

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

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The Urge - Carl Erik Fisher 2022-01-25

Named a Best Book of the Year by The New Yorker and The Boston Globe An authoritative, illuminating, and deeply humane history of addiction—a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives—by an addiction psychiatrist striving to understand his own family and himself “Carl Erik Fisher’s *The Urge* is the best-written and most incisive book I’ve read on the history of addiction. In the midst of an overdose crisis that grows worse by the hour and has vexed America for centuries, Fisher has given us the best prescription of all: understanding. He seamlessly blends a gripping historical narrative with memoir that doesn’t self-aggrandize; the result is a full-throated argument against blaming people with substance use disorder. *The Urge* is a propulsive tour de force that is as healing as it is enjoyable to read.” —Beth Macy, author of *Dopesick* Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own

experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding—let alone addressing effectively. As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behavior for most of recorded history, including well before the advent of modern science and medicine. A rich, sweeping account that probes not only medicine and science but also literature, religion, philosophy, and public policy, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavored to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers,

and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues—our successes and our failures—can we light the way forward for those whose lives remain threatened by its hold. *The Urge* is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.

[On the Move](#) - Oliver Sacks 2016-02-25

Physician and writer Oliver Sacks recounts his experiences as a young neurologist; his physical passions--weight lifting and swimming; his love affairs, both romantic and intellectual; his guilt over leaving his family to come to America; his bond with his schizophrenic brother; and the writers and scientists--Thom Gunn, A.R. Luria, W.H. Auden, Gerald M. Edelman, Francis Crick--who influenced him.

Woman of Substances - Jenny Valentish 2018-05-17

A young woman's journey into addiction and treatment. Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way.

Drugs and the Future - David J. Nutt 2006-12-11

Drugs and the Future presents 13 reviews collected to present the new advances in all areas of addiction research, including knowledge gained from mapping the human genome, the improved understanding of brain pathways and functions that are stimulated by addictive drugs, experimental and clinical psychology approaches to addiction and treatment, as well as both ethical considerations and social policy. The book also includes chapters on the history of addictive substances and some personal narratives of addiction. Introduced by Sir David King, Science Advisory to the UK Government and head of the Office of Science and Technology, and Nora Volkow, director of the National Institute on Drug Abuse in the USA, the book uniquely covers the full range of disciplines which can provide insight into the future of addiction, from genetics to the humanities. Written for a scientific

audience, it is also applicable to non-specialists as well. Provides an unique overview of what we know about addiction, and how scientific knowledge can and should be applied in the societal, ethical, and political context Applies the state-of-the-art research in fields such as Genomics, Neuroscience, Pharmacology, Social Policy and Ethics to addiction research Includes a preface by Sir David King, Science Advisory to the UK Government and head of the Office of Science and Technology, and in introduction by Nora Volkow, director of the National Institute on Drug Abuse in the USA

In the Realm of Hungry Ghosts - Gabor Maté, MD 2011-06-28

From bestselling author Gabor Maté, the essential resource for understanding the roots and behaviors of addiction--now with an added introduction by the author. 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 Biology of Desire - Marc Lewis 2015-07-14

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.

[The Addicted Brain](#) - Michael J. Kuhar 2012

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

Hurts So Good - Leigh Cowart 2021-09-14

An exploration of why people all over the world love to engage in pain on purpose—from dominatrices, religious ascetics, and ultramarathoners to ballerinas, icy ocean bathers, and sideshow performers Masochism is sexy, human, reviled, worshipped, and can be delightfully bizarre. Deliberate and consensual pain has been with us for millennia, encompassing everyone from Black Plague flagellants to ballerinas dancing on broken bones to competitive eaters choking down hot peppers while they cry. Masochism is a part of us. It lives inside workaholics, tattoo enthusiasts, and all manner of garden variety pain-seekers. At its core, masochism is about feeling bad, then better—a phenomenon that is long overdue for a heartfelt and hilarious investigation. And Leigh Cowart would know: they are not just a researcher and science writer—they're an inveterate, high-sensation seeking masochist. And they have a few questions: Why do people engage in masochism? What are the benefits and the costs? And what does masochism have to say about the human experience? By participating in many of these activities themselves, and through

conversations with psychologists, fellow scientists, and people who seek pain for pleasure, Cowart unveils how our minds and bodies find meaning and relief in pain—a quirk in our programming that drives discipline and innovation even as it threatens to swallow us whole.

