

Npr Addict

David Sheff

The Urge Carl Erik Fisher, 2022-01-25 Named a Best Book of the Year by The New Yorker and The Boston Globe 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.

Never Enough Judith Grisel, 2020-01-14 A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today’s epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief

that a “cure” for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

Unbroken Brain Maia Szalavitz, 2016-04-05 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.

Dopamine Nation Dr. Anna Lembke, 2023-01-03 INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER “Brilliant . . . riveting, scary, cogent, and cleverly argued.” —Beth Macy, author of *Dopesick*, as heard on *Fresh Air* This book is about pleasure. It’s also about pain. Most important, it’s about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We’re living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting . . . The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we’ve all become vulnerable to compulsive overconsumption. In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain . . . and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

Drug Use for Grown-Ups Dr. Carl L. Hart, 2022-01-11 “Hart’s argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country’s war on drugs, we should all share his outrage.” —*The New York Times* Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In *Drug Use for Grown-Ups*, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use--not drugs themselves--have been a tremendous scourge on

America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and Black and brown bodies behind bars. *Drug Use for Grown-Ups* will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. *Drug Use for Grown-Ups* offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

Mayhem Sigrid Rausing, 2017 A searingly powerful memoir about the impact of addiction on a family. In the summer of 2012 a woman named Eva was found dead in the London townhouse she shared with her husband, Hans K. Rausing. The couple had struggled with drug addiction for years, often under the glare of tabloid headlines. Now, writing with singular clarity and restraint, Hans' sister, the editor and publisher Sigrid Rausing, tries to make sense of what happened. In *Mayhem*, she asks the difficult questions those close to the world of addiction must face. Who can help the addict, consumed by a shaming hunger, a need beyond control? There is no medicine: the drugs are the medicine. And who can help their families, so implicated in the self-destruction of the addict? Who can help when the very notion of 'help' becomes synonymous with an exercise of power; a familial police state; an end to freedom, in the addict's mind? An eloquent and timely attempt to understand the conundrum of addiction--and a memoir as devastating as it is riveting.

Getting Wrecked Kimberly Sue, 2019 *Getting Wrecked* provides a rich ethnographic account of women battling addiction as they cycle through jail, prison, and community treatment programs in Massachusetts. Since incarceration has become a predominant American social policy for managing the problem of drug use, including the opioid epidemic, this book examines how prisons and jails have attempted concurrent programs of punishment and treatment to deal with inmates struggling with a diagnosis of substance use disorder. An addiction physician and a medical anthropologist, Kimberly Sue powerfully illustrates the impacts of incarceration on women's lives as they seek well-being and better health while confronting lives marked by structural violence, gender inequity, and ongoing trauma--Provided by publisher.

Hey, Kiddo: A Graphic Novel Jarrett J. Krosoczka, 2018-10-09 The powerful, unforgettable graphic memoir from Jarrett Krosoczka, about growing up with a drug-addicted mother, a missing father, and two unforgettably opinionated grandparents. A National Book Award Finalist! In kindergarten, Jarrett Krosoczka's teacher asks him to draw his family, with a mommy and a daddy. But Jarrett's family is much more complicated than that. His mom is an addict, in and out of rehab, and in and out of Jarrett's life. His father is a mystery -- Jarrett doesn't know where to find him, or even what his name is. Jarrett lives with his grandparents -- two very loud, very loving, very opinionated people who had thought they were through with raising children until Jarrett came along. Jarrett goes through his childhood trying to make his non-normal life as normal as possible, finding a way to express himself through drawing even as so little is being said to him about what's going on. Only as a teenager can Jarrett begin to piece together the truth of his family, reckoning with his mother and tracking down his father. *Hey, Kiddo* is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.

Addiction Gene M. Heyman, 2010-10-15 In a book sure to inspire controversy, Gene Heyman argues that conventional wisdom about addiction--that it is a disease, a compulsion beyond conscious control--is wrong. Drawing on psychiatric epidemiology, addicts' autobiographies, treatment studies, and advances in behavioral economics, Heyman makes a powerful case that addiction is voluntary. He shows that drug use, like all

choices, is influenced by preferences and goals. But just as there are successful dieters, there are successful ex-addicts. In fact, addiction is the psychiatric disorder with the highest rate of recovery. But what ends an addiction? At the heart of Heyman's analysis is a startling view of choice and motivation that applies to all choices, not just the choice to use drugs. The conditions that promote quitting a drug addiction include new information, cultural values, and, of course, the costs and benefits of further drug use. Most of us avoid becoming drug dependent, not because we are especially rational, but because we loathe the idea of being an addict. Heyman's analysis of well-established but frequently ignored research leads to unexpected insights into how we make choices—from obesity to McMansionization—all rooted in our deep-seated tendency to consume too much of whatever we like best. As wealth increases and technology advances, the dilemma posed by addictive drugs spreads to new products. However, this remarkable and radical book points to a solution. If drug addicts typically beat addiction, then non-addicts can learn to control their natural tendency to take too much.

