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Presently, he speaks and blogs on topics in addiction science, and his critically acclaimed book, *Memoirs of an Addicted Brain*, is the first to blend memoir and science in addiction studies. His newly released book, *The Biology of Desire*, debunks the currently popular disease

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“This is the real story of
of ‘this is your brain
on drugs,’ but one
that provides a
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(Memoirs of an
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strange, immediate
and artfully written as
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study, with the added
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recounting the

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author's...

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Examines ...**

This is the estimable
Dr. Marc Lewis, who's
book "Memoirs of an
Addicted Brain" is
scheduled for US
release tomorrow. I've
had the good fortune
to read an early copy

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of the manuscript and

I find it brilliant both

for Dr. Lewis's ability

to capture the cavalier

antics of his life as an

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the neuroscience

behind that cavalier

attitude. Suddenly

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Marc Lewis. A stoner
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...

Memoirs of an
addicted brain, by
Marc Lewis (Public
Affairs, 2013)

Reviewed by Robert
M Ellis. Marc Lewis
has had a seriously
dodgy early life. After
unhappy experiences
at boarding school

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and joining the drugs party in late sixties Berkeley, he ends up frequenting an opium den in Calcutta and burgling Canadian medical facilities in search of drugs: before eventually making a complete recovery.

'Memoirs of an addicted brain' by

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**Marc Lewis | Middle
Way ...**

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Marc Lewis - review .

An addict turned
neuroscientist is both
fascinating and
irritating. Photograph:
Black Star/Alamy.
Photograph: Black
Star/Alamy. David ...

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Marc Lewis - review**

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Marc Lewis; ISBN-10

: 9780385669269;

Release : 2011-10-04;

Genre: Biography &

Autobiography;

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Befriending the part
that wants to get high

. by Marc on October
18, 2020 in Connect.

People who use drugs
(or drink) addictively
are caught in a

feedback loop. The
addiction makes us

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feel like losers, blameworthy, perhaps worthless. We carry around this negative self-concept almost ...

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Understanding

Addiction - Memoirs of an Addicted Brain

Presently, he speaks and blogs on topics in addiction science, and his critically acclaimed

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book, *Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs*, is the first to blend memoir and science in addiction studies.

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Praise for *Memoirs of an Addicted Brain* "An engrossing swirl of personal history, themes of loss and triumph, deftly rendered brain

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science, and clear

thinking on the

dilemma of addiction.

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experts, accessibly

written for all." —Gabor

Maté M.D., author of

In The Realm of

Hungry Ghosts

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In *Memoirs of an Addicted Brain*, he

applies his

professional expertise

to a study of his

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story of his own

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kind. He explains the

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Life on Drugs Marc D.
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About the author

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(2011) DR. MARC

LEWIS is a

developmental

neuroscientist and

professor of human

developmental

psychology, recently

at the University of

Toronto, where he

taught and conducted

research from 1989 to

2010, and currently at

Radboud University in

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(Memoirs of an Addicted Brain

Addicted Brain) is as

strange, immediate

and artfully written as

any Oliver Sacks case-

study, with the added

scintillation of having

been composed by its

subject." The Fix "The

most original and

illuminating addiction

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electrifying debut."

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"A powerful survey
recounting the
author's ...

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ultimately triumphant

memoir that's also

the most

comprehensive and

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of the neuroscience of

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the general...

Marc Lewis's

relationship with

drugs began in a New

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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;

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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

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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

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A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public.

FROM THE

INTRODUCTION:

"We are prone to a cycle of craving what

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we don't have, finding

it, using it up or losing

it, and then craving it

all the more. This

cycle is at the root of

all addictions,

addictions to drugs,

sex, love, cigarettes,

soap operas, wealth,

and wisdom itself. But

why should this be

so? Why are we

desperate for what we

don't have, or can't

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Neuroscientist
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Former Life On
Drugs

have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And,

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for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of

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addicted brain
what was going on in
his brain. He shows
how drugs speak to
the brain - which is
designed to seek
rewards and soothe
pain - in its own
language. He shows
in detail the neural
mechanics of a
variety of powerful
drugs and of the
onset of addiction,
itself a distortion of

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addicted brain. Dr.

Lewis freed himself

from addiction and

ended up studying it.