Unbroken Brain - Maia Szalavitz 2016-04-05

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.

[A Prayer for Orion](#) - Katherine James 2020-01-28

When Katherine James and her husband found out their son was using heroin, they struggled to come to grips with this surprising reality. In this sensitive, vulnerable memoir, award-winning novelist James tells her family's story through her son's addiction, overdose, and slow recovery.

Not simply a look at drug abuse in suburban America, this story is also a meditation on loving a wayward child and trusting in God's providence through it all.

Never Enough - Judith Grisel 2020-01-14

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.

The Night of the Gun - David Carr 2012-12-11

David Carr was an addict for more than twenty years -- first dope, then coke, then finally crack -- before the prospect of losing his newborn twins made him sober up in a bid to win custody from their crack-dealer mother. Once recovered, he found that his recollection of his 'lost' years differed -- sometimes radically -- from that of his family and friends. The night, for example, his best friend pulled a gun on him. 'No,' said the friend (to David's horror, as a lifelong pacifist), 'It was you that had the gun.' Using all his skills as an investigative reporter, he set out to research his own life, interviewing everyone from his parents and his ex-partners to the policemen who arrested him, the doctors who treated him and the lawyers who fought to prove he was fit to have custody of his kids. Unflinchingly honest and beautifully written, the result is both a shocking account of the depths of addiction and a fascinating examination of how -- and why -- our memories deceive us. As David says, we remember the stories we can live with, not the ones that happened.

Not My Child - Dr. Frank Lawlis 2014-11-26

Not My Child is an insightful, compassionate, and encouraging guide for families dealing with an addicted teen or child at risk of becoming addicted to alcohol or drugs. Psychologist and rehabilitation specialist Dr. Frank Lawlis, chairman of the Dr. Phil advisory board and consultant and frequent guest on the television show, offers:

- Expert advice on detecting and understanding teen addiction
- Information from the latest neuroscience research on the impact addiction has on the teen brain
- Guidance, based on years of clinical experience, on what parents can do to help their child deal with depression, obsessive cravings, and relationships damaged by the addiction

This thoughtful and groundbreaking book details sound medical treatments, as well as alternative and spiritual methods for addressing a societal problem that has reached epidemic levels.

High Price - Carl Hart 2013-06-11

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.

Cocaine Addiction - Arnold M. Washton 1991-01-17

Describes how cocaine is used, discusses its physiological and psychological effects, and examines a model rehab program

How I Rescued My Brain - David Roland 2015-02-26

As a psychologist specialising in court assessments, David Roland often saw the toughest, most heartbreaking cases. The emotional trauma had begun to take its toll -- and then the global financial crisis hit, leaving his family facing financial ruin. So when he found himself in a local emergency ward with little idea of where he was or how he got there, doctors wondered if he had had a nervous breakdown -- if the strain of treating individuals with mental-health problems had become too much. Eventually they discovered the truth: David had suffered a stroke, which had resulted in brain injury. He faced two choices: give up or get his brain working again. Drawing on the principles of neuroplasticity, David set about re-wiring his brain. Embarking on a search that brought him into contact with doctors, neuroscientists, yoga teachers, musicians, and a Buddhist nun, he found the tools to restore his sense of self: psychotherapy, exercise, music, mindfulness, and meditation. *How I Rescued My Brain* is the story of David's neurological difficulties and his remarkable cognitive recovery. It is also an account of a journey to emotional health and wellbeing. In the tradition of Marc Lewis's *Memoirs of an Addicted Brain* and Jill Bolte Taylor's *My Stroke of Insight*, this is an

amazing tale of one man's resilience, and his determination to overcome one of the most frightening situations imaginable -- the fear that he had lost his mind, and might not get it back.

