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The authors say Buzzed  
approaches drug education  
from the standpoint that

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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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Used, AMP drugs work on the  
body, and WHY they work the  
way they do.

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addiction, the prescription-  
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trends from synthetic  
cannabinoids to e-  
cigarettes.

Provides current, factual  
information about many of  
the most commonly used and  
abused drugs, looking at how  
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them.

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most often used and abused

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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-depth analysis, it reports on how these drugs enter the body,

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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.

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

Presents scientific facts about commonly abused drugs, including alcohol, caffeine,

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inhalants, marijuana,  
nicotine, sedatives,  
steroids, and stimulants;  
and includes discussion of  
their effects on the human  
brain and body.

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affect the body and  
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to heroin to reveal how  
these drugs affect the body,  
the different “highs” they  
produce, and the  
circumstances in which they  
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Moyers shares his harrowing  
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privileged childhood,  
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Hazelden Foundation, through  
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Furnishes an overview of the  
178 drugs that are currently  
illegal in the United  
States, including  
information on their  
histories, chemical  
properties and effects,  
medical uses, recreational  
abuses, and associated  
health problems.

One question that anyone who  
has witnessed addiction up  
close inevitably asks is,  
"Why can't they just stop?"

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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



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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

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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

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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.

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