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Principles of Addiction The Sugar Addict's Total Recovery Program Functional MRI The Neuroscience of Addiction Neuroimaging in Psychiatry Women and Addiction Food Cravings and Addiction Why Can't I Stop Eating? NIDA Notes Yoga Journal Substance and Non-Substance Related Addictions Learning Factors in Substance Abuse The Craving Mind Neuroimaging in Addiction Directory of Spoken-word Audio Cassettes National Library of Medicine Audiovisuals Catalog Learning Directory of Spoken-word Audio Cassettes Neuropathology of Drug Addictions and Substance Misuse Volume 1 The Addictive Behaviors Problems of Drug Dependence, 1994: Plenary session symposia and annual reports Problems of Drug Dependence Yoga Journal NIDA Research Monograph Drug Discovery for the Treatment of Addiction Yoga Journal Yoga Journal Words on Cassette Behavioral Neurobiology of Alcohol Addiction Yoga Journal Yoga Journal Drugs and Addictive Behaviour Nicotine Addiction Cassette Books Yoga Journal Consumer Health & Nutrition Index Problems of Drug Dependence, 1994: Abstracts Problems of Drug Dependence, 1994 Obesity & Bariatric Medicine The Food Addiction Recovery Workbook

Principles of Addiction provides a solid understanding of the definitional and diagnostic differences

between use, abuse, and disorder. It describes in great detail the characteristics of these syndromes and various etiological models. The book's three main sections examine the nature of addiction, including epidemiology, symptoms, and course; alcohol and drug use among adolescents and college students; and detailed descriptions of a wide variety of addictive behaviors and disorders, encompassing not only drugs and alcohol, but caffeine, food, gambling, exercise, sex, work, social networking, and many other areas. This volume is especially important in providing a basic introduction to the field as well as an in-depth review of our current understanding of the nature and process of addictive behaviors. Principles of Addiction is one of three volumes comprising the 2,500-page series, Comprehensive Addictive Behaviors and Disorders. This series provides the most complete collection of current knowledge on addictive behaviors and disorders to date. In short, it is the definitive reference work on addictions. Each article provides glossary, full references, suggested readings, and a list of web resources Edited and authored by the leaders in the field around the globe - the broadest, most expert coverage available Encompasses types of addiction, as well as personality and environmental influences on addiction Designed as a handbook for professionals working in the four major areas of substance abuse, this volume focuses on current research and knowledge regarding the effectiveness of alternative approaches. It includes reviews of current research in each area, specifically examining common ground in etiology, process and treatment. Neuroimaging in Addiction presents an up-to-date, comprehensive review of the functional and structural imaging human studies that have greatly advanced our understanding of this complex disorder. Approaching addiction from a conceptual rather than a substance-specific perspective, this book integrates broad neuropsychological constructs that consider addiction as a neuroplastic process with genetic, developmental, and substance-induced contributions. The

internationally recognized contributors to this volume are leaders in clinical imaging with expertise that spans the addiction spectrum. Following a general introduction, an overview of neural circuitry and modern non-invasive imaging techniques provides the framework for subsequent chapters on reward salience, craving, stress, impulsivity and cognition. Additional topics include the use of neuroimaging for the assessment of acute drug effects, drug-induced neurotoxicity, non-substance addictive behaviors, and the application of imaging genetics to identify unique intermediate phenotypes. The book concludes with an exploration of the future promise for functional imaging as guide to the diagnosis and treatment of addictive disorders. Scientists and clinicians will find the material in this volume invaluable in their work towards understanding the addicted brain, with the overall goal of improved prevention and treatment outcomes for patients. Features a Foreword by Edythe London, Director of the Center for Addictive Behaviors, University of California at Los Angeles. Neuropathology of Drug Addictions and Substance Misuse, Volume One: Foundations of Understanding, Tobacco, Alcohol, Cannabinoids, Opioids and Emerging Addictions provides the latest research in an area that shows that the neuropathological features of one addiction are often applicable to those of others. The book also details how a further understanding of these commonalties can provide a platform for the study of specific addictions in greater depth, all in an effort to create new modes of understanding, causation, prevention, and treatment. The three volumes in this series address new research and challenges, offering comprehensive coverage on the adverse consequences of the most common drugs of abuse, with each volume serving to update the reader's knowledge on the broader field of addiction, while also deepening our understanding of specific addictive substances. Volume One addresses tobacco, alcohol, cannabinoids, and opioids, with each section providing data on the general, molecular/cellular, and structural/functional

