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Topics of new eBooks

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|-------------------------|--------------------|---------------|
| Alcohol | FASD | Sober Curious |
| Cannabis | Harm Reduction | Sport |
| Community | Law / Legalisation | Suicide |
| Criminal Justice | LBGTIQ | Treatment |
| Drug use and | Policy | Vaping |
| Dependence/Addiction | Prescription Drugs | Wellness |
| Dual Diagnosis | Psychedelics | Workplace |
| Drug Testing / Checking | Rehab & Recovery | Youth |
| Family | Schools/Training | |

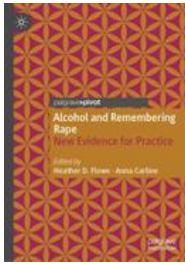
ADF Library New eBooks 2022

Alcohol



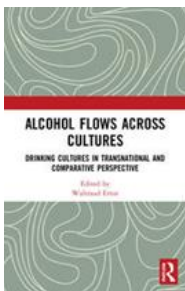
Alcohol and cancer: proceedings of the Third International Conference

Compiles the most up-to-date research on the role of alcohol consumption in carcinogenesis, from epidemiology to pathology metabolism and stem cells. Delves into the effects of alcohol consumption and thyroid cancer, CD133+ progenitor cells, carcinogenic iron accumulation, developmental morphogens, and cancer-inducing epigenetic changes. Edited and written by experts and a variety of graduate students, young scientists, and researchers.



Alcohol and remembering rape: new evidence for practice

This book examines how alcohol intoxication impacts upon the memory of rape victims and provides recommendations for how best to investigate and prosecute such rape complaints. An estimated 75% of victims are under the influence of alcohol during a sexual assault and yet there is surprisingly little guidance on conducting interviews with complainants who were alcohol-intoxicated during the attack. This book will provide a distinctive, rigorous, and important contribution to knowledge by reviewing the evidence base on the effects of alcohol on memory performance. The book brings together a range of academics from various disciplines, including psychology, law, and criminology, and it discusses the implications for practice based on consultation with various criminal justice practitioners, including police officers, barristers who defend and prosecute rape cases and policy makers.

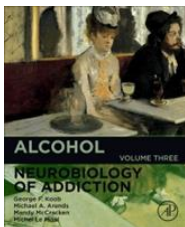


Alcohol flows across cultures: drinking cultures in transnational and comparative perspective

This book maps changing patterns of drinking. Emphasis is laid on the connected histories of different regions and populations across the globe regarding consumption patterns, government policies, economics and representations of alcohol and drinking.

Its transnational perspective facilitates an understanding of the local and global factors that have had a bearing on alcohol consumption and legislation, especially on the emergence of particular styles of ‘drinking cultures’. The comparative approach helps to identify similarities, differences and crossovers between particular regions and pinpoint the parameters that shape alcohol consumption, policies, legal and illegal production, and popular perceptions.

With a wide geographic range, the book explores plural drinking cultures within any one region, their association with specific social groups, and their continuities and changes in the wake of wider global, colonial, and postcolonial economic, political, and social constraints and exchanges.



Alcohol: neurobiology of addiction

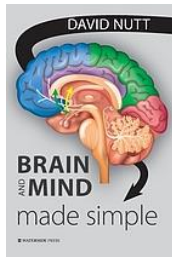
A current survey and synthesis of the most important findings in our understanding of the neurobiological mechanisms of addiction is detailed in our Neurobiology of Addiction series, each volume addressing a specific area of addiction. Alcohol, Volume 3 in the series, explores the molecular, cellular, and neurocircuitry systems in the brain responsible for alcohol addiction using the heuristic three-stage cycle framework of binge/intoxication, withdrawal/negative affect, and preoccupation/anticipation.



Alcoholism sourcebook

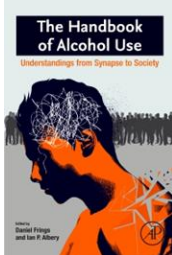
Alcoholism is a specific type of addiction and alcohol is considered to be the most commonly used substance in the United States. Various researchers show that American alcohol use habits can be unhealthy and most people in the United States consider alcohol consumption as a coping mechanism that can turn into disorder overtime. According to the 2019 statistics provided by the National Survey on Drug Use and Health (NSDUH), it is reported that about 85.6 percent of people aged 18 and over have consumed alcohol at some point of their lifetime. The statistics also show that about 15 million people aged 12 and older are affected by alcohol use disorder (AUD).

Alcoholism Sourcebook, Sixth Edition provides detailed information about alcoholism, its consequences, effects, and treatment. It explains the psychosocial factors in alcoholism, binge drinking, underage drinking, and the physical effects of alcohol abuse such as cardiovascular disease, neuropathy, alcohol-induced liver disease and so on. This book also describes the alcohol’s effect on reproductive and fetal health, the alcohol-associated mental-health problems such as anxiety, stress, and suicide along with treatment methods such as counselling, long-term support, and detoxification.



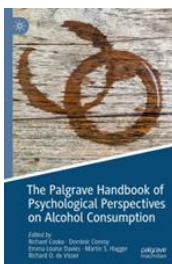
Brain and mind made simple

For students old and new, Brain and Mind Made Simple makes sense of the brain, mind, and consciousness. The book is packed with examples, patient histories and explanations, exploring for instance the strange case of Phineas Gage who survived brain injury but with a new personality. An expert, scientific and highly accessible guide.



The handbook of alcohol use: understandings from synapse to society

Alcohol use is complex and multifaceted. Our understanding must be also. Alcohol use, both problematic and not, can be understood at many levels – from basic biological systems through to global public health interventions. To provide the multi-level perspective needed to address this complexity, the Handbook of Alcohol Use draws together an eclectic set of authors, including both researchers and practitioners, to examine the causes, processes, and effects of alcohol consumption. Specifically, this book approaches the topic from biological, individual cognition, small group/systems, and domestic/global population perspectives. Each examines alcohol use differently and each offers its own ways to combat problematic behaviour. While these alternative viewpoints are sometimes construed as incompatible or antagonistic, the current volume also explores how they can be complimentary. In summary, the Handbook of Alcohol Use brings together an international group of experts to explore how alcohol use can be understood from various perspectives and how these conceptualizations relate. In doing so, it allows us to understand alcohol consumption, and our responses to it, more from an account which spans ‘from synapse to society’.



