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

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Marc Lewis on why addiction is not a disease

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Presently, he speaks and blogs on topics in addiction science, and his critically acclaimed book, *Memoirs of an Addicted Brain*, is the first to blend memoir and science in addiction studies. His newly released book, *The Biology of Desire*, debunks the currently popular disease model of addiction. "This is the real story of 'this is your brain on drugs,' but one that provides a refreshing ...

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## **Memoirs of an Addicted Brain**

(Memoirs of an Addicted Brain) is as strange, immediate and artfully written as any Oliver Sacks case-study, with the added scintillation of having been composed by its subject." The Fix "The most original and illuminating addiction memoir since Thomas De Quincey's seminal Confessions of an Opium Eater ...[an] electrifying debut." Midwest Book Review "A powerful survey recounting the author's ...

## **Memoirs of an Addicted Brain: A Neuroscientist Examines ...**

This is the estimable Dr. Marc Lewis, who's book "Memoirs of an Addicted Brain" is scheduled for US release tomorrow. I've had the good fortune to read an early copy of the manuscript and I find it brilliant both for Dr. Lewis's ability to capture the cavalier antics of his life as an active addict and at the same time explain the neuroscience behind that cavalier attitude. Suddenly addiction ...

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Memoirs of an addicted brain, by Marc Lewis (Public Affairs, 2013) Reviewed by Robert M Ellis. Marc Lewis has had a seriously dodgy early life. After unhappy experiences at boarding school and joining the drugs party in late sixties Berkeley, he ends up frequenting an opium den in Calcutta and burgling Canadian medical facilities in search of drugs: before eventually making a complete recovery.

## **'Memoirs of an addicted brain' by Marc Lewis | Middle Way ...**

Memoirs of an Addicted Brain by Marc Lewis - review . An addict turned neuroscientist is both fascinating and irritating. Photograph: Black Star/Alamy. Photograph: Black Star/Alamy. David ...

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Memoirs of an Addicted Brain; Talks & Articles; Videos; Psychotherapy; Speaking; You are here: Home » Blog. Befriending the part that wants to get high . by Marc on October 18, 2020 in Connect. People who use drugs (or drink) addictively are caught in a feedback loop. The addiction makes us feel like losers, blameworthy, perhaps worthless. We carry around this negative self-concept almost ...

## **Blog | Understanding Addiction - Memoirs of an Addicted Brain**

Presently, he speaks and blogs on topics in addiction science, and his critically acclaimed book, Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs, is the first to blend memoir and science in addiction studies. Product details. Item Weight : 12.2 ounces; Paperback : 336 pages; ISBN-10 : 1610392337; ISBN-13 : 978-1610392334; Product Dimensions : 6 x 1 x 9.25 ...

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Praise for Memoirs of an Addicted Brain "An engrossing swirl of personal history, themes of loss and triumph, deftly rendered brain science, and clear thinking on the dilemma of addiction. Illuminating even to experts, accessibly written for all." –Gabor Maté M.D., author of In The Realm of Hungry Ghosts

## **Memoirs of an Addicted Brain: A Neuroscientist Examines ...**

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 ...

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Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs Marc D. Lewis Limited preview - 2012. View all » About the author (2011) DR. MARC LEWIS is a developmental neuroscientist and

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professor of human developmental psychology, recently at the University of Toronto, where he taught and conducted research from 1989 to 2010, and currently at Radboud University in the ...

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### **Memoirs of an Addicted Brain : Marc Lewis : 9781610392334**

Memoirs of an Addicted Brain. 295 likes. A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general...

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.

## Download Ebook *Memoirs Of An Addicted Brain* A Neuroscientist Examines His Former Life On Drugs

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.

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.

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## Download Ebook *Memoirs Of An Addicted Brain* A Neuroscientist Examines His Former Life On Drugs

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.

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.

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

"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

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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"--

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.

*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

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explain why current policies are failing.

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