neurological aspects of a given substance, along with a focus on the adverse consequences of addictions. Provides a modern approach on the pathology of substances of abuse, offering an evidence based ethos for understanding the neurology of addictions Fills an existing gap in the literature by providing a one-stop-shopping synopsis of everything to do with the neuropathology of drugs of addiction and substance misuse Includes a list of abbreviations, abstracts, applications to other addictions and substance misuse, mini-dictionary of terms, summary points, 6+ figures and tables, and full references in each chapter Offers coverage of preclinical, clinical, and population studies, from the cell to whole organs, and the genome to whole body Known for its uncompromising academic rigour and easy-to-read style and format, Stephen B Klein's Learning is back in its Fifth Edition! New neuroimaging techniques are developing at a break neck pace-every academic journal contains glossy pictures of brain activity corresponding to a particular task emblazoned in glorious technicolor. Discoveries about brain function in psychiatric disorders have been made at an equally rapid rate. However, most books on the subject have been writt Despite persistent warnings from the medical profession about the health risks involved in cigarette smoking, millions of people continue to smoke cigarettes. With contributions from renowned experts, this ground-breaking work defines and explains nicotine addiction as a primary problem or disease, instead of as a habit or risk factor for other diseases. A comprehensive, clinical text on tobacco dependence, this book provides clinicians with essential information on how to diagnose and treat nicotine addicted patients. It also offers the medical, epidemiological and behavioral science backgrounds necessary for understanding the process and dynamics of tobacco dependence. Following the traditional format of medical texts, the book first covers etiology, pathogenesis and complications, then diagnosis and treatment, and finally public health and prevention. Part One presents an overview of the biological, psychological

and social factors that contribute to nicotine dependence including such topics as a description of nicotine delivery systems, psychopharmacology, economics, natural history and epidemiology, mortality, morbidity, and environmental tobacco smoke exposure. The second part offers practical guidelines and tools for treating nicotine dependence and describes a stepped-care treatment model with brief interventions that can be easily integrated into routine medical practice. This section also covers the role of psychopharmacologic and formal treatment programs, the treatment of smokeless tobacco addiction, and treating nicotine dependence in pregnant women and in people with medical illnesses, other chemical dependencies, or psychiatric disorders. The last section focuses on worksite and community intervention programs and summarizes the research on smoking patterns and history in women, Blacks, Hispanics, youth, and older adults, and shows how intervention and prevention programs could be made more effective in these groups. Written by the nation's leading tobacco control researchers and clinicians, this important work contains new and critical information not previously available. Functional imaging has the capability to reveal changes in the pathophysiology of tissues and organ systems, mapping the progression and severity of disease, uptake of drugs, and the recovery of tissues following trauma, disease episodes or surgery. In this authoritative new work, leading specialists in neurology and neuroimaging present an update For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. The question how alcohol alters mood states and why this may end up becoming an addiction is puzzling alcohol researchers since decades. In this volume, an assembly of highly

distinguished experts and leaders in alcohol addiction research provides lucid presentations of the current knowledge and research challenges as well as interesting viewpoints on future research directions aimed to stimulate communication and convergence between clinical and preclinical researchers, and to renew interest in the vibrant field of alcohol addiction research among a wide scientifically minded audience. Five Current Topics are discussed in this volume: Neurobiological mechanisms of alcoholism, Genetics, Clinical phenotypes and their preclinical models, Brain imaging, and Translational approaches for treatment development, both pharmacological and non-pharmacological. These areas have in our opinion brought alcohol research substantially forward and influenced our thinking about how to reach our common paramount goal, namely to offer effective treatment solutions for an extensive group of patients with largely unmet medical needs. For many years, addiction research focused almost exclusively on men. Yet scientific awareness of sex and gender differences in substance use disorders has grown tremendously in recent decades. This volume brings together leading authorities to review the state of the science and identify key directions for research and clinical practice. Concise, focused chapters illuminate how biological and psychosocial factors influence the etiology and epidemiology of substance use disorders in women; their clinical presentation, course, and psychiatric comorbidities; treatment access; and treatment effectiveness. Prevalent substances of abuse are examined, as are issues facing special populations. This book reviews the myriad of elements that layer substance abuse disorder, a significant public health issue. It addresses the strong stigma associated with the disease, particularly in regard to the doctor patient relationships. The book begins by explaining the importance of integrating psychiatric and substance use disorder treatment by demonstrating the efficacy of this treatment model. Subsequent to this are chapters dedicated to specific addiction disorders, including cocaine, opioids,