Hijacked Brains - Henrietta Robin Barnes, MD 2015-01-06

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.

The Biology of Desire - Marc Lewis 2016-08-09

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, based on evidence that brains change with drug use. 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. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis

shows why treatment based on the disease model so often fails, and how treatment can be retooled to achieve lasting recovery, given the realities of brain plasticity. Combining intimate human stories with clearly rendered scientific explanation, *The Biology of Desire* is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

A House on Stilts - Paula Becker 2019-09-15

A House on Stilts tells the story of one woman's struggle to reclaim wholeness while mothering a son addicted to opioids. Paula Becker's son Hunter was raised in a safe, nurturing home by his writer/historian mom and his physician father. He was a bright, curious child. And yet, addiction found him. More than 2.5 million Americans are addicted to opioids, some half-million of these to heroin. For many of them, their drug addiction leads to lives of demoralization, homelessness, and constant peril. For parents, a child's addiction upends family life, catapulting them onto a path no longer prescribed by Dr. Spock, but by Dante's *Inferno*. Within this ten-year crucible, Paula is transformed by an excruciating, inescapable truth: the difference between what she can do and what she cannot do.

Memoirs of an Addicted Brain - Marc Lewis 2011-10-04

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.

Out Cold - Phil Jaekl 2021-06-01

"A fascinating look into the strange and sometimes unbelievable history of hypothermic medicine. Jaekl weaves together a story that is part history lesson and part science thriller. This is truly a must-read for any fan of science and science fiction!" —Douglas Talk, MD/MPH, chief medical consultant, SpaceWorks Inc., Human Torpor Project The meaning of the word "hypothermia" has Greek origins and roughly translates to "less heat." Its symptoms can be deadly—shivering, followed by confusion, irrationality, and even the illusion of feeling hot. But hypothermia has another side—it can be therapeutic. In *Out Cold*, science writer Phil Jaekl chronicles the underappreciated story of human innovation with cold, from Ancient Egypt, where it was used to treat skin irritations, to eighteenth-century London, where scientists used it in their first explorations of suspended animation. Throughout history, physicians have used cold to innovate life extension, enable distant space missions, and explore consciousness. Hypothermia may still conjure macabre images, like the bodies littering Mt. Everest and disembodied heads in cryo-freezers, but the reality is that modern science has invented numerous new life-saving cooling techniques based on what we've learned over the centuries. And *Out Cold* reveals a surprisingly warm future for this chilling state.

Drug Use for Grown-Ups - Dr. Carl L. Hart 2022-01-11

"Hart's argument that we need to drastically revise our current view of illegal drugs is both powerful and 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 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 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 productive life as a researcher and professor, 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 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 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 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 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 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 extraordinarily important step.

Sober for Good - Anne M. Fletcher 2001

Combining the success stories of people who have taken control of their drinking and the latest scientific research on alcoholism, a look at

combatting alcohol addiction without conventional AA--ranging from quitting on one's own to entering a formal treatment facility.

Do Zombies Dream of Undead Sheep? - Timothy Verstynen
2016-10-04

A look at the true nature of the zombie brain Even if you've never seen a zombie movie or television show, you could identify an undead ghoul if you saw one. With their endless wandering, lumbering gait, insatiable hunger, antisocial behavior, and apparently memory-less existence, zombies are the walking nightmares of our deepest fears. What do these characteristic behaviors reveal about the inner workings of the zombie mind? Could we diagnose zombism as a neurological condition by studying their behavior? In *Do Zombies Dream of Undead Sheep?*, neuroscientists and zombie enthusiasts Timothy Verstynen and Bradley Voytek apply their neuro-know-how to dissect the puzzle of what has happened to the zombie brain to make the undead act differently than their human prey. Combining tongue-in-cheek analysis with modern neuroscientific principles, Verstynen and Voytek show how zombism can be understood in terms of current knowledge regarding how the brain works. In each chapter, the authors draw on zombie popular culture and identify a characteristic zombie behavior that can be explained using neuroanatomy, neurophysiology, and brain-behavior relationships. Through this exploration they shed light on fundamental neuroscientific questions such as: How does the brain function during sleeping and waking? What neural systems control movement? What is the nature of sensory perception? Walking an ingenious line between seriousness and satire, *Do Zombies Dream of Undead Sheep?* leverages the popularity of zombie culture in order to give readers a solid foundation in neuroscience.

