
How To Smoke Pot Properly A Highbrow Guide To Gett

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Weed Mom
Cannabis Pharmacy
The Pot Book
No Need for Weed
Why Mommy Gets High
O' Nun Productions Presents: the Original Book of Pot Etiquette
The Little Book of Cannabis

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Smokin' with Myron Mixon Simon and Schuster

From the editors of High Times magazine the world's most trusted authority when it comes to getting baked comes this high-ly entertaining adult activity book packed with stoney-day games and ganja-riffic pastimes. Answering the question, "I'm stoned, what now?" once and for all, readers will be stoked to pack a bowl and test their minds and motor skills with a new diversion on every page. The mind-expanding variety of activities includes weedoku puzzles, toker poker, high-ku poetry, tips for hosting a ganja dinner party, stoner crossword puzzles, and much more. This full-color, fully illustrated collection of green games and good times is an indispensable addition to any bud lover's library, perfect for 4:20, or any time!

How to Smoke Pot (Properly) Van Patten Publishing

JUST SAY YES, perhaps the first marijuana memoir ever published, is a positive account of long-term cannabis use. With ruthless honesty and deadpan humor, the author observes the effect of weed upon every aspect of her life: marriage, motherhood, friendship, work, sport, sex. Phillip Lopate, Nonfiction Director of Columbia University's MFA Writing Program, lauds JUST SAY YES: "This funny, wry and very candid memoir purports to be a Confession of an American Pot-Smoker but is really a cultural/personal history of the past fifty years. The narrative progresses backward and not only the past but innocence itself is recaptured." John

Updike wrote about Hiller's short story collection, SKIN, this is "good, brave and joyful writing." For more reviews of JUST SAY YES, please see the Kindle page and www.marijuanamemoir.com.

The Easy Way to Stop Smoking

National Academies Press

An essential guide for moms looking to safely and responsibly incorporate cannabis into their daily lives to improve their health, wellness & family life. Weed Mom is an essential guide for women interested in learning more about THC and how to naturally relax, de-stress, and a better partner and parent. This first and only book made just for busy moms is packed with friendly and practical advice, including: The basics of THC and CBD What to look for at the dispensary Microdosing to boost mood & stay productive How to talk about cannabis with family & friends Understanding the potential downsides Using cannabis to enhance your sex life And much more Whether you are new to the weed game or have experience using cannabis products, this book has something for everyone. You'll find everything you need to know about taking back your health and wellness, free of stigma. Enjoy a great reading experience when you buy the Kindle edition of this book. Praise for Weed Mom "An excellent compendium of cannabis information. If you're curious about how cannabis might fit into your life as a parent, Weed Mom has the answers for you . . . Timely, fun, and educational. It makes a great conversation starter for moms, dads, and anyone else who loves the healing herb!" —Mary Jane Gibson, journalist, actress & host at Weed+Grub "Brand is refreshingly frank about sticky topics like overuse, how to talk to kids about cannabis, and what to do when things go

wrong. She also includes an incredibly useful buying guide for those (like me) who feel overwhelmed by the dizzying array of specialized products on the market today.” —Alia Volz, author of *Home Baked: My Mom, Marijuana, and the Stoning of San Francisco* “Just how Brand becomes one of weed’s most knowledgeable and ardent crusaders is a story you’ll have to follow in the book, but that she’s been to hell and back—with cannabis riding shotgun—makes her wisdom all the more hard-won and reliable. This is an honest, unapologetic book for real women.” —Melinda Misuraca, Project CBD

Prescription Pot Penguin

A doctor discovers the surprising truth about marijuana No substance on earth is as hotly debated as marijuana. Opponents claim it’s dangerous, addictive, carcinogenic, and a gateway to serious drug abuse. Fans claim it as a wonder drug, treating cancer, anorexia, AIDS, chronic pain, glaucoma, arthritis, migraines, PTSD, and insomnia. Patients suffering from these conditions need—and deserve—hard facts based on medical evidence, not hysteria and superstition. In *Stoned*, palliative care physician Dr. David Casarett sets out to do anything—including experimenting on himself—to find evidence of marijuana’s medical potential. He smears mysterious marijuana paste on his legs and samples pot wine. He poses as a patient at a seedy California clinic and takes lessons from an artisanal hash maker. In conversations with researchers, doctors, and patients around the world he learns how marijuana works—and doesn’t—in the real world. Dr. Casarett unearths tales of near-miraculous success, such as a child with chronic seizures who finally found relief in cannabidiol oil. In

Tel Aviv, he learns of a nursing home that’s found success giving marijuana to dementia patients. On the other hand, one patient who believed marijuana cured her lung cancer has clearly been misled. As Casarett sifts the myth and misinformation from the scientific evidence, he explains, among other things: • Why marijuana might be the best treatment option for some types of pain • Why there’s no significant risk of lung damage from smoking pot • Why most marijuana-infused beer or wine won’t get you high Often humorous, occasionally heartbreaking, and full of counterintuitive conclusions, *Stoned* offers a compassionate and much-needed medical practitioner’s perspective on the potential of this misunderstood plant.