Free from Addiction Morteza Khaleghi, PhD, Constance Loizos, 2008-09-30 Offering a radical new approach to the treatment of addiction, a clinical psychologist argues that the majority of drug and alcohol dependence is driven by emotional trauma and presents a bold new program that treats the body for chemical dependence while ministering to the emotional challenges that prevent healing and can trigger relapses. Original. 50,000 first printing.

Irresistible Adam Alter, 2018-03-06 "Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times." —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* "One of the most mesmerizing and important books I've read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

The Least of Us Sam Quinones, 2021

Blitzed Norman Ohler, 2017-03-07 A New York Times bestseller, Norman Ohler's *Blitzed* is a fascinating, engrossing, often dark history of drug use in the Third Reich" (Washington Post). The Nazi regime preached an ideology of physical, mental, and moral purity. Yet as Norman Ohler reveals in this gripping history, the Third Reich was saturated with drugs: cocaine, opiates, and, most of all, methamphetamines, which were consumed by everyone from factory workers to housewives to German soldiers. In fact, troops were encouraged, and in some cases ordered, to take rations of a form of crystal meth—the elevated energy and feelings of invincibility associated with the high even help to account for the breakneck invasion that

sealed the fall of France in 1940, as well as other German military victories. Hitler himself became increasingly dependent on injections of a cocktail of drugs—ultimately including Eukodal, a cousin of heroin—administered by his personal doctor. Thoroughly researched and rivetingly readable, *Blitzed* throws light on a history that, until now, has remained in the shadows. “Delightfully nuts.”—The New Yorker

White Out Michael W. Clune, 2023-03-21 A classic of addiction and recovery. How do you describe an addiction in which your drug of choice creates a hole in your memory, a “white out,” so that every time you use it is the first time—new, fascinating, vivid? Michael W. Clune’s story takes us straight inside such an addiction—what he calls “the memory disease.” With dark humor, and in crystalline prose, Clune’s account of life inside the heroin underground reads like no other. Whisking us between the halves of his precarious double life—between the streets of Baltimore and the college classroom, where Clune is a graduate student teaching literature—we spiral along with him as he approaches rock bottom: from nodding off in a row house with a one-armed junkie and a murderous religious freak to having his life threatened in a Chicago jail while facing a felony possession charge. After his descent into addiction, we follow Clune through detox, treatment, and finally into recovery as he returns to his childhood home, where the memory disease and his heroin-induced white out begin to fade. *White Out* is more than a memoir. It is a rigorous investigation that offers clarity, hope, and even beauty to anyone who wants to understand the disease or its cure. This tenth anniversary edition includes a new preface by the author.

Dopesick Beth Macy, 2018-08-09 Now a major TV series on Disney+ 'A shocking investigation... Dopesick is essential' The Times 'Unfolds with all the pace of a thriller' Observer 'A deep - and deeply needed - look into the troubled soul of America' Tom Hanks 'Essential reading' New York Times Beth Macy reveals the disturbing truth behind America's opioid crisis and explains how a nation has become enslaved to prescription drugs. This powerful and moving story explains how a large corporation, Purdue, encouraged small town doctors to prescribe OxyContin to a country already awash in painkillers. The drug's dangerously addictive nature was hidden, whilst many used it as an escape, to numb the pain of joblessness and the need to pay the bills. Macy tries to answer a grieving mother's question - why her only son died - and comes away with a harrowing tale of greed and need.

In Pain Travis Rieder, 2019-06-18 NPR Best Book of 2019 A bioethicist’s eloquent and riveting memoir of opioid dependence and withdrawal—a harrowing personal reckoning and clarion call for change not only for government but medicine itself, revealing the lack of crucial resources and structures to handle this insidious nationwide epidemic. Travis Rieder’s terrifying journey down the rabbit hole of opioid dependence began with a motorcycle accident in 2015. Enduring half a dozen surgeries, the drugs he received were both miraculous and essential to his recovery. But his most profound suffering came several months later when he went into acute opioid withdrawal while following his physician’s orders. Over the course of four excruciating weeks, Rieder learned what it means to be “dope sick”—the physical and mental agony caused by opioid dependence. Clueless how to manage his opioid taper, Travis’s doctors suggested he go back on the drugs and try again later. Yet returning to pills out of fear of withdrawal is one route to full-blown addiction. Instead, Rieder continued the painful process of weaning himself. Rieder’s experience exposes a dark secret of American pain management: a healthcare system so conflicted about opioids, and so inept at managing them, that the crisis currently facing us is both unsurprising and inevitable. As he recounts his story, Rieder provides a fascinating look at the history of these drugs first invented in the 1800s, changing attitudes about pain management over the following decades, and the implementation of the pain scale at the beginning of the twenty-first century. He explores both the science of addiction and the systemic and cultural barriers we must overcome if we are to address the problem effectively in the contemporary American healthcare system. *In Pain* is not only a gripping personal account of dependence, but a groundbreaking exploration of the intractable causes of America’s opioid problem and their implications for resolving the crisis. Rieder makes clear that the opioid

crisis exists against a backdrop of real, debilitating pain—and that anyone can fall victim to this epidemic.