At the age of 30 he

traded in his

pharmaceutical

supplies for the life of

a graduate student,

eventually becoming

a professor of

developmental

psychology, and then

of neuroscience - his

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addicted brain

field for the last 12 years. This is the story of his journey, seen from the inside out.

Examines His

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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

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from reality by way of
cough medicine,

alcohol, and

marijuana. In

Neuroscientist
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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

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journey took him
where it takes most
addicts: into a life of
addiction,
desperation,
deception, and crime.
But unlike most
addicts, Lewis
recovered and
became a
developmental
psychologist and
researcher in
neuroscience. In

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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. He explains the neurological effects of a variety of powerful

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how they speak to the brain -- itself designed

to seek rewards and

soothe pain -- in its

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he illuminates how

craving overtakes the

nervous system,

sculpting a synaptic

network dedicated to

one goal -- more -- at

the expense of

everything else.

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A gripping, triumphant memoir about the power of addiction and its effect on the brain. Marc Lewis, a former life on drugs, knows addiction: that desperate ambition to get high accompanied him around the world for many years. In the 1960s, Lewis was a teenager in boarding school, experimenting

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addicted brain
with cough syrup and
alcohol to assuage his
depression. When he
moved to Berkeley,
California, the pulsing
heart of the counter-
cultural movement, he
began using LSD and
heroin. His spiralling
journey of addiction
eventually led him to
Asia, where he sniffed
nitrous oxide in the
Malay jungle, took

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speed in Kuala Lumpur, and lost himself in the opium dens of Calcutta. This was the beginning of his descent into a moonlit world of crime, poverty, and desperation.

Returning to Toronto, Lewis lived a double life: by day, he was a psychology student; and by night, he stole

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addicted Brain

from homes and laboratories to get

high. Thirty-four years

on, Lewis is a

neuroscientist, and he

studies the brains of

troubled children. But

he never forgets that

he was once one of

those kids — and that,

no matter how many

scientific conferences

he attends, he always

will be. In this

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mesmerising memoir,

Lewis recounts his

relationship with

drugs from the inside

out, giving a

revelatory analysis of

the chemical changes

in his brain that

sustained his

addiction. This is not

just the story of a man

who found his calling

while fighting a habit

that crossed

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brought him in contact with the wilder edges of life. It is also a penetrating, powerful analysis of addiction, offering a fascinating insight into the human brain, and what drives it to self-destruction.

Marc Lewis's relationship with drugs began in a New

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England boarding
school where, as a
bullied and homesick
fifteen-year-old, he
made brief escapes
from reality by way of
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and LSD and heroin.

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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 addiction, desperation, deception, and crime. But unlike most addicts, Lewis recovered and

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applies his
professional expertise
to a study of his
former self, using the
story of his own
journey through
addiction to tell the

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sculpting a synaptic network dedicated to one goal—more—at the expense of everything else.

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Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the "disease model" of

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establishment and

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branded addiction a

brain disease. But in

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Lewis makes a

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convicted 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

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cooperating. As a
result, most treatment
based on the disease
model fails. Lewis
shows how treatment
can be retooled to
achieve lasting
recovery. This is
enlightening and
optimistic reading for
anyone who has
wrestled with
addiction either
personally or

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A scientific explanation of addiction by a leading neuroscientist looks at how and why people become addicts and discusses advances in prevention and treatment.

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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

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A former college dropout and
neuroscientist
examines his
former life on
drugs
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

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addicted, 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

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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

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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

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addicted 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,

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Applied Brain

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

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offers crucial new insight into how we can solve the epidemic of abuse.

Examines His

Former Life On Drugs

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

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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 newsÑthis notion

has been around for

many years. What

Hijacked Brains offers

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is context and Brain

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

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A 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

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bad choices and personal weakness, thereby impeding political and/or health-related efforts to get the addict what she needs to recover.

For anyone trying to overcome an addiction, living with someone with an addiction, or helping someone with an

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drug and alcohol
addicts eventually
realize, good
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aren't enough to
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habits. However,
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managed once its true
nature is understood.
This simple yet
profound guidebook
takes you step-by-

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behaviors that create

lasting change. An

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psychiatrist,

neurologist, and

addiction specialist,

Dr. Walter Ling has

worked with

thousands of addicts,

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addicted brain, and

fellow clinicians. His

no-nonsense, no-

judgment approach,

which he calls the

“neuroscience of
common sense,”

advocates holistic

methods to prevent

relapse and establish

new patterns to create

a sustainable,

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