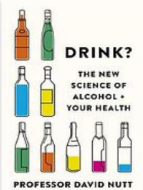


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1



Drink? : The New Science of Alcohol and Your Health

Authors: [David Nutt](#)

 **Print Book 2021**
London, UK: Hodder & Stoughton, 2021.

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Addiction

Drugs

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Stigma

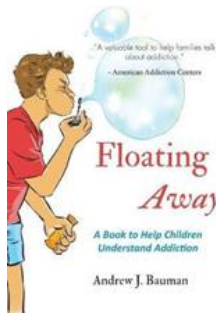
Alcohol



Upstream: how to solve problems before they happen

New York Times bestselling author Dan Heath explores how to prevent problems before they happen, drawing on insights from hundreds of interviews with unconventional problem solvers. So often in life, we get stuck in a cycle of response. We put out fires. We deal with emergencies. We stay downstream, handling one problem after another, but we never make our way upstream to fix the systems that caused the problems. Cops chase robbers, doctors treat patients with chronic illnesses, and call-center reps address customer complaints. But many crimes, chronic illnesses, and customer complaints are preventable. So why do our efforts skew so heavily toward reaction rather than prevention? Upstream probes the psychological forces that push us downstream - including "problem blindness," which can leave us oblivious to serious problems in our midst. And Heath introduces us to the thinkers who have overcome these obstacles and scored massive victories by switching to an upstream mindset. One online travel website prevented twenty million customer service calls every year by making some simple tweaks to its booking system. A major urban school district cut its dropout rate in half after it figured out that it could predict which students would drop out - as early as the ninth grade. A European nation almost eliminated teenage alcohol and drug abuse by deliberately changing the nation's culture. And one EMS system accelerated the emergency-response time of its ambulances by using data to predict where 911 calls would emerge - and forward-deploying its ambulances to stand by in those areas. Upstream delivers practical solutions for preventing problems rather than reacting to them. How many problems in our lives and in society are we tolerating simply because we've forgotten that we can fix them?

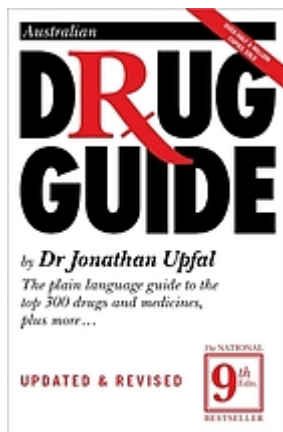
Drug Use and Dependence or Addiction



Floating away: a book to help children understand addiction

Addiction can be an incredibly difficult subject for parents and caregivers to discuss with children, who are often the ones most impacted by it. This book provides an avenue for dialogue with the over 18 million children who are affected by addiction in America. It follows a simple metaphor of addiction as the main character, Sam, is swept away in a bubble. At first, he is curious and excited, but he slowly becomes bored and isolated, encounters a devastating storm, and, finally, tries to find his way back home to his family. His journey symbolizes the struggle of addiction in a way children can understand.

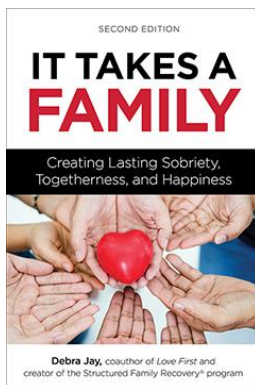
Drugs



Australian drug guide: the plain language guide to the top 300 drugs and medicines, plus more

Before you take any medication, make sure you know the facts. The fully revised and updated ninth edition of Australian Drug Guide brings you nearly 1000 pages of up-to-the-minute information that could mean the difference between life and death for you or someone you know. In plain English, Dr Jonathan Upfal offers practical advice you can trust about the most used drugs in Australia- what the drug is for, how it works in your body, how to take the drug, what to do if you miss a dose, how long before you can expect to benefit from taking it, severe and minor side effects, things you must tell your doctor before taking the drug, when you should not take the drug, chemical names and drug classes, all brand names and if a cheaper generic version is available. Australian Drug Guide also includes a safety checklist for age, pregnancy, breastfeeding, sport, driving, alcohol, pre-existing conditions and interactions with other medications. In Australian Drug Guide, you'll find the answers to all your questions about the medicines prescribed for you and your family. If you value your health, you can't afford to be without this easy-to-use reference.

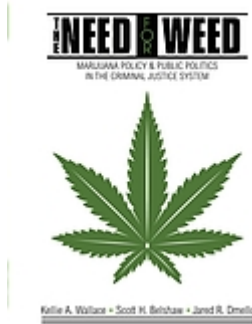
Family



It takes a family: creating lasting sobriety, togetherness, and happiness

As a companion to Love First, the classic guide to family intervention, It Takes a Family delivers a proven method for families and friends to step beyond the initial intervention and reinvent their relationships as part of a family recovery team. In straightforward, compassionate language, Debra Jay offers readers a structured model that shows family members and friends how they can work together to overcome the obstacles many people with addiction face in their initial recovery. Through easy-to-follow strategies and exercises, family members learn about and address the challenges of enabling, denial, and pain while developing their communication skills and embracing the joy that comes from healthier and happier relationships.

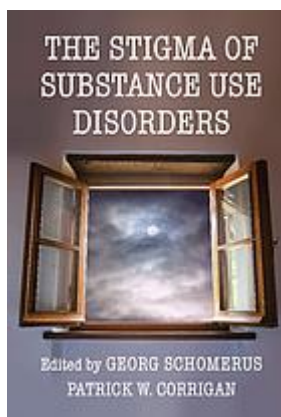
Policy



The need for weed: marijuana policy & public politics in the criminal justice system

"Cannabis is everywhere! Whether you call it weed, pot, or marijuana, cannabis by any other name is still cannabis. From your stereotypical street drug dealer to medical cannabis dispensaries to courtrooms across America, we cannot escape the hot buzz that is weed. While it may be hot, it is nothing new; since being made illegal over a hundred years ago, proponents of its use and benefits have rallied and advocated for its declassification as an illicit substance, upon deaf ears until very recently. Individuals' states and companies have been making moves to decriminalize and regulate this drug. The ongoing debates and public discourse associated with cannabis legalization have broader implications for criminal justice policy and social equity in the United States. The Need for Weed: Marijuana Policy and Public Politics in the Criminal Justice System addresses the impact of cannabis policy on crime and policing, as well as its impact on social justice and public policy more broadly.

Stigma



The stigma of substance use disorders

Stigma and discrimination of people with substance use disorders (SUD) contribute massively to the harm done by their condition: stigma has negative effects on service engagement, life opportunities, and personal shame, both for those who struggle with substance abuse and their families. Overcoming the stigma of substance use disorders is essential to aid recovery in those with SUD. This book provides an in-depth understanding of the stigma of SUD and proposes ways to overcome it in different settings from the criminal justice system to healthcare. Combining a multitude of viewpoints within a consistent theoretical framework, this book both summarizes the latest evidence and gives hands-on advice and future directions on how to combat the stigma of SUD. People with lived experience of SUD, advocates, family members, policy makers, providers and researchers in the field of addiction stigma will greatly benefit from reading this book.