The Addiction Inoculation Jessica Lahey, 2021-04-06 “The Addiction Inoculation is a vital look into best practices parenting. Writing as a teacher, a mother, and, as it happens, a recovering alcoholic, Lahey's stance is so compassionate, her advice so smart, any and all parents will benefit from her hard-won wisdom.” —Peggy Orenstein, author of *Girls & Sex* and *Boys & Sex* In this supportive, life-saving resource, the New York Times bestselling author of *The Gift of Failure* helps parents and educators understand the roots of substance abuse and identify who is most at risk for addiction, and offers practical steps for prevention. Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite her desire to thwart her genetic legacy, she became an alcoholic and didn't find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens, and was determined to inoculate her two adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation's largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use disorder report they began drinking and taking drugs before age eighteen. *The Addiction Inoculation* is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this essential guide provides evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a child's risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children. *The Addiction Inoculation* is an empathetic, accessible resource for anyone who plays a vital role in children's lives—parents, teachers, coaches, or pediatricians—to help them raise kids who will grow up healthy, happy, and addiction-free.

Riding the Elephant Craig Ferguson, 2020-04-07 From the comedian, actor, and former host of *The Late Late Show* comes an irreverent, lyrical memoir in essays featuring his signature wit. Craig Ferguson has defied the odds his entire life. He has failed when he should have succeeded and succeeded when he should have failed. The fact that he is neither dead nor in a locked facility (at the time of printing) is something of a miracle in itself. In Craig's candid and revealing memoir, readers will get a look into the mind and recollections of the unique and twisted Scottish American who became a national hero for pioneering the world's first TV robot skeleton sidekick and reviving two dudes in a horse suit dancing as a form of entertainment. In *Riding the Elephant*, there are some stories that are too graphic for television, too politically incorrect for social media, or too meditative for a stand-up comedy performance. Craig discusses his deep love for his native Scotland, examines his profound psychic change brought on by fatherhood, and looks at aging and mortality with a perspective that he was incapable of as a younger man. Each story is strung together in a colorful tapestry that ultimately reveals a complicated man who has learned to process—and even enjoy—the unusual trajectory of his life.

The Drop Thad Ziolkowski, 2021-07-06 In this revelatory and original book, award-winning author of the acclaimed surf memoir *On a Wave* illuminates the connection between waves, addiction, and recovery, exploring what surfing can teach us about the powerful undertow of addictive behaviors and the ways to swim free of them. Addiction is arguably the dominant feature of contemporary life: sex, gambling, exercise, eating, shopping, Internet use—there's virtually no pleasurable activity that can't morph into a destructive obsession. For Americans under the age of fifty-five, the leading cause of death is drug overdose. But there is another side of addiction. In some instances, the very activities that can lead to addiction can also lead out of it. As neurologists have recently discovered, surfing is a kind of study in the mechanism of addiction, delivering dopamine to the pleasure center of the brain and reshaping priorities and desire in a feedback loop of narrowing focus. Thad Ziolkowski knows this dynamic intimately. A lifelong surfer, he has been surrounded by addiction since his boyhood. In this unique, groundbreaking book, part addiction

memoir, part sociological study, part spiritual odyssey, Ziolkowski dismantles the myth of surfing as a radiantly wholesome lifestyle immune to the darker temptations of the culture and discovers among the rubble a new way to understand and ultimately overcome addiction. Combining his own story with insights from scientists, progressive thinkers and the experiences of top surfers and addicts from around the world, Ziolkowski shows how getting on a board and catching a wave is a unique and deeply instructive means of riding out of the darkness and back into the light. Yet while surfing is his salvation, its lessons can be applied to other activities that can pull us free from the lethal undertow of addiction and save lives.

Beautiful Boy David Sheff, 2008 Sheff's story tells of his teenage son's addiction to meth, in this real-time chronicle of the shocking descent into substance abuse and the family's gradual emergence into hope.

Embark on a breathtaking journey through nature and adventure with this mesmerizing ebook, Witness the Wonders in **Npr Addict**. This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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