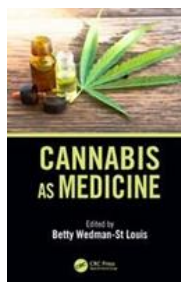
The Palgrave handbook of psychological perspectives on alcohol consumption

This Handbook provides a broad and comprehensive overview of psychological research on alcohol consumption. It explores the psychological theories underpinning alcohol use and misuse, discusses the interventions that can be designed around these theories, and offers key insight into future developments within the field.

A range of international experts assess the unique factors that contribute to alcohol-related behaviour as differentiated from other health-related behaviours. They cover the theory and context of alcohol consumption, including possible implications of personality type, motivation and self-regulation, and cultural and demographic factors. After reviewing the evidence for psychological theories and predictors as accounts for alcohol consumption, the book goes on to focus on external influences on consumption and interventions for reducing alcohol consumption, including those based on purchasing and consumption behaviour, technologies such as personalised feedback apps, and social and media phenomena such as “Dry January” and “Hello Sunday Morning”. It brings together cutting-edge contemporary research on alcohol consumption in childhood and adolescence, including topics such as managing offers or drinks, “pre-drinking”, online identities, how children develop their beliefs about alcohol and how adolescents discuss alcohol with their parents. The book also offers a rounded presentation of the tensions involved in debates around the psychological impacts of alcohol use, discussing its role in helping people to socialise and unwind; as well as recognising the possible negative impacts on health, education, and relationships.

This book will be of interest to academics, policymakers, public health officials, practitioners, charities, and other stakeholders interested in understanding how alcohol affects people psychologically. This book will also be a key resource for students and researchers from across the social sciences.

Cannabis

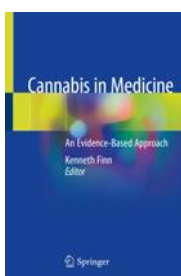


Cannabis as medicine

For hundreds of years cannabis has been used as a therapeutic medicine around the world. Cannabis was an accepted medicine during the second half of the 19th century, but its use declined because single agent pain medications were advocated by physicians who demanded standardization of medicines. It was not until 1964 when the chemical structure of THC (delta 9-tetrahydrocannabinol) was elucidated, and its pharmacological effects began to be understood.

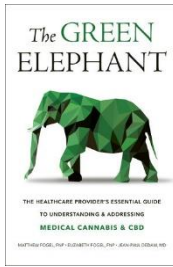
Numerous therapeutic effects of cannabis have been reviewed, but cannabis-based medicines are still an enigma because of legal issues. Many patients could benefit from cannabinoids, terpenoids and flavonoids found in *Cannabis sativa* L. These patients suffer from medical conditions including chronic pain, chronic inflammatory diseases, neurological disorders, and other debilitating illnesses.

As more states are legalizing medical cannabis, prescribers need a reliable source which provides clinical information in a succinct format. This book focuses on the science of cannabis as an antioxidant and anti-inflammatory supplement. It discusses cannabis uses in the human body for bone health/osteoporosis; brain injury and trauma; cancer; diabetes; gastrointestinal conditions; mental health disorders; insomnia; pain; anxiety disorders; depression; migraines; eye disorders; and arthritis and inflammation. There is emphasis on using the whole plant — from root to raw leaves and flowers discussing strains, extraction and analysis, and use of cannabis-infused edibles.



Cannabis in medicine: an evidence-based approach

Legalization of marijuana is becoming increasingly prominent in the United States and around the world. While there is some discussion of the relationship between marijuana and overall health, a comprehensive resource that outlines the medical literature for several organ systems, as well as non-medical societal effects, has yet to be seen. While all physicians strive to practice evidence-based medicine, many clinicians aren't aware of the facts surrounding cannabis and are guided by public opinion. This first of its kind book is a comprehensive compilation of multiple facets of cannabis recommendation, use and effects from a variety of different perspectives. Comprised of chapters dedicated to separate fields of medicine, this evidence-based guide outlines the current data, or lack thereof, as well as the need for further study. The book begins with a general overview of the neurobiology and pharmacology of THC and hemp. It then delves into various medical concerns that plague specific disciplines of medicine such as psychiatry, cardiology, gastrointestinal and neurology, among others. The end of the book focuses on non-medical concerns such as public health and safety, driving impairment and legal implications. Comprised of case studies and meta-analyses, *Cannabinoids in Medicine: An Evidence-Based Approach* provides clinicians with a concise, evidence-based guide to various health concerns related to the use of marijuana. By addressing non-medical concerns, this book is also a useful resource for professionals working in the public health and legal fields.



Green elephant the healthcare provider's essential guide to understanding and prescribing medical cannabis and cbd to their patients

The Green Elephant is the comprehensive resource for healthcare providers and patients on the use of medical cannabis and CBD. Studies have suggested that while a majority of healthcare providers support medical cannabis, they feel under-educated on the matter. With over 3 million active medical cannabis patients in the US and growing, the need for more information is vital. Based on extensive research and medical expertise, The Green Elephant seeks to be the ultimate resource to help demystify cannabis-based therapy. The Green Elephant presents the history, biology, chemistry, and pharmacological effects of cannabis-based therapy. The book also presents the facts about cannabis in regard to ethics in practice, its legal history, and current regulatory status to enable healthcare professionals to better serve their patients.

