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**Buzzed The Straight Facts About**

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It includes new information about biological and behavioral changes in addiction, the prescription-drug abuse epidemic, distinctive drug effects on the adolescent brain, and trends from synthetic cannabinoids to e-cigarettes.

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9.3in. x 6.1in. x 1.2in.The fourth edition of the essential, accessible source for

## **PDF // Buzzed: The Straight Facts about the Most Used and ...**

The authors say Buzzed approaches drug education from the standpoint that knowledge is our most powerful  
weapon against making bad decisions. For example, the book points out little-known facts like: Mixing  
alcohol with certain commonly used antibiotics can cause vomiting, headache and seizures.

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BUZZED provides the facts, stripped of their moral and legal connotations, about how drugs, alcohol,  
tobacco, and other substances work on the human body. BUZZED is refreshing in that it explains, with the

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### **Buzzed: The Straight Facts About the Most Used and Abused ...**

Product Description. The fourth edition of the essential, accessible source for understanding how drugs work and their effects on body and behavior. A bestseller in its three previous editions, Buzzed is now revised and updated with the most recent discoveries about drugs. It includes new information about biological and behavioral changes in addiction, the prescription-drug abuse epidemic, distinctive drug effects on the adolescent brain, and trends from synthetic cannabinoids to e-cigarettes.

The essential source for understanding how drugs affect the body and behavior.

Based on the most current psychological and pharmacological research, provides a reliable, unbiased look at the use and abuse of legal and illegal drugs -- from alcohol, caffeine, and anti-anxiety pills to heroin, ecstasy, and special-K.

Provides information on the most often used and abused drugs, including how they manipulate the brain.

The fourth edition of the essential, accessible source for understanding how drugs work and their effects on body and behavior. A bestseller in its three previous editions, Buzzed is now revised and updated with the most recent discoveries about drugs. It includes new information about biological and behavioral changes in addiction, the prescription-drug abuse epidemic, distinctive drug effects on the adolescent brain, and trends from synthetic cannabinoids to e-cigarettes. "Lively, highly informative, unbiased, [and] thorough" (Addiction Research & Theory), this no-nonsense handbook surveys the most used and abused drugs from caffeine to heroin to methamphetamine. In both quick-reference summaries and in-

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depth analysis, it reports on how these drugs enter the body, how they manipulate the brain, their short-term and long-term effects, the different "highs" they produce, and the circumstances in which they can be deadly. Neither a "just say no" treatise nor a "how-to" manual, Buzzed is based on the conviction that people make better decisions with accurate information in hand.

One question that anyone who has witnessed addiction up close inevitably asks is, "Why can't they just stop?" For decades the question has confounded addicts, their families, and the doctors and specialists trying to help them. Now it can finally be answered. Thanks to major leaps in the scientific understanding of addiction, an entirely new portrait of this frightening disease has come into focus. The new science tells us that addicts, in part, are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so. In this penetrating look at how addiction works, editors John Hoffman and Susan Froemke (producers of the HBO documentary series ADDICTION) have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease. New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically. It is now possible to literally see the ways that substances like cocaine, heroin, and alcohol alter the brain's "Stop!" and "Go!" decision-making processes. Better scientific understanding has yielded innovations in behavioral therapies, while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts. The result? As *Addiction: Why Can't They Just Stop?* reports in riveting detail, there is new hope for anyone struggling with addiction. The stories about scientists, doctors, researchers, and families that face addiction gathered in this book testify to the fact that the tide has turned. Yes, recovery remains an imperfect process. It must be tailored to the needs of the individual; it may take years to achieve remission. But, armed with the new science-based understanding of the disease, experts have created treatments that are ever more precise and effective—making recovery a realistic goal for all addicts. The evidence is in. The battle against the addiction epidemic can—and should—be won.