Damn Delicious Ballantine Books

How to Smoke Pot: The Beginners Guide for Legalized Marijuana In the last several years, few topics have been as hotly debated in the United States as marijuana. Reform movements have taken hold across the country, spawning a booming legal industry flush with entrepreneurs cashing in on everything from pot cookies to marijuana-infused lube. Even in some states holding tight to restrictive laws, discussions about relaxing criminal penalties for low-level marijuana offenses are afoot.

Reefer Sanity Chronicle Books

“A humorous and informative trip through the drug’s various medicinal compounds, a timeline of the its history, and recipes that take you beyond the standard pot brownie—with pro tips from cannabis-friendly celebrities sprinkled throughout.”—*Vanity Fair* Once literally demonized as “the Devil’s lettuce,” and linked to all manner of deviant behavior by the establishment’s shameless anti-marijuana propaganda campaigns,

cannabis sativa has lately been enjoying a long-overdue Renaissance. So now that the squares at long last seem ready to rethink pot's place in polite society, how, exactly, can members of this vibrant, innovative, life-affirming culture proudly and properly emerge from the underground—without forgetting our roots, or losing our cool? In *How to Smoke Pot (Properly)*, VICE weed columnist and former High Times editor David Bienenstock charts the course for this bold, new, post-prohibition world. With plenty of stops along the way for "pro tips" from friends in high places, including cannabis celebrities and thought leaders of the marijuana movement, readers will learn everything from the basics of blazing, to how Mary Jane makes humans more creative and collaborative, nurtures empathy, catalyzes epiphanies, enhances life's pleasures, promotes meaningful social bonds, facilitates cross-cultural understanding, and offers a far safer alternative to both alcohol and many pharmaceutical drugs. You'll follow the herb's natural lifecycle from farm to pipe, explore cannabis customs, culture and travel, and discover how to best utilize and appreciate a plant that's at once a lifesaving medicine, an incredibly nutritious food, an amazingly useful industrial crop, and a truly renewable energy source. You'll even get funny and informative answers to burning questions ranging from: How can I land a legal pot job? to Should I eat a weed cookie before boarding the plane? In two-color, with charts and illustrations throughout, *How to Smoke Pot (Properly)* is truly a modern guide to this most revered herb.

Becoming a Marijuana User Barnes & Noble Publishing
Seeking to identify the plant origins of

the early sacramental beverages Soma and Haoma, this study draws a connection between the psychoactive properties of these drinks and the widespread use of cannabis among Indo-Europeans during this time. Exploring the role of these libations as inspiration for the Indian Rig Veda and the Persian Avestan texts, this examination discusses the spread of cannabis use across Europe and Asia, the origins of the Soma and Haoma cults, and the shamanic origins of modern religion. *Tell Your Children* Black Dog & Leventhal "The Martha Stewart of weed baking" (New York magazine) offers a beautifully photographed, gourmet guide to baking with marijuana. From her Sweet Mary Jane bakery in Boulder, Colorado, Karin Lazarus has made it her mission to bring flavor, passion and innovation to a cuisine previously best known for pot brownies. Using premium medicinal marijuana, good-quality chocolates, real butter, and other natural whole foods and adventurous ingredients, Lazarus has won legions of loyal fans with sophisticated treats like Smashing Pumpkin White Chocolate-Pumpkin Bars, Sweet Temptation Mango Sorbet, and Chocolate Almond Delights. And now, Lazarus is ready to bring information about her baking techniques and her recipes to the nation. With the medicinal use of marijuana now legal in 22 states and recreational use legal in 2, Sweet Mary Jane is the go-to book for baking with weed. With beautiful photography throughout, Sweet Mary Jane caters to health-conscious bakers who want to know how weed can be incorporated into baked goods and who would rather ingest than smoke; millennials throwing dinner parties; foodies using top of the line marijuana to bake with their high-end chocolate; and people with serious

medical conditions who want [delicious] relief from their symptoms. Lazarus provides a simple primer on making essential staples like cannabis-infused butter, cannabis-infused coconut oil, and THC-infused sugar; a chapter on dosing and how to make sure your edible treat is the exact potency you want; and, of course, 75 delectable and deliciously-infused recipes from Colorado's most beloved bakery - recipes that can be made with or without the infusion of marijuana.

