
Memoirs Of An Addicted Brain A Neuroscientist Exa

My Story of Addiction and Redemption

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A Father's Journey Through His Son's Addiction

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The Neuroscience and Experience of Addiction

Wasted

What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence

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Free Refills

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My Story of Addiction and Redemption Sourcebooks, Inc.

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.

[The Weight of a Feather](#) Hachette UK

White Out

A Neuroscientist Examines his Former Life on Drugs FT Press

"Pollan keeps you turning the pages . . . cleareyed and assured."

—New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times

Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning

in our lives.

The Queen's Gambit Scribe Publications

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

Memoirs of an Addicted Brain Doubleday Canada

The story of one teenager's descent into methamphetamine addiction is told from his father's point of view, describing how a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

Healing the Addicted Brain Houghton Mifflin Harcourt

Beloved former ABC 20/20 anchor Elizabeth Vargas reveals her alcohol addiction and anxiety disorder in a shockingly honest and emotional memoir. Winner of the Books for a Better Life Award in the First Book category Instant New York Times and USA Today Bestseller From the moment she uttered the brave and honest words, "I am an alcoholic," to interviewer George Stephanopoulos, Elizabeth Vargas began writing her story, as her experiences were still raw. Now, in *BETWEEN BREATHS*, Vargas discusses her accounts of growing up with anxiety--which began suddenly at the age of six when her father served in Vietnam--and how she dealt with this anxiety as she came of age, eventually turning to alcohol for a release from her painful reality. The now-A&E Network reporter reveals how she found herself living in denial about the extent of her addiction, and how she kept her dependency a secret for so long. She addresses her time in rehab, her first year of sobriety, and the guilt she felt as a working mother who could never find the right balance between a career and parenting. Honest and hopeful, *BETWEEN BREATHS* is an inspiring read.

why addiction is not a disease Rosetta Books

"After selling her first novel--a dream she'd worked long and hard for--Stephanie Danler knew she should be happy. Instead, she found herself driven to face the difficult past she'd left behind a

decade ago: a mother disabled by years of alcoholism, further handicapped by a tragic brain aneurysm; a father who abandoned the family when she was three, now a meth addict in and out of recovery. After years in New York City she's pulled home to Southern California by forces she doesn't totally understand, haunted by questions of legacy and trauma. Here, she works toward answers, uncovering hard truths about her parents and herself as she explores whether it's possible to change the course of her history"--Back cover.

The Experience and Science of Chronic Addiction Cengage Learning

NEW YORK TIMES BESTSELLER "I come from a family forged by tragedies and bound by a remarkable, unbreakable love," Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

An Alcoholic Therapist's Fight for Recovery in a Flawed Treatment System Dartmouth College Press

"This is a story she needed to tell; and the rest of the country needs to listen." — New York Times Book Review "This vital memoir will change how we look at the opioid crisis and how the

media talks about it. A deeply moving and emotional read, *STRUNG OUT* challenges our preconceived ideas of what addiction looks like." —Stephanie Land, New York Times bestselling author of *Maid* In this deeply personal and illuminating memoir about her fifteen-year struggle with heroin, Khar sheds profound light on the opioid crisis and gives a voice to the over two million people in America currently battling with this addiction. Growing up in LA, Erin Khar hid behind a picture-perfect childhood filled with excellent grades, a popular group of friends and horseback riding. After first experimenting with her grandmother's expired painkillers, Khar started using heroin when she was thirteen. The drug allowed her to escape from pressures to be perfect and suppress all the heavy feelings she couldn't understand. This fiercely honest memoir explores how heroin shaped every aspect of her life for the next fifteen years and details the various lies she told herself, and others, about her drug use. With enormous heart and wisdom, she shows how the shame and stigma surrounding addiction, which fuels denial and deceit, is so often what keeps addicts from getting help. There is no one path to recovery, and for Khar, it was in motherhood that she found the inner strength and self-forgiveness to quit heroin and fight for her life. *Strung Out* is a life-affirming story of resilience while also a gripping investigation into the psychology of addiction and why people turn to opioids in the first place.

Memoirs of an Addicted Brain Text Publishing

The basis for the hit Netflix series! "What Walter Tevis did for pool in *The Hustler*, he does for chess in *The Queen's Gambit*" (Playboy). When eight-year-old Beth Harmon's parents are killed in an automobile accident, she's placed in an orphanage in Mount

Sterling, Kentucky. Plain and shy, Beth learns to play chess from the janitor in the basement and discovers she is a prodigy. Though penniless, she is desperate to learn more—and steals a chess magazine and enough money to enter a tournament. Beth also steals some of her foster mother’s tranquilizers to which she is becoming addicted. At thirteen, Beth wins the chess tournament. By the age of sixteen she is competing in the US Open Championship and, like Fast Eddie in *The Hustler*, she hates to lose. By eighteen she is the US champion—and Russia awaits . . . Fast-paced and elegantly written, *The Queen’s Gambit* is a thriller masquerading as a chess novel—one that’s sure to keep you on the edge of your seat. “The Queen’s Gambit is sheer entertainment. It is a book I reread every few years—for the pure pleasure and skill of it.” —Michael Ondaatje, Man Booker Prize-winning author of *The English Patient*