My Fair Junkie - Amy Dresner 2017-09-12

In the tradition of *Blackout* and *Permanent Midnight*, a darkly funny and revealing debut memoir of one woman's twenty-year battle with sex, drugs, and alcohol addiction, and what happens when she finally emerges on the other side. Growing up in Beverly Hills, Amy Dresner had it all: a top-notch private school education, the most expensive summer

camps, and even a weekly clothing allowance. But at 24, she started dabbling in meth in San Francisco and unleashed a fiendish addiction monster. Soon, if you could snort it, smoke it, or have sex with, she did. Smart and charming, with Daddy's money to fall back on, she sort of managed to keep it all together. But on Christmas Eve 2011 all of that changed when, high on Oxycontin, she stupidly "brandished" a bread knife on her husband and was promptly arrested for "felony domestic violence with a deadly weapon." Within months, she found herself in the psych ward--and then penniless, divorced, and looking at 240 hours of court-ordered community service. For two years, assigned to a Hollywood Boulevard "chain gang," she swept up syringes (and worse) as she bounced from rehabs to halfway houses, all while struggling with sobriety, sex addiction, and starting over in her forties. In the tradition of Orange Is the New Black and Jerry Stahl's Permanent Midnight, Amy Dresner's My Fair Junkie is an insightful, darkly funny, and shamelessly honest memoir of one woman's battle with all forms of addiction, hitting rock bottom, and forging a path to a life worth living.

Free Refills - Peter Grinspoon 2016-02-16

Free Refills is the harrowing tale of a Harvard-trained medical doctor run horribly amok through his addiction to prescription medication, and his recovery. Dr. Peter Grinspoon seemed to be a total success: a Harvard-educated M.D. with a thriving practice; married with two great kids and a gorgeous wife; a pillar of his community. But lurking beneath the thin veneer of having it all was an addict fueled on a daily boatload of prescription meds. When the police finally came calling--after a tip from a sharp-eyed pharmacist--Grinspoon's house of cards came tumbling down fast. His professional ego turned out to be an impediment to getting clean as he cycled through recovery to relapse, his reputation, family life, and lifestyle in ruins. What finally moves him to recover and reclaim life--including working with other physicians who themselves are addicts--makes for inspiring reading.

Suburban Junky - Jude Hassan 2012-11

Jude Hassan came from an upper-middle class household in suburban St. Louis. For most of his life, he was an all-around normal kid. He excelled

in sports and academics, and cherished his time at home with his family. It wasn't until he turned fifteen that things went seriously wrong. While attending his first high school party, he was introduced to pot and alcohol. Needless to say, he gave in to the pressure. A month after that, he discovered heroin. The drug had just made its way into the suburban party scene, and Jude was sure that he could get away with doing it only once. He was sadly mistaken. Within a few short months, his entire life was in shambles. In a series of events that leaves you grasping for the next page, Jude spares no amount of detail in his account of his near-decade long struggle with drug addiction, and the horrors he witnessed along the way.

More, Now, Again - Elizabeth Wurtzel 2007-11-01

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.

[Memoirs of an Addicted Brain](#) - Marc Lewis 2012-03-06

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 -- itself 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.

