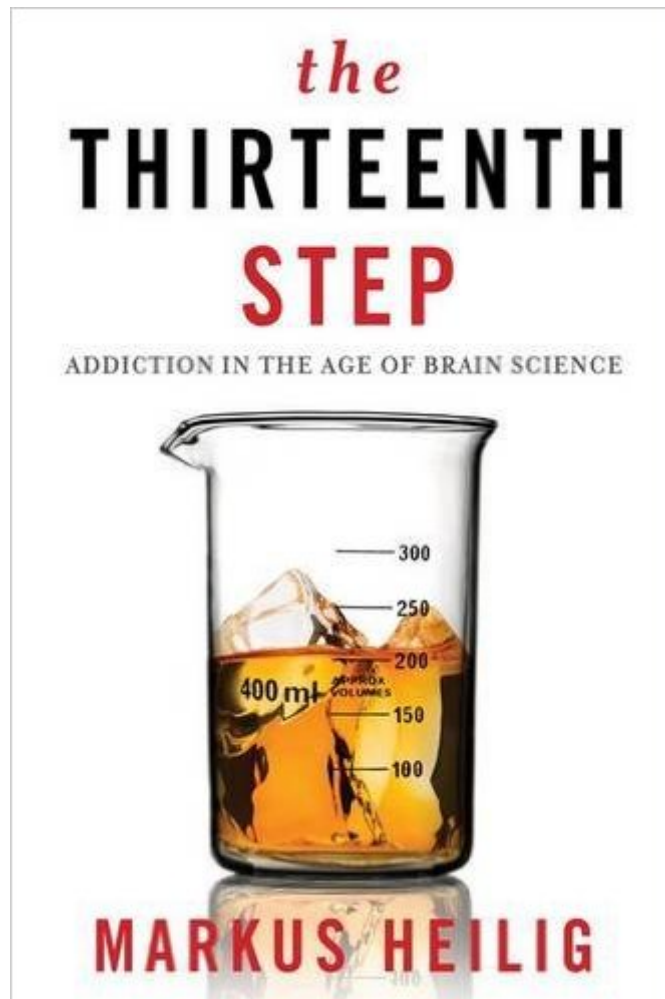


The book was found

# 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The past thirty years have witnessed a revolution in the science of addiction, yet we still rely on outdated methods of treatment.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

Hardcover: 320 pages

Publisher: Columbia University Press; 1 edition (May 12, 2015)

Language: English

ISBN-10: 0231172362

ISBN-13: 978-0231172363

Product Dimensions: 6.1 x 1.1 x 8.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #227,940 in Books (See Top 100 in Books) #18 in [Books > Medical Books > Pharmacology > Neuropsychopharmacology](#) #61 in [Books > Medical Books > Psychology > Psychopharmacology](#) #63 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Psychopharmacology](#)

## 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.

[Download to continue reading...](#)

Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating The Thirteenth Step: Addiction in the Age of Brain Science Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat,

poker, blackjack) Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Million Dollar Ebay Business From Home - A Step By Step Guide: Million Dollar Ebay Business From Home - A Step By Step Guide HTML5 Step by Step (Step by Step Developer) Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step)

[Dmca](#)