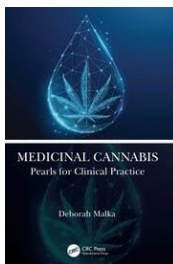


Medicinal cannabis and CBD in mental healthcare

This book functions as a clinician’s guide to the use of cannabidiol (CBD) in the treatment of mental health conditions. It conveys the scientific evidence of efficacy of CBD as well as THC and addresses the social stigma attached to its medical use.

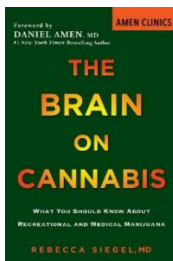
The book describes the endocannabinoid system, how stress and the endocannabinoid system interact and key constituents, pharmacokinetics, and safety aspects of medicinal cannabis, focusing on CBD and THC. Chapters on specific mental health conditions describe the underpinning pathomechanisms including how the endocannabinoid system is involved and summarises the scientific evidence including animal and human research for the use of CBD and THC in treatment of such conditions. Topics covered include anxiety, depression, post-traumatic stress disorder, insomnia, Alzheimer's Disease, and autism spectrum disorder. Chapters also discuss treatment guidelines and case studies.

Unique and focused, Medicinal Cannabis and CBD in Mental Healthcare is an invaluable reference for medical practitioners seeking to adopt CBD-use in their treatment plans.



Medicinal cannabis: pearls for clinical practice

This book provides instruction for health professionals wanting to gain knowledge about the clinical aspects of cannabis medicine. How to use cannabis with real patients, not just theoretically, its pitfalls and challenges, as well as rewards, is a vastly under-covered topic. Now that some form of medical cannabis is approved in almost all US states, health care providers and patients Need to Know how to achieve maximum benefits by best use of this versatile herbal medicine.



The brain on cannabis: what you should know about recreational and medical marijuana

From the Amen Clinics, America’s frontline resource for brain health and treatment of brain injury, comes the most comprehensive and myth-busting guide yet on marijuana use and its effects on the brain-including how to effectively talk to young people about recreational marijuana use. For more than 25 years, the renowned Amen Clinics has been a frontline resource for brain health ...NOW they TACKLE all your questions about how marijuana affects your brain-and the brain of your child. Since marijuana became legal in many states, people of all ages are using it for pain relief and treatment of a variety of illnesses and ailments. But is it safe? In this comprehensive book, renowned psychiatrist and licensed prescriber of medical marijuana Dr. Rebecca Siegel delivers the most complete guide yet about the benefits and risks of using marijuana today. Based on the latest scientific research, this easy-to-read book busts all the myths and helps you navigate the sometimes confusing and often-changing world of marijuana. Within these pages you’ll discover a wealth of invaluable information, including- Why medical

marijuana is vastly different than CBD and recreational marijuana-especially when it comes to children and teenagers. Evidence-based information on how cannabis is being used to treat an array of ailments and conditions. The difference between various marijuana delivery systems, including edibles. Why those who may be genetically vulnerable to psychiatric disorder, including depression and anxiety, should exercise caution when using marijuana. How to talk to teens or young adults about recreational marijuana use in a way that brings you closer. How marijuana affects mood, productivity, and overall brain health. Long-term vs. short-term risks for teens, adults, and older adults With a foreword by renowned psychiatrist and brain health expert Dr. Daniel Amen, *The Brain on Cannabis* reveals everything you ever wanted to know about marijuana so you can make informed decisions for yourself-and your loved ones.

Community



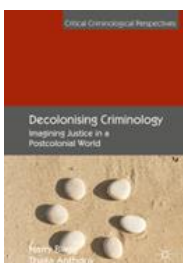
Field guide for research in community settings: tools, methods, challenges and strategies

This insightful book offers practical advice to fieldworkers in social research, enabling robust and judicious applications of research methods and techniques in data collection. It also outlines data collection challenges that are commonly faced when working in the field.

Authors address key strategies to tackle the major challenges to fieldwork, including advice on using indigenous or innovative skills and making intelligent use of the advantages already available within standard research methodologies. International contributors provide a hands-on account of research methodologies as applied in the field, with particular focus on research ethics and community culture and interactions. The book offers a number of useful case studies, featuring examples of the application of research techniques in different cultural and socio-economic contexts.

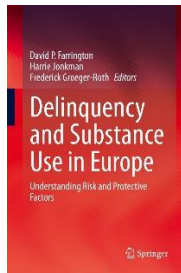
Utilizing an innovative and dynamic 'storytelling' method, this book will be a useful research tool for fieldworkers engaging in social science research in community settings, as well as students in the field learning the core techniques of fieldwork.

Criminal Justice



Decolonising criminology: imagining justice in a postcolonial world

This book undertakes an exploratory exercise in what we call postcolonial criminology; by which we mean criminology that places the colonial matrix of power at the centre of inquiry. While the substance of the book is concerned with criminal justice in settler colonies, the issues raised have wider relevance as they are concerned with the challenges posed for criminology, and kindred disciplines of the Anglo-sphere, by a new era where racialised forms of social control are reshaping criminal justice across the globe. This era, however, is also marked by the growing strength and resilience of countervailing forces from outside the Anglo-sphere who are intent on dismantling colonial structures of power.

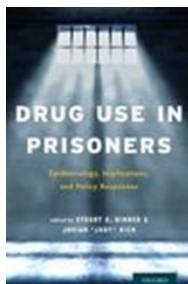


Delinquency and substance use in Europe: understanding risk and protective factors

This book examines the use of "Communities That Care" (CTC) interventions in European countries. It reports results obtained by using the CTC Youth Survey in five European countries covering different parts of Europe: Great Britain, the Netherlands, Germany, Croatia, and Cyprus. The main aim of the book is to compare

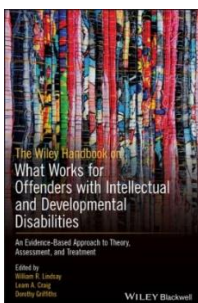
- the prevalence of delinquency and substance use
- the prevalence of key risk and protective factors
- the strength of relationships between risk and protective factors and delinquency and substance use, in these five European countries.