[The Genesis Machine](#) - Amy Webb 2022-02-15

The next frontier in technology is inside our own bodies. Synthetic biology will revolutionize how we define family, how we identify disease and treat aging, where we make our homes, and how we nourish ourselves. This fast-growing field—which uses computers to modify or rewrite genetic code—has created revolutionary, groundbreaking solutions such as the mRNA COVID vaccines, IVF, and lab-grown hamburger that tastes like the real thing. It gives us options to deal with existential threats: climate change, food insecurity, and access to fuel. But there are significant risks. Who should decide how to engineer living organisms? Whether engineered organisms should be planted, farmed,

and released into the wild? Should there be limits to human enhancements? What cyber-biological risks are looming? Could a future biological war, using engineered organisms, cause a mass extinction event? Amy Webb and Andrew Hessel's riveting examination of synthetic biology and the bioeconomy provide the background for thinking through the upcoming risks and moral dilemmas posed by redesigning life, as well as the vast opportunities waiting for us on the horizon.

A Very Fine House - Barbara Cofer Stoen 2014-09-23

A Very Fine House is an intimate memoir of a mother's Norman Rockwell family turned upside down by her daughter's descent into meth addiction and crime. Bright and beautiful, Annie is an unlikely candidate for meth. Living fast and hard on the streets of Bend, Oregon, she commits crimes against herself, the community, and her own family. The author chronicles her child's addiction in a way that other writers have not written about addiction. What begins as an obsession to save her daughter, and a rage against God for allowing drugs to devour her college-age girl, transforms into release in a life changing letting-go-and-letting-God moment. The reader is first introduced to the Stoen family and Barbara's dream for its idyllic future. Kinks in the perfect life appear. When Annie's alcoholism, drug use, and criminality ensue, Barbara fights to save her. There is all-consuming grief and the devastating loss of not just her daughter, but her dream for her own life as well. Barbara eventually finds support and a new way of thinking. While she continues the battle to save her daughter, she ultimately finds the courage to save herself. The conclusion deals with Annie's recovery--and Barbara's. Both experience a spiritual awakening and are transformed. A new and better dream for Barbara's life is born.

Recover! - Stanton Peele 2014-02-04

Stanton Peele--a world-renowned addiction expert, therapist, and author whose books have sold more than 1 million copies--has challenged and changed the way people understand addiction and recovery for the past four decades. In *Recover!*, Dr. Peele dispenses with the "addiction-as-disease" model, explaining that the origins of addiction are as complex and unique as the people who find themselves in its grip. Dr. Peele's

holistic treatment program combines the best evidence-based treatments with the cutting-edge use of a meditation-based consciousness movement. With practical steps and exercises, Recover! presents a life-transforming path for overcoming self-destructive compulsions forever.

Laziness Does Not Exist - Devon Price 2022-01-04

A social psychologist uncovers the psychological basis of the "laziness lie," which originated with the Puritans and has ultimately created blurred boundaries between work and life with modern technologies and offers advice for not succumbing to societal pressure to "do more."

Inside Rehab - Anne M. Fletcher 2013-02-07

An eye-opening tour of the addiction treatment industry explores the gap between what should happen and what does. What happens inside drug and alcohol rehabilitation centers and how rehab works are a mystery to those outside the industry - and sometimes even to those inside it. Anne M. Fletcher is a trusted New York Times bestselling health and medical writer who visited 15 addiction treatment centers—from outpatient programs for the indigent to famous celebrity rehabs; from the sites of renowned Twelve-Step centers to several unconventional programs—to find out what really happens. What she reveals ranges from inspirational to irresponsible, and, in some cases, potentially dangerous. Real Stories: As always with her books, Fletcher gets the inside story by turning to real people who “have been there,” interviewing more than 100 individuals whose compelling stories illustrate serious issues facing people in rehab and endemic in the rehab industry today. Connected Writer and Researcher who has earned the respect (and cooperation) of experts throughout the fields she’s taken on. Inside Rehab is no exception—Fletcher has interviewed more than 100 professionals working in the field, including a mix of rehab staffers and administrators as well as leading academics. Rehab is constantly covered in the media, as celebrities battle their drug and alcohol issues in the spotlight and reality TV puts recovery in prime time. Addiction is no longer only a personal struggle—it’s a pop culture phenomenon. Myth Busting: Fletcher exposes twelve supposed facts for the falsehoods they are, including “rehab is necessary for most people to recover from