Sweet Mary Jane Wendy Brazill

OG Kush. Sour Diesel. Wax, shatter, and vapes. Marijuana has come a long way since its seedy days in the back parking lots of our culture. So has Howard S. Becker, the eminent sociologist, jazz musician, expert on "deviant" culture, and founding NORML board member. When he published *Becoming a Marihuana User* more than sixty years ago, hardly anyone paid attention—because few people smoked pot. Decades of Cheech and Chong films, Grateful Dead shows, and Cannabis Cups later, and it's clear—marijuana isn't just an established commodity, it's an entire culture. And that's just the thing—Becker totally called it: pot has everything to do with culture. It's not a blight on culture, but a culture itself—in fact, you'll see in this book the first use of the term "users," rather than "abusers" or "addicts." Come along on this short little study—now a famous timestamp in weed studies—and you will be astonished at how relevant it is to us today. Becker doesn't judge, but neither does he holler for legalization, tell you how to grow it in a hollowed-out dresser, or anything else like that for which there are plenty of other books you can buy. Instead, he looks at marijuana with a clear sociological lens—as a substance that

some people enjoy, and that some others have decided none of us should. From there he asks: so how do people decide to get high, and what kind of experience do they have as a result of being part of the marijuana world? What he discovers will bother some, especially those who proselytize the irrefutably stunning effects of the latest strain: chemistry isn't everything—the important thing about pot is how we interact with it. We learn to be high. We learn to like it. And from there, we teach others, passing the pipe in a circle that begins to resemble a bona fide community, defined by shared norms, values, and definitions just like any other community. All throughout this book, you'll see the intimate moments when this transformation takes place. You'll see people doing it for the first time and those with considerable experience. You'll see the early signs of the truths that have come to define the marijuana experience: that you probably won't get high at first, that you have to hold the hit in, and that there are other people here who are going to smoke that, too.

Marijuana Horticulture No Need For Weed

Some people suffer from chronic, debilitating disorders for which no conventional treatment brings relief. Can marijuana ease their symptoms? Would it be breaking the law to turn to marijuana as a medication? There are few sources of objective, scientifically sound advice for people in this situation. Most books about marijuana and medicine attempt to promote the views of advocates or opponents. To fill the gap between these extremes, authors Alison Mack and Janet Joy have extracted critical findings from a recent Institute of Medicine study on this important issue, interpreting them for a general

audience. *Marijuana As Medicine?* provides patients—as well as the people who care for them—with a foundation for making decisions about their own health care. This empowering volume examines several key points, including: Whether marijuana can relieve a variety of symptoms, including pain, muscle spasticity, nausea, and appetite loss. The dangers of smoking marijuana, as well as the effects of its active chemical components on the immune system and on psychological health. The potential use of marijuana-based medications on symptoms of AIDS, cancer, multiple sclerosis, and several other specific disorders, in comparison with existing treatments. *Marijuana As Medicine?* introduces readers to the active compounds in marijuana. These include the principal ingredient in Marinol, a legal medication. The authors also discuss the prospects for developing other drugs derived from marijuana's active ingredients. In addition to providing an up-to-date review of the science behind the medical marijuana debate, Mack and Joy also answer common questions about the legal status of marijuana, explaining the conflict between state and federal law regarding its medical use. Intended primarily as an aid to patients and caregivers, this book objectively presents critical information so that it can be used to make responsible health care decisions. *Marijuana As Medicine?* will also be a valuable resource for policymakers, health care providers, patient counselors, medical faculty and students—in short, anyone who wants to learn more about this important issue. [The Food Lab: Better Home Cooking Through Science](#) Quick Trading Company From the creator of the popular website Ask a Manager and New York's work-

advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace,

confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Official High Times Pot Smoker's

Activity Book Chronicle Books

The recipient of the Certificate of Heroism given to him by former first lady Nancy Reagan sounds a call to arms for those who would join his ongoing battle to legalize medical marijuana. This compelling story puts human face on a controversial, pressing national issue.

Cannabis For Dummies Cambridge University Press

Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug • With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others • Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, *The Pot Book* offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of

marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes. [How Do You Smoke a Weed?](#) National Academies Press

Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have

been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The *Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

Cannabis for Couples CreateSpace

A step-by-step guide for using cannabis to deepen relationships emotionally, sexually, and spiritually • Explains the difference between getting high alone and as a couple and explores what happens from a psychological and neurological perspective • Offers techniques to maximize the effects of being high, facilitate bonding, and resolve relationship issues, plus how to use cannabis as an aphrodisiac • Examines marijuana's effects on the chakras, including its impact on the heart chakra, and how to harness these effects to expand consciousness When couples enjoy cannabis together in the

