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# Alcohol And The Addictive Brain

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The Selfish Brain  
Addictive Disorders  
Unbroken Brain  
Healing the Addicted Brain  
Learning from Addiction  
How Addictive Drugs Change the Brain  
The Biology of Desire  
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Alcohol, Tobacco, Caffeine, and Drugs of Abuse in Everyday Lifestyles  
Dispelling the Myths About Addiction  
Drugs, Brains, and Behavior  
Alcohol and the Addictive Brain  
The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program  
The Science of Addiction  
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Drugs, Addiction, and the Brain  
Finding Balance in the Age of Indulgence  
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Memoirs of an Addicted Brain  
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The Cure for Alcoholism  
Drugs, Addiction, and the Brain  
Hijacking the Brain  
This Naked Mind  
Alcohol

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## MCCARTY DUDLEY

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**The Selfish Brain** W. W. Norton & Company

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.

*Addictive Disorders* Springer Science & Business Media

An understanding of the nature and progression of alcohol addiction has emerged: alcoholism as the result of an imbalance in the brain's natural production of neurotransmitters critical to our sense of wellbeing. This imbalance, which an increasing amount of evidence is demonstrating to be genetically influenced, produces a craving temporarily satisfied by drinking.

*Alcohol and the Addictive Brain* is an account of the scientific discoveries concerning alcoholism.

*Unbroken Brain* Year Book Medical Pub  
A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," *The New York Times Bestseller, Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows

including Fresh Air with Terry Gross and The Brian Lehrer show.

**Healing the Addicted Brain** Academic Press

We live in an age of addiction, from compulsive gaming and shopping to binge eating and opioid abuse. What can we do to resist temptations that insidiously and deliberately rewire our brains? Nothing, David Courtwright says, unless we understand the global enterprises whose “limbic capitalism” creates and caters to our bad habits.

**Learning from Addiction** Academic Press

Drugs, Addiction, and the Brain explores the molecular, cellular, and neurocircuitry systems in the brain that are responsible for drug addiction. Common neurobiological elements are emphasized that provide novel insights into how the brain mediates the acute rewarding effects of drugs of abuse and how it changes during the transition from initial drug use to compulsive drug use and addiction. The book provides a detailed overview of the pathophysiology of the disease. The information provided will be useful for neuroscientists in the field of addiction, drug abuse treatment providers, and undergraduate and postgraduate students who are interested in learning the diverse effects of drugs of abuse on the brain. Full-color circuitry diagrams of brain regions implicated in each stage of the addiction cycle Actual data figures from original sources illustrating key concepts and findings Introduction to basic neuropharmacology terms and concepts Introduction to numerous animal models used to study diverse aspects of drug use. Thorough review of extant work on the neurobiology of addiction

**How Addictive Drugs Change the Brain** The Addicted Brain Why We Abuse

Drugs, Alcohol, and Nicotine  
WINNER OF THE 2016 PROSE AWARD IN PSYCHOLOGY 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, based on evidence that brains change with drug use. 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. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis shows why treatment based on the disease model so often fails, and how treatment can be retooled to achieve lasting recovery, given the realities of brain plasticity. Combining intimate human stories with clearly rendered scientific explanation, *The Biology of Desire* is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally. PRAISE FOR MARC LEWIS '[L]ooks at how addiction and brain science collide, and how understanding our brains can help addicts get out of the abyss ... [A] very readable, often touching, gateway into the universe of neuroscience and the shadowland of addiction.' The Sydney Morning Herald 'The most important

study of addiction to be published for many years.' The Spectator

**The Biology of Desire** Academic Press  
New York Times Bestseller! "New, scientifically-based approaches that recognize the biological basis of addiction have brought major advances in the treatment of addiction. Dr. Urschel is at the forefront of this treatment paradigm." Dr. Larry Hanselka, Psychologist  
**The Proven Scientific Approach to Conquering Addiction and Defeating the Disease** Healing the Addicted Brain is a breakthrough work that focuses on treating drug and alcohol addiction as a biological disease—based on the Recovery Science program that has helped thousands of patients defeat their addictions over the past 10 years. It combines the best behavioral addiction treatments with the latest scientific research into brain functions, providing tools and strategies designed to overcome the biological factors that cause addictive behavior along with proven treatments and medications. Using this scientific approach, you will learn to conquer the physical factors that keep people tied to drug and alcohol addiction. The proven fact is addiction is not a moral failing or an issue of not having enough willpower. It is a disease of the brain that can and must be treated like other chronic medical illnesses —such as diabetes, hypertension, or asthma—in order to defeat the disease. This revolutionary program can triple the success rate of patients, from 20-30% to 90% There Is Hope. By understanding addiction and using 21st-century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated.