The chapters in this book compare similarities and differences between the countries, possible explanations of these, and the implications of the results for theories and for intervention policy and practice. Additionally, it provides evidence about the replicability over time and place of the strength of relationships between (i) risk and protective factors and (ii) delinquency and substance use. In turn, this increases confidence in the generalizability of criminological theories over time and place. It will be of interest to researchers and practitioners in criminology and criminal justice, particularly those with an interest in developmental and life-course criminology, juvenile delinquency, and substance use, as well as crime prevention and intervention.



Drug use in prisoners: epidemiology, implications, and policy responses

The majority of people who experience incarceration have a history of harmful alcohol, tobacco, and/or illicit drug use. Some discontinue use of these substances while in custody. Others—notably including some people who inject drugs—continue to use drugs in prison, typically in avoidably high-risk circumstances. Rapid relapse to risky substance use after release from prison is common and is associated with a range of health and social problems, and increased risk of both death and reincarceration. Effective measures to reduce the incarceration of people who use drugs, and to minimize drug-related harms both in prison and after release from custody, are urgently required. However, the evidence base to inform effective responses remains weak, and implementation of evidence-based responses remains patchy. Drawing on the expertise of 40 authors from 10 countries, this book reviews what is known about the epidemiology of substance use in people who experience incarceration. It presents what is known about the health, social, and criminal justice consequences of harmful substance use in this population and discusses key policy reforms that have the potential to achieve better health outcomes. In addition to reviewing what is known, the book identifies key knowledge gaps and makes recommendations for future research.



The Wiley handbook on what works for offenders with intellectual and developmental disabilities

Brings together the growing amount of evidence on the assessment and treatment of offenders with intellectual and developmental disabilities. Written by a team of international experts, this comprehensive and informative book provides a contemporary picture of evidence-based practice for offenders with intellectual and developmental disabilities. By adopting a scientist-practitioner position directed at an academic level with practitioner guidelines, it provides a valuable reference source for professionals from allied disciplines who are using or seeking to apply research for this client group.

The Wiley Handbook of What Works for Offenders with Intellectual and Developmental Disabilities: An Evidence Based Approach to Theory, Assessment and Treatment is divided into five sections: Introduction, Phenotypes & Genotypes and Offending Behavior, Validated Assessments, Treatment, and Conclusions. The Introduction offers an overview of the entire book and is followed by a second overview covering the ethics of evidence-based practice. After that come chapters on protecting the rights of people with

intellectual disabilities in correctional settings, and behavioral and cognitive phenotypes in genetic disorders associated with offending. The third part of the book studies the assessment of individuals with anger and violence issues, inappropriate sexual behaviour, alcohol abuse, and emotional difficulties. Next comes a section that looks at how offenders can be treated. The final section discusses future directions and requirements for offenders with intellectual and developmental disabilities.

- Provides an overview of the ethical challenges and issues faced by those who work with intellectually and developmentally disabled offenders
- Focuses on proof of treatment effectiveness and validation of assessment methods to direct readers toward "What Works"
- Features contributions from authors across the entire English-speaking world including the UK, US, Canada, Australia, and New Zealand

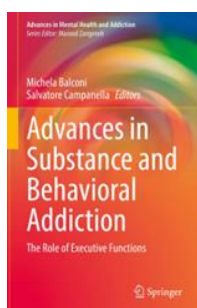
The Wiley Handbook of What Works for Offenders with Intellectual and Developmental Disabilities: An Evidence Based Approach to Theory, Assessment and Treatment will appeal to all who work in the field of offenders with intellectual and developmental disabilities, including nursing staff, social workers and probation officers, medical and psychology staff, and more.

Drug Use and Dependence/Addiction



Addiction

Substance addiction is a chronic, relapsing disorder characterized by a compulsion to take a substance despite potential consequences. Addiction, second edition offers a clear and succinct overview of the brain science underpinning substance addiction. Focusing on the nature of addiction as a brain disorder, this resource discusses a range of different behavioural traits such as impulsivity and reward dependence and looks at the critical role of kinetic and pharmacological factors. All chapters have been fully updated to provide readers with a quick-reference guide to the latest research on pharmacological and non-pharmacological treatments for addiction and feature helpful key points and further reading sources. In addition, two new chapters on nicotine addiction and appetite hormones have been added to ensure the reader is kept abreast of the most recent discussions in the field of research.



Advances in substance and behavioral addiction the role of executive functions

This book deals with recent perspectives on the panel of addiction behaviour in a vast amount of population (young and adult). Thanks to the contribution of experts of the topic of addiction the volume will furnish new perspectives to formulate assessment, diagnosis, and intervention in response to the increasing variety of addictions. It focuses the assessment of executive functions in substance and behavioral addictions. More specifically, this assessment consists of a new approach not only inherent to the diagnosis, but also to the treatment and prevention of addictions. In fact, there is a strict relationship between executive functions (EF) and addictive behaviour: EF plays a remarkable role in significant phenomena for the treatment of addictions, such as craving, relapse and compliance to treatment.



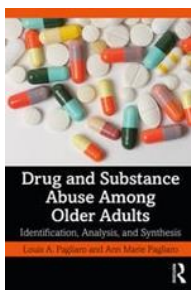
Cravings and Addictions Free Yourself from the Struggle of Addictive Behavior with Acceptance and Commitment Therapy

Cravings--those intense desires for certain substances or behaviors with the aim of feeling pleasure and satisfaction--are at the root of all addictive behaviors. Knowing how to manage cravings is the key to avoiding the pitfalls of addiction and staying firmly on the path to recovery. This book offers practical strategies to overcome cravings--from food and drugs to alcohol and smoking--using acceptance and commitment therapy (ACT) for a healthy, values-driven, and addiction-free life.