proper set and setting, the experience can deepen relationships through honest sharing and compassionate bonding, as well as boosting sexual pleasure, emotional growth, and spiritual togetherness. In this step-by-step guide to harnessing the benefits of getting high together, psychologist John Selby explores how to use cannabis as a powerful and effective path to strengthen your relationship and nurture your intimate life. Drawing on his own NIH brain research on the emotional impact of psychoactive chemicals, he explains the difference between getting high alone and as a couple and examines from a psychological and neurological perspective what happens when you get high. Revealing the seven primary types of inner experience and outer behavior stimulated by THC, the author shares stories from his four decades of practice as a couple's therapist, discussing the power of THC and other cannabinoids to help heal emotional wounds and boost intimacy--and how to determine if using cannabis together is right for you and your partner. The author explains how to properly prepare for a cannabis session and how to use breath, meditation, and other focusing techniques to deepen the effects of being high and facilitate bonding. He reveals how cannabis-assisted relating can not only deepen relationships but also help to heal anxiety, depression, and PTSD. This book also explores the use of cannabis for sexual pleasure and how the "muse of marijuana" can serve as an inner therapist to work out relationship issues. Shared laughter and emotional freedom are likewise encouraged. Selby also explores cannabis's energetic influence on the chakras and how to balance and integrate the seven energy centers

together with your partner during a cannabis session. Combining decades of counseling experience with scientific research, Selby encourages couples to enjoy recreational use and begin using cannabis as a unique tool for connecting as a couple and growing together emotionally, sexually, and spiritually.

The Leafly Guide to Cannabis

Ballantine Books

What does the Bible say about marijuana? If it doesn't directly address marijuana, how can Christians know what to make of the legalization of recreational cannabis and the advocacy of medical marijuana? In the past, Christians could easily answer the question of whether or not it was permissible to use cannabis by deferring to state prohibitions. We could simply say, "it's against the law." Today, that answer is no longer possible. Christians are now forced to do what they should have been doing all along: Think like disciples of the Lord Jesus Christ and bring to bear the wisdom of the sufficient Word of God. Since cannabis is not explicitly mentioned in the Bible, we must understand what it is and how it affects the user. We also must understand what the Bible says about discipleship, healing, suffering, and what it is to be human. Only then can we answer the critical questions regarding the recreational use and the medical use of cannabis. In *Cannabis and the Christian*, Todd Miles gives readers: Biblical wisdom applied to the question of recreational cannabis Biblical wisdom related to the medical use of cannabis A grid to think through other ethical questions that aren't directly addressed in the Bible Confidence to respond to challenging issues standing on the sufficient Word of God

Runner's High University of Chicago

Press

Emily Post has gone to pot. As we enter the dawn of a new "post-prohibition" era, the stigma surrounding cannabis use is fading, and the conversation about what it means to get high is changing. When it comes to being a respectful, thoughtful, and responsible consumer of pot, there is a lot you need to know. In *Higher Etiquette*, Lizzie Post--great-great granddaughter of Emily Post and co-president of America's most respected etiquette brand--explores and celebrates the wide world of legalized weed.

Combining cannabis culture's long-established norms with the Emily Post Institute's tried-and-true principles, this book covers the social issues surrounding pot today, such as: How to bring it to a dinner party or give it as a gift Why eating it is different from inhaling it How to respectfully use it as a guest Why different strains affect you in different ways How to behave at a dispensary How to tackle pot faux pas such as "canoed" joints and "lawn-mowed" bowls This handy guide also provides a primer on the diverse array of cannabis products and methods of use, illuminating the many convenient and accessible options available to everyone from experienced users to newbies and the canna-curious. Informative, charming, and stylishly illustrated, this buzzworthy book will make the ultimate lit addition to your stash.

Cannabis and the Christian Simon and Schuster

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak

with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

[Cannabis and the Soma Solution](#) Penguin
The most comprehensive and approachable book available on understanding and using medical marijuana. Revised and updated with the latest information on varieties, delivery, dosing, and treatable conditions, *Cannabis Pharmacy* is "a well-designed

and -illustrated and easy-to-use resource"(Booklist) for those considering medical marijuana as a treatment option. In *Cannabis Pharmacy*, expert Michael Backes offers evidence-based information on using cannabis to treat an array of ailments and conditions. He provides information on how cannabis works with the body's own system, how best to prepare and administer it, and how to modify and control dosage. This newly revised edition is now completely up-to-date with the latest information on the body's endocannabinoid system, which is understood to control emotion, appetite, and memory. Delivery methods including e-cigarette and vape designs are also covered here, along with information on additional varieties and a new system for classification. *Cannabis Pharmacy* covers more than 50 ailments and conditions that can be alleviated with marijuana. There are currently more than 4.2 million medical cannabis patients in the United States, and there are 33 states plus the District of Columbia where medical cannabis is legal.

[Emergency Response Guidebook](#) Trine Day

Argues against legalizing marijuana in the U.S. by evaluating the action's likely consequences and advocates instead for an emphasis on education about the drug's health dangers as well as on intervention and treatment.