This book shares the tools they use every day. It offers

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insights into why addiction takes place and why it's a natural part of being human. It journeys across the spectrum of addictive behaviors, from social media to drugs like heroin. It questions the assumptions and begins to debunk the myth that

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all addiction is identical and predictable. Addiction is something that could affect any of us. This is a book that everyone should read. The problem of addiction is one of the major challenges and controversies confronting medicine



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and society. It also poses important and complex philosophical and scientific problems. What is addiction? Why does it occur? And how should we respond to it, as individuals and as a society? The Routledge Handbook of Philosophy

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and Science of Addiction is an outstanding reference source to the key topics, problems and debates in this exciting subject. It spans several disciplines and is the first collection of its kind. Organised into three clear parts, forty-five chapters by a

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team of international contributors examine key areas, including: the meaning of addiction to individuals conceptions of addiction varieties and taxonomies of addiction methods and models of addiction evolution and addiction history, sociology and

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processes vulnerabilities and  
resilience psychological and neural  
mechanisms prevention, treatment  
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health and the ethics of care social

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justice, law and policy. Essential reading for students and researchers in addiction research and in philosophy, particularly philosophy of mind and psychology and ethics, The Routledge Handbook of Philosophy and Science of Addiction

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will also be of great interest to those in related fields, such as medicine, mental health, social work, and social policy.

Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse

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alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment.

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Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to



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improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders

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and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged

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behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are

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then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a

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lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders.

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Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective

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strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform

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and evaluate these efforts in the United States.

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*Drug overdoses continue to rise at  
an alarming rate throughout the*

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*U.S., resulting in 72,000 deaths last year, according to the Centers for Disease Control and Prevention. The response, tragically, has been to charge full-speed ahead with "solutions" that have already, and consistently, failed. In this book,*

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*Stanton Peele, a prominent addiction expert, and Zach Rhoads, a child behavior interventionist and counselor, show that defining addiction as a "disease" makes recovery much more difficult, and that twelve-step programs fail for*

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*most participants. But they don't just criticize. They provide a solid, research-and-experience-based alternative approach that has proven to be successful in overcoming the scourges of suicide, depression, addiction, and*

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*drug-related deaths. The authors show that maturing out of addiction and childhood behavioral problems is a normal process--unless people are sidetracked by the widespread and commonplace therapies that undercut natural growth and self-*

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*confidence. They present extensive research data about natural recovery and case studies of fully recovered adults and of children with various conditions, for a developmental model of addiction that has been proven to help those*



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*who are suffering. Much of the focus is on childhood addiction, but their conclusions and methods are helpful for people of all ages. Their work forms the basis for the Life Process Program, a worldwide online parenting and addiction*

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*In this brilliantly original and highly accessible work, Thomas Szasz demonstrates the futility of analyzing the mind as a collection of brain functions. Instead of trying to unravel the riddle of a mythical*

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*entity called “the mind,” Szasz suggests that our task should be to understand and judge persons always as moral agents responsible for their own actions, not as victims of brain chemistry.*

*Contains the three-step holistic*

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*causes of dependency; how your thoughts, emotions, and beliefs are key factors in your recovery; and how to stimulate your body's self-healing potential to be forever free of dependency.--From publisher description.*

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*Every year about half a million men, women, and children in the United States die from the effects of using nicotine, alcohol, and illegal drugs: one of every four American deaths.*



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*Yet research to solve this terrible problem is often perceived as less important than other types of biomedical investigation. Focusing on four major classes of drugs with the greatest social and economic impact--nicotine, alcohol, opioids,*

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