Drinking, drug use and addiction in the autism community

What is the connection between autism and addiction? Why are individuals with autism more likely to develop a substance use disorder than the general population? Until recently, substance use disorder (SUD) was considered rare among those with autism spectrum disorder (ASD). This book brings together current research and personal accounts from individuals with autism and their supports. It explores why addiction is more common among individuals with ASD and investigates how addiction and autism affect one another. The authors also provide strategies for supporting people with both ASD and SUD.

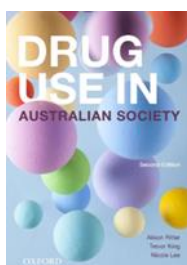


Drug and substance abuse among older adults: identification, analysis, and synthesis

Drug and Substance Abuse Among Older Adults provides a timely, comprehensive overview and analysis of the silent epidemic of drug and substance abuse involving elderly Americans.

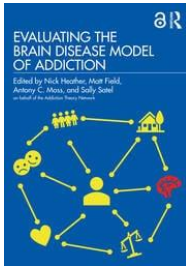
Combining the authors' individual 50-plus years of formal academic and clinical experience, the book presents a critical reflective analysis and synthesis of the published research associated with older adult psychotropic drug use and abuse in the United States. Chapters delineate related causes and consequences and provide the reader with guidance on how to minimize and effectively deal with this significant and growing problem. Related professional reminders throughout each chapter emphasize and remind readers of important basic content and principles, while common misbeliefs regarding specific abusable psychotropics and their use by older adults are debunked and corrected. Also included are carefully developed figures and tables to supplement chapter content along with explicit guides and tools to facilitate the assessment and diagnosis of abusable psychotropic dependence or use disorder.

Health and social care professionals in the U.S. will learn to assess and diagnose abusable psychotropic dependence or use disorders among older adults and to provide clients quickly and accurately with appropriate, efficacious, and empirically validated treatment.



Drug use in Australian society

Drug Use in Australian Society, second edition, brings together and outlines all the relevant concepts, theories, and practices pertinent to understanding alcohol and other drug use in Australian society. It introduces the history of drug use in Australian society, outlines theoretical perspectives and explores public policy responses to drug use. It also has a focus on drug policy in action by exploring responses to prevention, treatment, legal issues, regulation, and policing.

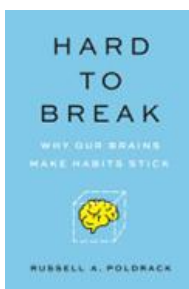


Evaluating the brain disease model of addiction

This ground-breaking book advances the fundamental debate about the nature of addiction. As well as presenting the case for seeing addiction as a brain disease, it brings together all the most cogent and penetrating critiques of the brain disease model of addiction (BDMA) and the main grounds for being sceptical of BDMA claims.

The idea that addiction is a brain disease dominates thinking and practice worldwide. However, the editors of this book argue that our understanding of addiction is undergoing a revolutionary change, from being considered a brain disease to a disorder of voluntary behaviour. The resolution of this controversy will determine the future of scientific progress in understanding addiction, together with necessary advances in treatment, prevention, and societal responses to addictive disorders. This volume brings together the various strands of the contemporary debate about whether or not addiction is best regarded as a brain disease. Contributors offer arguments for and against, and reasons for uncertainty; they also propose novel alternatives to both brain disease and moral models of addiction. In addition to reprints of classic articles from the addiction research literature, each section contains original chapters written by authorities on their chosen topic. The editors have assembled a stellar cast of chapter authors from a wide range of disciplines – neuroscience, philosophy, psychiatry, psychology, cognitive science, sociology, and law – including some of the most brilliant and influential voices in the field of addiction studies today.

The result is a landmark volume in the study of addiction which will be essential reading for advanced students and researchers in addiction as well as professionals such as medical practitioners, psychiatrists, psychologists of all varieties, and social workers.



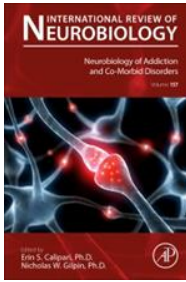
Hard to break: why our brains make habits stick

The neuroscience of why bad habits are so hard to break—and how evidence-based strategies can help us change our behaviour more effectively

We all have habits we'd like to break, but for many of us it can be nearly impossible to do so. There is a good reason for this: the brain is a habit-building machine. In *Hard to Break*, leading neuroscientist Russell Poldrack provides an engaging and authoritative account of the science of how habits are built in the brain, why they are so hard to break, and how evidence-based strategies may help us change unwanted behaviors.

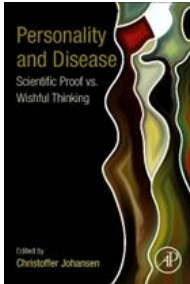
Hard to Break offers a clear-eyed tour of what neuroscience tells us about habit change and debunks “easy fixes” that aren’t backed by science. It explains how dopamine is essential for building habits and how the battle between habits and intentional goal-directed behaviors reflects a competition between different brain systems. Along the way, we learn how cues trigger habits; why we should make rules, not decisions; how the stimuli of the modern world hijack the brain’s habit machinery and lead to drug abuse and other addictions; and how neuroscience may one day enable us to hack our habits. Shifting from the individual to society, the book also discusses the massive habit changes that will be needed to address the biggest challenges of our time.

Moving beyond the hype to offer a deeper understanding of the biology of habits in the brain, *Hard to Break* reveals how we might be able to make the changes we desire—and why we should have greater empathy with ourselves and others who struggle to do so.



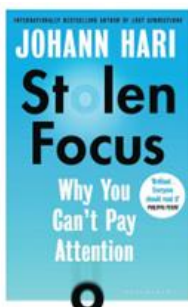
Neurobiology of addiction and co-morbid disorders

Neurobiology of Addiction and Comorbid Disorders, Volume 156, in the International Review of Neurobiology series, highlights new advances in the field of neurobiology, with this new volume presenting interesting chapters on topics such as Pain + Alcohol, Pain + Opioids, Traumatic Stress + Alcohol, Traumatic Stress + Cannabinoids, Traumatic Brain Injury and the Misuse of Alcohol, Opioids, and Cannabis, Depression + Addiction, Microbiome/cytokines + Addiction, Cognitive disorders + Alcohol, Neural stem cells, Neurogenesis and Addiction, Food Addiction, and Poly-drug Addiction.