The Secret Life of Heroin Greystone Books

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

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

A Memoir Head of Zeus Ltd

Maureen Cavanagh’s gripping memoir *If You Love Me* is the story of a mother who suddenly finds herself on the frontlines of the opioid epidemic as her daughter battles—and ultimately reckons with—substance use disorder. Fast-paced and heartwarming, devastating and redemptive, Maureen’s incredible odyssey into the opioid crisis—first as a parent, then as an advocate—is ultimately a deeply moving mother-daughter story. When

Maureen and her ex-husband Mike see their daughter Katie's needle track marks for the first time, it is a complete shock. But, slowly, the drug use explains everything—Katie's constant exhaustion, erratic moods, and all those spoons that have gone missing from the house. Once Mike and Maureen get Katie into detox, Maureen goes to sleep that night hoping that in 48 hours she'll have her daughter back. It's not that simple. Like the millions of parents and relatives all over the country—some of whom she has helped through her nonprofit organization—Maureen learns that recovery is neither straightforward nor brief. She fights to save Katie's life, breaking down doors on the seedy side of town with Mike, kidnapping Katie outside a convenience store, and battling the taboo around substance use disorder in her picturesque New England town. Maureen is launched into the shadowy world of overcrowded, for-profit rehabilitation centers that often prey on worried parents. As Katie runs away from one program after another, never outrunning her pain, Maureen realizes that even while she becomes an expert on getting countless men and women into detox and treatment centers, she remains powerless to save her own daughter. Maureen's unforgettable story brings the opioid crisis out of the shadows and into the house next door.

Unbroken Brain Grand Central Publishing

I made money I'd never imagined and I wore velvet dresses and shone in lamplight. I walked tall in crowds, knowing myself to be desired. I told people I was a prostitute, and smiled as I said it, and dared them to turn their gaze...The smile that I give when I talk about it now is, I can feel, nostalgic, provocative. A brightness comes into my eyes. And, I'm told, a hard look too. In

My Skin describes an extraordinary journey through an often hidden world of heroin and prostitution. Kate's story is one of survival and resourcefulness, and an unflinching look at the consequences of addiction. More than just a fearless and compelling narrative, *In My Skin* is the triumphant announcement of a new talent in Australian writing.

If You Love Me Penguin

Candid, shocking, and unforgettable, *Broken* is a haunting and clear-eyed tale that offers hope for all those wrestling with addiction Unlike some popular memoirs that have fictionalized and romanticized the degradations of drug addiction, *Broken* is a true-life tale of recovery that stuns and inspires with virtually every page. The eldest son of journalist Bill Moyers, William Cope Moyers relates with unforgettable clarity the story of how a young man with every advantage found himself spiraling into a love affair with crack cocaine that led him to the brink of death-and how a deep spirituality allowed him to conquer his shame, transform his life, and dedicate himself to changing America's politics of addiction. "William Cope Moyers's lucid, measured tale of his own plunge into crack-addled hell [is] frightening in its very realism." -USA Today

Portrait of an Addict as a Young Man Back Bay Books

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

A Memoir Crown

Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough

medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found methamphetamine and LSD and heroin; he sniffed nitrous oxide in Malaysia; and frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most addicts: into a life of desperation, deception, and crime. But unlike most addicts, Lewis recovered to become a developmental psychologist and researcher in neuroscience. In *Memoirs of an Addicted Brain*, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind.

A Mother's Journey Through Her Daughter's Opioid Addiction
Penguin

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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 Book of Drugs Simon and Schuster

A searingly powerful memoir about the impact of addiction on a family. In the summer of 2012 a woman named Eva was found dead in the London townhouse she shared with her husband, Hans K. Rausing. The couple had struggled with drug addiction for years, often under the glare of tabloid headlines. Now, writing with singular clarity and restraint, Hans' sister, the editor and publisher Sigrid Rausing, tries to make sense of what happened. In *Mayhem*, she asks the difficult questions those close to the world of addiction must face. "Who can help the addict, consumed by a shaming hunger, a need beyond control? There is no medicine: the drugs are the medicine. And who can help their families, so implicated in the self-destruction of the addict? Who can help when the very notion of 'help' becomes synonymous with an exercise of power; a familial police state; an end to freedom, in the addict's mind?" An eloquent and timely attempt to understand the conundrum of addiction--and a memoir as devastating as it is riveting.

A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society
Hachette Books

This compelling, honest book investigates the growing epidemic of prescription painkiller abuse among today's Generation Rx. Through gripping profiles and heartbreaking confessions, this memoir dares to uncover the reality--the addiction, the withdrawal, and the recovery--of this newest generation of pill

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

encouragement for anyone who is wrestling to overcome addiction, and anyone who is looking for the strength to heal. **A Father's Journey Through His Son's Addiction** Penguin "Addiction is epidemic and catastrophic. With more than one in every five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide. If we are not victims ourselves, we all know someone struggling with the merciless compulsion to alter their experience by changing how their brain functions. Drawing on years of research--as well as personal experience as a recovered addict--researcher and professor Judy Grisel has reached a fundamental conclusion: for the addict, there will never be enough drugs. The brain's capacity to learn and adapt is seemingly infinite, allowing it to counteract any regular disruption, including that caused by drugs. What begins as a normal state punctuated by periods of being high transforms over time into a state of desperate craving that is only temporarily subdued by a fix, explaining why addicts are unable to live either with or without their drug. One by one, Grisel shows how different drugs act on the brain, the kind of experiential effects they generate, and the specific reasons why each is so hard to kick. Grisel's insights lead to a better understanding of the brain's critical contributions to addictive behavior, and will help inform a more rational, coherent, and compassionate response to the epidemic in our homes and communities"--