Perfect for fans of Jenn McKinlay and Kate Carlisle, in Agatha award-winning author Cynthia Kuhn's series debut, small-town bookseller and literary event planner Emma Starrs is out to close the book on a killer intent on crashing the party. To help save her family's floundering Colorado bookstore, Starlit Bookshop, newly minted Ph.D. Emma Starrs agrees to plan a mystery-themed dinner party for her wealthy, well-connected high school classmate Tabitha Baxter. It's a delightful evening of cocktails and conjecture until Tabitha's husband, Tip—hosting the affair in the guise of Edgar Allan Poe's detective C. Auguste Dupin—winds up murdered. In a heartbeat, Emma and her aunt Nora, a famous mystery writer,

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become suspects. Emma is sure the party's over for Starlit events, until celebrated author Calliope Nightfall, whose gothic sensibilities are intrigued by the circumstances, implores the bookseller to create a Poe-themed launch event for her latest tome. Throwing a bash to die for while searching for additional clues is already enough to drive Emma stark raven mad, but another shocking crime soon reveals that Silvercrest has not yet reached the final chapter of the puzzling case. Someone in this charming artistic community has murder on the mind, and if Emma cannot outwit the killer, she and her beloved aunt will land behind bars, to walk free nevermore.

Does Ecstasy cause brain damage? Why is crack more addictive than cocaine? What questions regarding drugs are legal to ask in a job interview? When does marijuana possession carry a greater prison sentence than murder? *Illegal Drugs* is the first comprehensive reference to offer timely, pertinent information on every drug currently prohibited by law in the United States. It includes their histories, chemical properties and effects, medical uses and recreational abuses, and associated health problems, as well as addiction and treatment information. Additional survey chapters discuss general and historical information on illegal drug use, the effect of drugs on the brain, the war on drugs, drugs in the workplace, the economy and culture of illegal drugs, and information on thirty-three psychoactive drugs that are legal in the United States, from caffeine, alcohol and tobacco to betel nuts and kava kava.

Runner-up winner of the Hamilton Book Author Award, this book is a comprehensive overview of the neurobiology behind addictions. Neuroscience is clarifying the causes of compulsive alcohol and drug use--while also shedding light on what addiction is, what it is not, and how it can best be treated--in exciting and innovative ways. Current neurobiological research complements and enhances the approaches to addiction traditionally taken in social work and psychology. However, this important research is generally not presented in a forthright, jargon-free way that clearly illustrates its relevance to addiction professionals. *The Science of Addiction* presents a comprehensive overview of the roles that brain function and genetics play in addiction. It explains in an easy-to-understand way changes in the terminology and characterization of addiction that are emerging based upon new neurobiological research. The author goes on to describe the neuroanatomy and function of brain reward sites, and the genetics of alcohol and other drug dependence. Chapters on the basic pharmacology of stimulants and depressants, alcohol, and other drugs illustrate the specific and unique ways in which the brain and the central nervous system interact with, and are affected by, each of these substances. Erickson discusses current and emerging treatments for chemical dependence, and how neuroscience helps us understand the way they work. The intent is to encourage an understanding of the body-mind connection. The busy clinical

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practitioner will find the chapter on how to read and interpret new research findings on the neurobiological basis of addiction useful and illuminating. This book will help the almost 21.6 million Americans, and millions more worldwide, who abuse or are dependent on drugs by teaching their caregivers (or them) about the latest addiction science research. It is also intended to help addiction professionals understand the foundations and applications of neuroscience, so that they will be able to better empathize with their patients and apply the science to principles of treatment.

Rich with insight and awareness, *Recovery* explores the secrets, fears, hopes and issues that confront adult children of alcoholics. Authors and widely respected therapists and ACOA workshop leaders Herbert Gravitz and Julie Bowden detail in a clear question-and-answer format the challenges of control and inadequacy that ACOAs face as they struggle for recovery and understanding, stage-by-stage: Survival \* Emergent Awareness \* Core Issues \* Transformations \* Integration \* Genesis. If you feel troubled by your post, *Recovery* will start you on the path of self-awareness, as it explores the searching questions adult children of alcoholics seek to have answered: \* How can I overcome my need for control? \* Do all ACOAs play the same kind of roles in the family? \* How do I overcome my fear of intimacy? \* What is all-or-none functioning? \* How can ACOAs maintain self-confidence and awareness after recovery? \* How do ACOAs handle the family after understanding its influence? \* And many other important questions about your post, family and feelings. Written with warmth, joy and real understanding, *Recovery* will inspire you to meet the challenges of the post and overcome the obstacles to your happiness.

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. *Chasing the Scream* is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

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