Personality and disease: scientific proof vs. wishful thinking

A tremendous amount of research has been performed looking at the relationship between personality and disease. Research on this topic has been spread throughout scientific journals on psychology, behavioral health, psychoneuroimmunology, oncology, and epidemiology. Personality and Disease brings this research together in one place for the first time. With contributions from world experts, the book summarizes research findings on personality as it relates to cancer, heart disease, diabetes, asthma and allergies, dementia, and more. Is there such a thing as a cancer-prone personality? Do sadness, anger, stress, or shyness affect the likelihood that we will fall ill to specific diseases? Can we protect ourselves from disease through a positive outlook? This book will address both what we know, and what we persist in believing despite evidence to the contrary, and why such beliefs persist in the face of evidence.



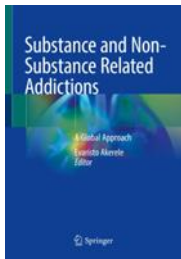
Stolen focus: why you can't pay attention, and how to think deeply again

Our ability to pay attention is collapsing. From the New York Times bestselling author of Chasing the Scream and Lost Connections comes a ground-breaking examination of why this is happening--and how to get our attention back.

In the United States, teenagers can focus on one task for only sixty-five seconds at a time, and office workers average only three minutes. Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions--even abandoning his phone for three months--but nothing seemed to work. So, Hari went on an epic journey across the world to interview the leading experts on human attention--and he discovered that everything we think we know about this crisis is wrong.

We think our inability to focus is a personal failure to exert enough willpower over our devices. The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit. Hari found that there are twelve deep causes of this crisis, from the decline of mind-wandering to rising pollution, all of which have robbed some of our attention. In Stolen Focus, he introduces readers to Silicon Valley dissidents who learned to hack human attention, and veterinarians who diagnose dogs with ADHD. He explores a favela in Rio de Janeiro where everyone lost their attention in a particularly surreal way, and an office in New Zealand that discovered a remarkable technique to restore workers' productivity.

Crucially, Hari learned how we can reclaim our focus--as individuals, and as a society--if we are determined to fight for it. Stolen Focus will transform the debate about attention and finally show us how to get it back.

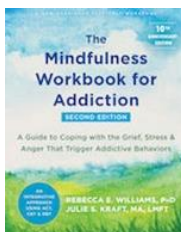


Substance and non-substance related addictions: a global approach

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.



The mindfulness workbook for addiction: a guide to coping with the grief, stress and anger that trigger addictive behaviors

Break the addiction cycle once and for all with this powerful and compassionate workbook—now fully revised and updated!

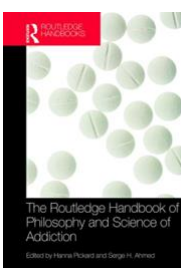
If you struggle with addiction, know that you are not alone. Addictive behaviors are often the result of loss—the loss of a job, the death of a loved one, or even the end of a romantic relationship. If you’re like many others, you may have turned to drugs, alcohol, or other troubling behaviors to avoid the pain of loss. But this only delays the healing process and can ultimately lead to a destructive cycle that leaves you feeling trapped. So, how can you break free?

This second edition of The Mindfulness Workbook for Addiction will help you identify the root of your addictive behaviors while providing healthy coping strategies to deal with the stress, anxiety, and depression that can come from experiencing a loss. With these powerful mindfulness exercises and lifestyle tips, you will be able to replace addictive behaviors with healthy behaviors to begin healing.

This workbook will help you:

- Determine the function your addiction is serving
- Develop healthy coping skills for dealing with loss
- Accept your thoughts and emotions
- Avoid addiction “triggers”
- Heal broken relationships and build a support system

No matter the loss, the mindfulness skills in this workbook will allow you to process your grief and replace your addiction with healthy coping behaviors.



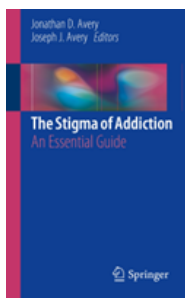
The Routledge handbook of philosophy and science of addiction

The problem of addiction is one of the major challenges and controversies confronting medicine and society. It also poses important and complex philosophical and scientific problems. What is addiction? Why does it occur? And how should we respond to it, as individuals and as a society?

The Routledge Handbook of Philosophy and Science of Addiction is an outstanding reference source to the key topics, problems, and debates in this exciting subject. It spans several disciplines and is the first collection of its kind. Organised into three clear parts, forty-five chapters by a team of international contributors examine key areas, including:

- the meaning of addiction to individuals
- conceptions of addiction
- varieties and taxonomies of addiction
- methods and models of addiction
- evolution and addiction
- history, sociology, and anthropology
- population distribution and epidemiology
- developmental processes
- vulnerabilities and resilience
- psychological and neural mechanisms
- prevention, treatment, and spontaneous recovery
- public health and the ethics of care
- social justice, law, and policy.

Essential reading for students and researchers in addiction research and in philosophy, particularly philosophy of mind and psychology and ethics, *The Routledge Handbook of Philosophy and Science of Addiction* will also be of great interest to those in related fields, such as medicine, mental health, social work, and social policy.



The stigma of addiction: an essential guide

This book explores the stigma of addiction and discusses ways to improve negative attitudes for better health outcomes. Written by experts in the field of addiction, the text takes a reader-friendly approach to the essentials of addiction stigma across settings and demographics. The authors reveal the challenges patients face in the spaces that should be the safest, including the home, the workplace, the justice system, and even the clinical community. The text aims to deliver tools to professionals who work with individuals with substance use disorders and lay persons seeking to combat stigma and promote recovery.

