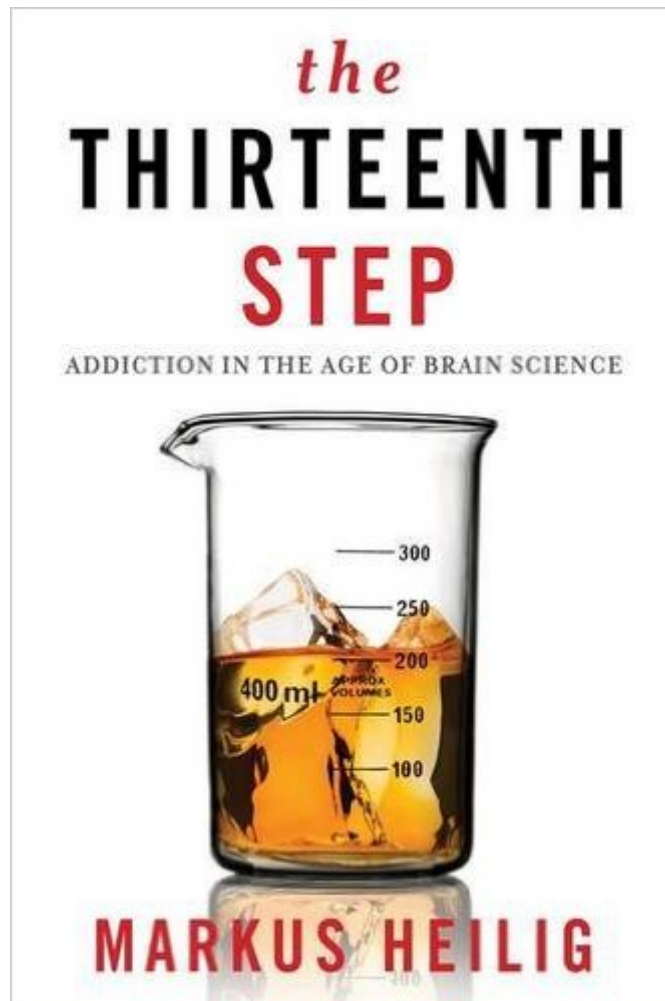


The book was found

The Thirteenth Step: Addiction In The Age Of Brain Science



Synopsis

The past thirty years have witnessed a revolution in the science of addiction, yet we still rely on outdated methods of treatment. Expensive new programs for managing addiction are also flourishing, but since they are not based in science, they offer little benefit to people who cannot afford to lose money or faith in their recovery. Clarifying the cutting-edge science of addiction for both practitioners and general readers, *The Thirteenth Step* pairs stories of real patients with explanations of key concepts relating to their illness. A police chief who disappears on the job illustrates the process through which a drug can trigger the brain circuits mediating relapse. One person's effort to find a burrito shack in a foreign city illuminates the reward prediction error signaled by the brain chemical dopamine. With these examples and more, this volume paints a vivid, readable portrait of drug seeking, escalation, and other aspects of addiction and suggests science-based treatments that promise to improve troubling relapse rates. Merging science and human experience, *The Thirteenth Step* offers compassionate, valuable answers to anyone who hopes for a better handle on a confounding disease.

Book Information

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Customer Reviews

As a treatment professional, I found this book to be an excellent read about the science of addiction and evidenced-based treatments available. Heilig's chapters on molecular culprits and pills for addiction are superb. The entire book does an excellent job of reviewing the history of treatments for addiction, as well as the history of evidenced-based medical treatments for alcohol use disorders.

He handles a discussion of AA with aplomb, and with the pragmatic view of a scientist. Overall, an excellent read for anyone interested in the science of addiction, the pharmaceutical treatments that are currently available, as well as a review of other treatment options from the perspective of a person of evidenced-based science.

This is a very good book. It is written well, self-reflective and personable. It is historically informed and, most importantly, it is written by a clinician active in research in the field of addiction. It is scientifically informed and delivered in a very understandable form. It is easy to read and interesting; worthwhile. Jay Schulkin, Ph.D., Department of Neuroscience, Georgetown University

This book deserves a serious review from scholar/practitioner in Addiction work. I am a social scientist doing research for family members. For my purpose, I could not ask for more from a resource. Well written, cogent and very useful for the casual reader trying to assist family members. Bravo.

This book is filled with scientific research and information that is helpful in understanding the true nature of addiction and the most helpful approaches to successful treatment. There are also many compelling stories included that make it a very interesting read.

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