addictions;” “highly trained professionals provide most of the treatment in addiction programs;” and “drugs should not be used to treat a drug addict.” Fletcher’s most important finding is the alarming discrepancy between the treatments being employed at many rehab centers and the treatments recommended by leading experts and supported by scientific research. Guidance and Practical Solutions: Inside Rehab also highlights what is working, spotlights state-of-the-art programs and practices, and offers advice and guidance for people seeking quality care and treatment for themselves or those they care about. Inside Rehab is the first book to give readers a thoughtful, sensitive, and bracingly honest insider’s view of the drug and alcohol rehab industry in America. For people seeking quality care for themselves or a loved one, Inside Rehab is essential reading, offering a wealth of accurate information and wise guidance.

Whole Brain Living - Jill Bolte Taylor 2021-05-11

The New York Times best-selling author of My Stroke of Insight blends neuroanatomy with psychology to show how we can short-circuit emotional reactivity and find our way to peace. For half a century we have been trained to believe that our right brain hemisphere is our emotional brain, while our left brain houses our rational thinking. Now neuroscience shows that it's not that simple: in fact, our emotional limbic tissue is evenly divided between our two hemispheres. Consequently, each hemisphere has both an emotional brain and a thinking brain. In this groundbreaking new book, Dr. Jill Bolte Taylor presents these four distinct modules of cells as four characters that make up who we are: Character 1, Left Thinking; Character 2, Left Emotion; Character 3, Right Emotion; and Character 4, Right Thinking. Everything we think, feel, or do is dependent upon brain cells to perform that function. Since each of the Four Characters stems from specific groups of cells that feel unique inside of our body, they each display particular skills, feel specific emotions, or think distinctive thoughts. In Whole Brain Living, Dr. Taylor shows us how to get acquainted with our own Four Characters, observe how they show up in our daily life, and learn to identify and relate to them in others as well. And she introduces a practice called the Brain Huddle--a tool for bringing our Four Characters into conversation with

one another so we can tap their respective strengths and choose which one to embody in any situation. The more we become familiar with each of the characters in ourselves and others, the more power we gain over our thoughts, our feelings, our relationships, and our lives. Indeed, we discover that we have the power to choose who and how we want to be in every moment. And when our Four Characters work together and balance one another as a whole brain, we gain a radical new road map to deep inner peace.

[Memoirs of an Addicted Brain](#) - Marc Lewis 2012-03-06

A neuroscientist tells the story of his youth spent as a drug addict, while using the specific example of his own story to help explain drug use and addiction in general from a scientific standpoint.

[Wasted](#) - Michael Pond 2016-01-21

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.

Tweak - Nic Sheff 2012-12-11

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

[Memoirs of an Addicted Brain](#) - Marc Lewis 2012-01-25

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.

The Weight of a Feather - Lynda Hacker Araoz 2018-07-03

A mother recounts her journey with her son through his trials of addiction and his long road to recovery in a memoir full of honesty, humor, and hope. *The Weight of a Feather* chronicles the relationship between a mother and her son from his journey into the dark world of addiction to his final recovery years later. In this raw and candid memoir, Lynda Hacker Araoz is ruthlessly honest about the deception, betrayal, and violence inherent in the world of addiction, as well as the many pitfalls one encounters on the pathway to recovery. However, she

balances out the weight of her family's struggles with lighter moments of connection with her son and the absurdities they encounter. Above all, *The Weight of a Feather* is a testimony to the enduring strength of family love. It brings comfort and hope to others who are going through a similar ordeal and provides insight for those who wonder why recovery can be so elusive. Lynda urges readers to take a fresh look at the world of addiction, calling for a new model for treatment in light of the opioid epidemic impacting families across the country.