The *Stigma of Addiction* is an excellent resource for psychiatrists, addiction medicine specialists, students across specialties, researchers, public health officials, and individuals with substance use disorders and their families.



The urge: our history of addiction

An authoritative, illuminating, and deeply humane history of addiction — a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives — by an addiction psychiatrist striving to understand his own family and himself.

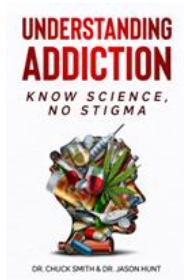
Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding — let alone addressing effectively.

As a psychiatrist-in-training fresh from medical school, Fisher was soon face-to-face with his own addiction crisis, one that nearly cost him everything. Desperate to make sense of the condition that had plagued his family for generations, he turned to the history of addiction, learning that the current quagmire is only the latest iteration of a centuries-old story: humans have struggled to define, treat, and control addictive behaviour for most of recorded history, including well before the advent of modern science and medicine.

A rich, sweeping history that probes not only medicine and science but also literature, religion, philosophy, and sociology, *The Urge* illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavoured to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled

with their own addictions. He also examines the treatments and strategies that have produced hope and relief for many people with addiction, himself included. Only by reckoning with our history of addiction, he argues — our successes and our failures — can we light the way forward for those whose lives remain threatened by its hold.

The Urge is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician's urgent call for a more expansive, nuanced, and compassionate view of one of society's most intractable challenges.



Understanding Addiction Know Science, No Stigma

Understanding Addiction: Know Science, No Stigma is a must-read for those suffering from the tragic effects of drugs and alcohol. In Understanding Addiction: Know Science, No Stigma, doctors Chuck Smith and Jason Hunt bring a unique and important perspective to the subject of addiction. Experts in the field, Smith and Hunt have personal, firsthand experience with the humiliation and shame that accompanies substance use disorder. But addiction, as they point out, is a disease, no less so than diabetes or heart disease, and it needs to be treated as such. If you, or a loved one, is struggling with addiction, you'll find help in Smith and Hunt's book. When one understands the science behind addiction, one can begin to move forward. Beyond the stigma lies hope. In this short but powerful book, Smith and Hunt discuss the science involved in substance abuse disorder as well as: Risk Factors Screening and Intervention Detox Treatment Strategies Pros and Cons of AA Long-Term Success From both personal experience as well as professional expertise, Smith and Hunt know their subject intimately.



When a Loved One Is Addicted How to Offer Hope and Help

In When a Loved One Is Addicted, get practical advice, trusted research, definitions, causes, and solutions to helping a loved one recover from addiction.

You can be free of the harmful effects of a loved one's addiction Dr. Gregory Jantz believes every person can find a unique pathway through powerlessness, fear, guilt, shame, and despair back into the light and fresh air of freedom because God is the Great Healer, for whom anything is possible.

Discover ways to:

- Recognize the difference between compassion and co-dependency
- Identify signs and symptoms of addictions, as well as types of addictions
- Make your own health and wellbeing a priority
- Stop enabling your loved one's addiction
- Set boundaries and stick to them
- Hold a positive, productive intervention
- Find the right kind of treatment program
- Support your loved one in treatment and beyond

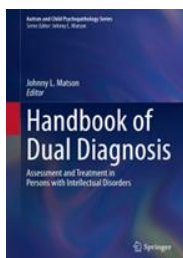
By grounding yourself in a clear understanding of what addiction is, how and why it takes hold in someone's life, and how to protect yourself while maintaining your love for them, you'll be far better equipped to offer appropriate help. This book will help you gain the awareness you need to move forward in truth and grace, to succeed at what you can do: love the addict unconditionally and be a positive presence in their life, guided by healthy boundaries that protect everyone.

Dual Diagnosis



Dual Diagnosis During Pregnancy, Prenatally and into Motherhood

When considering issues relating to dual diagnosis and motherhood, it is crucial to view them through a gendered lens. Substance use and mental health are often described as wider forms of multiple disadvantages, along with domestic and sexual abuse, homelessness, criminal justice involvement and poverty. Research shows us that these issues often intersect: One in every 20 women have experienced extensive physical or sexual violence and abuse across their life course (compared to one in every 100 men); Of these women, more than half have a common mental health condition, one in five have been homeless and one in three have an alcohol problem (Scott and McManus, 2016); Up to 50% of women with a dual diagnosis have experienced sexual abuse (Royal College of Psychiatrists, 2002). As well as gender, other issues such as a woman's race/ethnicity, immigration status, sexuality, socio-economic position and experiences living with disability, all impact experiences of multiple disadvantage (AVA and Agenda, 2018). In addition, many women experiencing multiple disadvantage will be mothers, and will have had varying experiences of children's social care involvement.



Handbook of dual diagnosis assessment and treatment in persons with intellectual disorders

Examines comorbid behaviour problems and mental health disorders in persons with intellectual disabilities (ID). Discusses dual diagnosis and ethics, diagnostic systems, mental health disorders, challenging behaviors, and genetics. Explores clinical issues (e.g., services, education, risk factors, functional assessment). Addresses a broad range of disorders in persons with ID (e.g., anxiety, depression, ASD, ADHD, dementia)

Drug Testing / Checking



An introduction to testing for drugs of abuse

An Introduction to Testing for Drugs of Abuse presents a distilled set of facts about the major drugs of abuse that are encountered in clinical practice. Individual chapters highlight the similarities in chemical structure, mechanism of action, and physiologic effects of each drug group, as well as their metabolism, therapeutic uses and potential for misuse or abuse. Special attention is given to the testing process, with an emphasis on interpretation of test results.

Informative and entertaining cases appear at the end of each chapter. These cases illustrate the many situations in which drug testing is performed for medical, legal and employment purposes.