**Behavioral Neurobiology of Alcohol Addiction** Harvard University Press  
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 Thirteenth Step Elsevier

*Hijacking the Brain* provides the first-ever scientific explanation for the success of Twelve-Step programs. *Hijacking the Brain* examines data provided by recent rapid growth in the fields of neuroscience, neuroimaging, psychology, sociobiology and interpersonal neurobiology that have given us new, dramatic insights into the neural and hormonal correlates of stress and addiction, cognitive decline with addiction, as well as for the relative success of Twelve-Step Programs of recovery. Addiction is recognized by experts as an organic brain disease, and most experts promote Twelve-Step

programs (AA, NA, CA, etc.) which invoke a 'spiritual solution' for recovery. To date, no one has described why these programs work. 'Hijack' tells us why. In 'Hijack,' the role of 'working The Steps' for reducing stress and becoming emotionally centered is discussed in depth. A full chapter is devoted to the rewarding and comforting physiology of meditation and the spiritual experience. The author uses examples from animal sociobiology, as well as sophisticated human brain-imaging studies, to demonstrate that empathic socialization and altruism are instinctive and 'naturally rewarding' and, along with Step Work, act as a substitute for the 'synthetic rewards' of drugs of abuse. 'Hijack' does not challenge the Steps or the Traditions of Twelve-Step programs. The sole intention of *Hijacking the Brain* is to 'connect the dots' between an 'organic brain disease' and a 'spiritual solution' with sound physical, scientific evidence. Avoiding strict scientific language as much as possible, 'Hijack' is written for the layperson and abundantly illustrated.

#### **The Neuroscience and Experience of Addiction** Anchor Books

*Drugs, Addiction, and the Brain* explores the molecular, cellular, and neurocircuitry systems in the brain that are responsible for drug addiction. Common neurobiological elements are emphasized that provide novel insights into how the brain mediates the acute rewarding effects of drugs of abuse and how it changes during the transition from initial drug use to compulsive drug use and addiction. The book provides a detailed overview of the pathophysiology of the disease. The information provided will be useful for neuroscientists in the field of addiction, drug abuse treatment providers, and undergraduate and

postgraduate students who are interested in learning the diverse effects of drugs of abuse on the brain. Full-color circuitry diagrams of brain regions implicated in each stage of the addiction cycle Actual data figures from original sources illustrating key concepts and findings Introduction to basic neuropharmacology terms and concepts Introduction to numerous animal models used to study diverse aspects of drug use. Thorough review of extant work on the neurobiology of addiction

### **The Age of Addiction** PublicAffairs

A current survey and synthesis of the most important findings in our understanding of the neurobiological mechanisms of addiction is detailed in our Neurobiology of Addiction series, each volume addressing a specific area of addiction. ALCOHOL, Volume 3 in the series, explores the molecular, cellular, and neurocircuitry systems in the brain responsible for alcohol addiction using the heuristic three-stage cycle framework of binge/intoxication, withdrawal/negative affect, and preoccupation/anticipation. Outlines the history and behavioral mechanism of action of alcohol relevant to the neurobiology of alcohol addiction Includes neurocircuitry, cellular, and molecular neurobiological mechanisms of alcohol addiction in each stage of the addiction cycle Explores evolving areas of research associated with all three stages of the alcohol addiction cycle, including neurobiological studies of neurodevelopmental effects of early exposure to alcohol, sleep disturbances caused by alcohol, pain interactions with alcohol, sex differences in the response to alcohol, and epigenetic/genetic interactions with alcohol.

[Alcohol Research & Health](#) Academic Press

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 Neuroscientist Examines his Former Life on Drugs* Author House

Every year about half a million men, women, and children in the United States die from the effects of using nicotine, alcohol, and illegal drugs: one of every four American deaths. Yet research to solve this terrible problem is often perceived as less important than other types of biomedical investigation. Focusing on four major classes of drugs with the greatest social and economic impact--nicotine, alcohol, opioids, and stimulants--*Dispelling the Myths About Addiction* examines what is known about addiction and what is needed to develop a talented cadre of investigators and to educate the public about addiction research. The committee explores these areas: Economic costs of addiction. What has been learned about addiction from research into basic neurobiology and the brain, psychosocial and behavioral factors, and epidemiology. Education

and training of researchers and the research infrastructure. Public perceptions and their impact on public policy in this field. This volume outlines the challenges and opportunities in addiction research today and makes recommendations to educators, treatment professionals, public and private institutions, and others for how to build support for addiction research and treatment.