gambling, food, and sex addictions. Chapters also examine how addiction can differ among various neurobiological, genetic, socioeconomic, and age demographics. The book closes with histories, policies, and modalities of drug use which serve as a key component to building a foundation for effective and ethical health policy. Written by international experts in addiction psychiatry, Substance and Non-Substance Related Addictions: A Global Approach is a valuable resource for all practitioners seeking to expand their knowledge of addiction medicine. Combines classic theories with current neuroscientific studies to explain the addiction cycle, focusing on neuroimaging studies and applications. Building on the science of nutrition that she outlined in her bestselling book, Potatoes Not Prozac, Dr. Kathleen DesMaisons now presents the first complete, in-depth dietary plan for living with-and healing-sugar sensitivity. She explains exactly how you can free your mind and body from the tyranny of sugar and shake off the exhaustion, mental fogginess, and mood swings that sugar dependence causes. Revealing the various ways sugar addiction affects both men and women, and the unique methods for healing it, Dr. DesMaisons encourages you to custom-tailor her simple program to fit your lifestyle and includes information on • How to integrate a “slow-carbs not low-carbs” strategy into your diet • Why regular protein is essential and how to get it with every meal • What to eat when a sugar craving strikes • How to get the nutrition you need on the run-even at fast-food restaurants • How to find an exercise program you’ll enjoy • Ten breakfasts you can prepare in a flash • Menus and recipes for every lifestyle and taste Practical, hands-on, and reader friendly, The Sugar Addict’s Total Recovery Program will transform your life by helping you eat right-starting today! A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them We are all vulnerable to addiction. Whether it’s a compulsion to constantly check social media, binge eating, smoking,

excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life. For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. With addiction a key target for drug discovery efforts, this book fills an important and timely need for medicinal chemists who need to understand complex neuroscience issues. The author illustrates medicinal chemistry's prominent role in treating addiction and covers specific drugs of abuse including narcotics, stimulants, depressants, nicotine, and marijuana.

- Interprets complex neuro- biological and pharmacological information, like the drug-reward system, for medicinal chemists
- Emphasizes neurotransmitters and neurochemical mechanisms of addictive drugs
- Pulls together information on the many potential drug targets for treating addiction
- Stresses unique medicinal chemistry problems when describing pharmacology testing methods and drug development

Isn't it time you got off the diet treadmill? In The Food

Addiction Recovery Workbook, physician Carolyn Coker Ross offers the proven-effective Anchor Program™ to help you curb cravings, end body dissatisfaction, manage stress and emotions without food, and truly satisfy your soul. When it comes to addiction, abstinence isn't always the answer—and with food addiction, this is especially true. And yet, for decades nutritional experts have dissected the problem of obesity, and the result has been a series of recommendations about what and how much to eat. When “eating too much fat” was thought to cause obesity, grocery store shelves exploded with low-fat products. Next came the low carb craze that led us to fear eating all carbohydrates, and with it came another assortment of fad products and diets. This pattern has repeated numerous times—and it never seems to be helpful! If you're struggling with obesity or food addiction, you've probably been told that you must deprive yourself of certain foods in order to lose weight. You may have also been convinced—by the media and by our culture—that if you finally become thin your life will be better, you'll be happier, and your suffering will come to an end. The problem is—it's not all about the food. It's about how food is used to self-soothe, to numb ourselves against the pain of living or to cope with stress and unresolved emotions. Even as your waist whittles away, the problems that caused your food addiction won't disappear. The Anchor Program™ approach detailed in this workbook is not about dieting. It's about being anchored to your true, authentic self. When you find your unique anchor, you will relate better to your body, you will know intuitively how to feed your body, and you will reach the weight that's right for you. Anyone who's been on the diet treadmill—losing and regaining lost weight—will admit that losing weight doesn't instantly bring health or happiness. That's because losing weight is a red herring for the real issue, the misuse of food to solve a problem that has nothing to do with food. This book offers a whole-person approach that blends practical information on managing stress and regulating emotions

without relying on food. If you're ready to uncover the true cause of your food addiction, you'll finally be able to embrace a balanced diet and reach the weight that's right for you. This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Why can't I stop eating? If, like millions of others, you often ask yourself this question, you may be addicted to food. The food you eat may be precisely what makes you crave more...and more. This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Debbie Danowski, whose food addiction nearly ruined her life, and Peter Lazaro combine forces to give readers a full understanding of this debilitating condition: its sources, patterns, consequences, and physiological underpinnings. Unlike fad diets and drugs with their side effects, hidden costs, and infamous failure rates, the program outlined in this book goes to the root cause of chronic overeating and puts the tools for a lifelong cure into the hands of anyone willing to accept responsibility for a healthy, happy future. For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they

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disorders. For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

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