



The Selfish Brain: Learning from Addiction

By Robert L DuPont M.D.

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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.

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Editorial Review

Review

"This is a truly remarkable book—remarkable in its scope, its wisdom, and its clarity. Dr. DuPont has drawn upon his lifetime career experience as a psychiatrist specializing in drug abuse and as a former government official (first Director of the National Institute on Drug Abuse) to produce this most interesting account.... What has been learned from basic research on the biologic basis of drug-seeking behavior is simplified for the nonscientist reader to understand. The properties of the several families of addictive drugs are explained fully and correctly. And the sections on drug policy and the societal dangers of a culture that tolerates drug use are exemplary in this reviewer's opinion. Especially persuasive are the arguments against any form of drug legalization."—Avram Goldstein, M.D., *Addiction*

"The author is an expert in prevention and treatment of drug addiction, and he clearly cares passionately about drug abuse and its victims. This book will benefit all who are interested in ideas about the causes and cures of drug addiction."— "Choice"

"This is a remarkable book in its scope, conviction, and perspective...Dupont provides a storehouse of useful and persuasive data, personal reflections, and his extensive clinical experience to support his position.... He is forceful in his point of view, which is a strength of this book. It could be powerfully persuasive and helpful for those who need and can accept such a rigid approach."— "JAMA"

"This book is essential reading for those wishing to find out about the nature and philosophy of addiction, and issues concerning addiction from a particularly American point of view by an author pre-eminent in his field—White House 'drug czar' to President Ford and also first Director of the National Institute of Drug Abuse.... The book must be read and can only enhance and enrich one's approach to the complex and diverse problem of addiction. It should be read by everyone including addicts and their families."— "Australian & New Zealand Journal of Psychiatry"

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" "The Selfish Brain" is written with candor and passion in a direct, logical style that is very useful for readers without a medical background.... This book is recommended to mental health professionals as well as non-professionals who are looking for a clear and practical overview of substance-related disorders as expressed in our society. The volume contains a great deal of practical information of value to all, and leads one to reflect on what family and public measures could be of benefit in combating this common, powerful, and cunning mental and physical health disorder."— "Bulletin of the Menninger Clinic"

"Dr. DuPont has written this volume for everyone who is not already knowledgeable about the concepts and information that he so clearly illuminates. He obviously recognizes that it is too thorough and detailed for many readers, so, in the preface, he tell us how to get the most of the good from it by reading through it selectively."-- "American Journal of Psychiatry"

"This book is also fascinating reading in relation to updating the reader about the remarkable neuroscientific advances that have been made in understanding addiction in the last 25 years.... I believe it is a very valuable book not only for professionals but for any individuals trying to understand the complex nature of substance abuse as our country's number one public health problem."-- "The Journal of Nervous and Mental Disease"

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From the Inside Flap

In this country, drug addiction and alcoholism have reached crisis proportions. The grim statistics illuminate the size of this crisis. More than 30 million Americans alive today will become addicted. The use of alcohol, tobacco, and illicit drugs causes one out of every four deaths in the United States. Illegal drug use now costs the nation \$67 billion a year.

The Selfish Brain: Learning From Addiction takes a comprehensive, no-holds-barred look at the easy path to drug addiction and the tough road to recovery. Written in an easy-to-understand style, this book can help people confront addiction in their own lives and in their families by exploring the biological roots of addiction and the way addicts are allowed to deny their addiction by compassionate, well-meaning people.

Based on his experience as a specialist on addiction and as a policymaker, former drug czar Robert L. DuPont, M.D., advocates -tough-love- measures to strip away the denial that allows addicts to remain trapped in their destructive habit and place them on the road to recovery. He examines treatment options, especially 12-step programs, which he believes are the most effective path to recovery. Powerful and often controversial, *The Selfish Brain* provides an honest examination of an insidious, destructive disease.

From the Back Cover

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Users Review

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Anna Maday:

What do you in relation to book? It is not important together with you? Or just adding material when you really need something to explain what your own problem? How about your free time? Or are you busy individual? If you don't have spare time to perform others business, it is make one feel bored faster. And you have free time? What did you do? Everyone has many questions above. They should answer that question mainly because just their can do this. It said that about publication. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need that *The Selfish Brain: Learning from Addiction* to read.

Ann Strickland:

As people who live in often the modest era should be revise about what going on or details even knowledge to make these people keep up with the era that is certainly always change and move forward. Some of you maybe can update themselves by looking at books. It is a good choice for yourself but the problems coming to anyone is you don't know which you should start with. This *The Selfish Brain: Learning from Addiction* is our recommendation to cause you to keep up with the world. Why, because book serves what you want and need in this era.

Rose Duprey:

In this particular era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become one of it? It is just simple solution to have that. What you should do is just spending your time not much but quite enough to experience a look at some books. Among the books in the top record in your reading list is actually *The Selfish Brain: Learning from Addiction*. This book and that is qualified as *The Hungry Mountains* can get you closer in growing to be precious person. By

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