
“This book is for everyone. Clinicians, experimental psychologists, and the ubiquitous intelligent layperson will all enjoy and learn from this book.”--Contemporary Psychology. “An essential tool to understand the biology of addiction as well as the history, politics, and sociology of the issue. Dr. Goldstein brings to the policy debate a powerful scientific perspective based on decades of research backed by common sense.”--General Barry R. McCaffrey, USA (Ret.), former Director, Office of National Drug Control Policy. About the Author. Avram Goldstein, M.D. is Emeritus Pro Addictions to various drugs (including caffeine and nicotine) are specific diseases with distinct symptoms and treatment requirements and must be approached accordingly. That is the argument of Dr Avram Goldstein, whose opinions and recommendations are based on a lifetime of research into the effects of drugs on the brain, behaviour and society. He explains what the common families of addictive drugs are, what they do to the brain, how addictions to different drugs vary and how the symptoms of each type of addiction can be treated. I had this book for a college class! Its the best book I have ever read on drugs and their effect on the brain! It is a very thorough, well explained description that is easy to follow! Read more. This booklet aims to fill that knowledge gap by providing scientific information about the disorder of drug addiction, including the many harmful consequences of drug use and the basic approaches that have been developed to prevent and treat substance use disorders. At the National Institute on Drug Abuse (NIDA), we believe that increased understanding of the basics of addiction will empower people to make informed choices in their own lives, adopt science-based policies and programs that reduce drug use and addiction in their communities, and support scientific research that improves the Nati