*Strategies to Increase Understanding and Strengthen Research* Dartmouth College Press

"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"--

**Mechanisms and Treatment** CRC Press

*The Addicted Brain* Why We Abuse Drugs, Alcohol, and Nicotine FT Press

*The Addictive Brain* National Academies Press

*Neuroscience of Alcohol: Mechanisms and Treatment* presents the fundamental information necessary for a thorough understanding of the neurobiological underpinnings of alcohol addiction and its effects on the brain. Offering thorough coverage of all aspects of alcohol research, treatment and prevention, and containing contributions from internationally recognized experts, the book provides students, early-career researchers, and investigators at all levels with a fundamental introduction to all aspects of alcohol misuse. Alcohol is one of the world's most common addictive substances, with about two billion individuals worldwide consuming it in one form or another and three million annual deaths that are associated with alcohol misuse. Alcohol alters a variety of neurological processes, from molecular biology, to cognition. Moreover, addiction to alcohol can lead to numerous other health concerns and damage virtually every organ system in the body, making diagnosis and treatment of individuals addicted to alcohol of critical importance. Integrates cutting-edge research on the pharmacological, cellular and molecular aspects of alcohol use, along with its effects on neurobiological function Discusses alcohol use as a component of dual-use and poly addictions Outlines numerous screening and treatment

strategies for alcohol misuse Covers both the physical and psychological effects of alcohol use and withdrawals to provide a fully-formed view of alcohol dependency and its effects

**False Messengers** Penguin

In the groundbreaking work, Miller and Blum provide an in-depth picture of what attention deficit hyperactivity disorder really looks like, why people self-medicate with mood-altering substances, and how this leads to addiction. Miller and Blum also offer possible solutions for escaping the deadly spiral that entraps those unfortunate enough to be afflicted by both illnesses. The book contains Miller's poignant and enlightening first-person account of his battle with ADHD and alcohol, as well as case studies that highlight other problems associated with the disorder. Providing the right balance of scientific information, Blum analyzes genetic influences, brain chemistry, and behavioral reactions to give a full picture of ADHD and addiction.

The Experience and Science of Chronic Addiction Penguin

This Naked Mind has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol. Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery. This Naked Mind offers a new, positive solution. Here, Annie Grace clearly presents the psychological and neurological components of alcohol use based on the latest science, and reveals the cultural, social, and industry factors that support alcohol dependence in all of us. Packed

with surprising insight into the reasons we drink, this book will open your eyes to the startling role of alcohol in our culture, and how the stigma of alcoholism and recovery keeps people from getting the help they need. With Annie's own extraordinary and candid personal story at its heart, this book is a must-read for anyone who drinks. This Naked Mind will give you freedom from alcohol. It removes the psychological dependence so that you will not crave alcohol, allowing you to easily drink less (or stop drinking). With clarity, humor, and a unique blend of science and storytelling, This Naked Mind will open the door to the life you have been waiting for. "You have given me my life back." —Katy F., Albuquerque, New Mexico "This is an inspiring and groundbreaking must-read. I am forever inspired and changed." —Kate S., Los Angeles, California "The most selfless and amazing book that I have ever read." —Bernie M., Dublin, Ireland

Neuroscience of Alcohol BenBella Books

The Selfish Brain explains how individuals and communities are affected by drugs such as alcohol, tobacco, marijuana, cocaine, and heroin, and how treatment can lead to whole healthy, lives. Why is the brain so vulnerable to the effects of alcohol and other drugs? How does addiction echo through families, cultures, and history? What is it that families and communities do to promote or prevent addiction? These are some of the questions that this thorough, thoughtful, and well-reasoned book answers--in clear, comprehensible terms. From the basics of brain chemistry to the workings of particular drugs such as alcohol, tobacco, marijuana, cocaine, and heroin, The Selfish Brain explains how individuals and communities become trapped in



destructive habits--and how various treatments and approaches lead to recovery and whole, healthy lives.

Mastering the Addicted Brain

Sourcebooks, Inc.

Understanding Alcoholism as a Brain Disease includes an in-depth explanation of how alcoholism works inside the brain; the stages of alcoholism identified by scientific researchers; and a list of clues to your genetic vulnerability. Written in plain English from a true medical perspective, even if you aren't a doctor or scientist, you'll find this book easy to read and understand. This is the second volume in the Rethinking Drinking series that emerged out of the authors first

book, A Prescription for Alcoholics- Medications for Alcoholism. Alcoholics, care-givers and loved-ones ask, "Why does the alcoholic keep drinking or continue to return to drinking, despite all they continue to lose?", "What is wrong with them?!" Alcoholics berate themselves and question why they keep drinking when they see the damage it causes. They ask, "What is wrong with me?" The answers to those agonizing questions are found in this book. You'll learn about alcoholism as a complex brain disease. This book will help you understand the disease in a way that provides a fresh new perspective on this devastating neurological condition.

Best Sellers - Books :

- [The Wonderful Things You Will Be By Emily Winfield Martin](#)
- [The Five-star Weekend By Elin Hilderbrand](#)
- [The Courage To Be Free: Florida's Blueprint For America's Revival By Ron Desantis](#)
- [What To Expect When You're Expecting](#)
- [What To Expect When You're Expecting By Heidi Murkoff](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\)](#)
- [Haunting Adeline \(cat And Mouse Duet\) By H. D. Carlton](#)
- [Can't Hurt Me: Master Your Mind And Defy The Odds By David Goggins](#)
- [The Nightingale: A Novel By Kristin Hannah](#)
- [Tucker By Chadwick Moore](#)