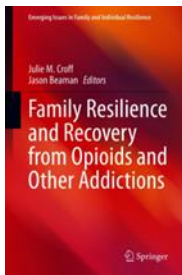
Written in clear, concise language, this book provides practical guidance to pathologists, clinical chemists and technologists who are responsible for reporting and interpreting the results of drug analyses. It will be especially useful to residents and students who are learning about toxicology for the first time. Clinical practitioners – doctors, nurses, pharmacists, and other health care professionals – will find the information they need to order and interpret drug tests accurately.

Family



Daddy Goes to Meetings

Kids who have lived with the chaos of addiction are often relieved, but just as often confused, when a parent enters recovery. This enlightening picture book explores the positive change in a family's life after Daddy enters recovery with a surprisingly light touch for a tough subject. Fully illustrated, with predictive rhyming text for emergent readers, Daddy Goes to Meetings helps kids see just why a parent needs meetings and addresses their curiosity about what goes on there.



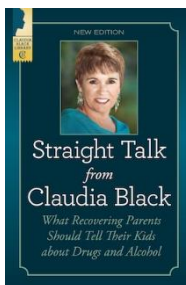
Family resilience and recovery from opioids and other addictions

Describes the relationship between family resilience and recovery from substance abuse. Addresses neuroscience-informed psychoeducation and training for opioid use disorder. Explores etiology of substance use disorders on the family system. Discusses protections for workers from opioid misuse. Examines resilience in addiction recovery. Facilitates the development of evidence-based resilience practices, programs, and policies.



Our Daddy Was a Heroin Addict

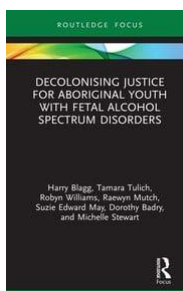
He often appeared amusing to family and friends alike. Daddy was seen as a very cool guy by many people. Of course, I looked up to him. However, secretly, I didn't expect Daddy to be around for very long. As I continued to get to know more and more of Daddy, this very troubled and dark side of him began to emerge. I hadn't yet realized that we're all very complicated and complex beings. Thus, Daddy became frightful to himself, as well as to me. Something about his behaviors became off-kilter.



Straight talk from Claudia Black: what recovering parents should tell their kids about drugs and alcohol

Talking with your kids about alcohol use, drug use, and addiction can be difficult for any parent. For recovering parents, conversations with your children about drug use and abuse are even more complex, urgent, and personal. Here, with her characteristic intelligence and sensitivity, foremost recovery author Claudia Black provides clear direction and gentle support for discussing your past addiction with your children. In Straight Talk from Claudia Black, you will meet five very different families and explore with Dr. Black how each of the parents handled discussions about recovery, relapse, and their children's own vulnerability to addiction. Dr. Black also addresses the latest research on genetics and addiction as well as practical prevention strategies for raising resilient children.

FASD

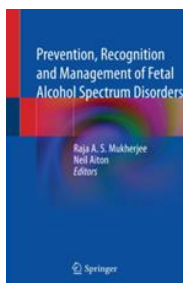


Decolonising justice for aboriginal youth with fetal alcohol spectrum disorders

This book reflects multidisciplinary and cross-jurisdictional analysis of issues surrounding Fetal Alcohol Spectrum Disorders (FASD) and the criminal justice system, and the impact on Aboriginal children, young people, and their families.

This book provides the first comprehensive and multidisciplinary account of FASD and its implications for the criminal justice system – from prevalence and diagnosis to sentencing and culturally secure training for custodial officers. Situated within a ‘decolonising’ approach, the authors explore the potential for increased diversion into Aboriginal community-managed, on-country programmes, enabled through innovation at the point of first contact with the police, and non-adversarial, needs-focussed courts. Bringing together advanced thinking in criminology, Aboriginal justice issues, law, paediatrics, social work, and Indigenous mental health and well-being, the book is grounded in research undertaken in Australia, Canada, and New Zealand. The authors argue for the radical recalibration of both theory and practice around diversion, intervention, and the role of courts to significantly lower rates of incarceration; that Aboriginal communities and families are best placed to construct the social and cultural scaffolding around vulnerable youth that could prevent damaging contact with the mainstream justice system; and that early diagnosis and assessment of FASD may make a crucial difference to the life chances of Aboriginal youth and their families.

Exploring how, far from providing solutions to FASD, the mainstream criminal justice system increases the likelihood of adverse outcomes for children with FASD and their families, this innovative book will be of great value to researchers and students worldwide interested in criminal and social justice, criminology, youth justice, social work, and education.



Prevention, recognition and management of fetal alcohol spectrum disorders

This book presents clinical assessment and management solutions for those people who are exposed to Alcohol in Pregnancy. Over the last few decades, we have begun to understand the enduring effects of prenatal alcohol exposure on the developing fetus. The consequence of prenatal alcohol exposure - Fetal Alcohol Spectrum Disorders is a lifelong disorder and affects children and adults. It is a condition which is significantly under-recognised for many reasons. Assessment and diagnosis requires the input of multiple different professionals, and referral pathways are often poorly developed or non-existent. Information to support and guide these professionals in practical ways, what to do and how to help, remains limited. This book seeks to fill some of that gap by offering professionals, clear and useable research-based information and guidance that will help in their practice whilst also being a useful resource for anyone new to this increasingly recognised area of work.

The book is divided into four broad areas bringing together chapters authored by experts in their field including those with lived experiences. Part one focuses on presenting an overview of the condition, and approaching women about their alcohol use and risk followed by part two focusing more around diagnostic issues. Part three follows with management advice, and part four revolves around policy and health prevention in general. Each chapter is designed to offer insight but also practical tips and support in an accessible manner. The book offers an essential guide for a broad range of health and social care professionals working with this condition.



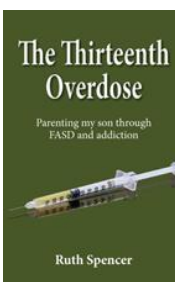
Evaluating fetal alcohol spectrum disorders in the forensic context: a manual for mental health practice

Provides mental health clinicians with diagnostic protocols and practical procedures for use in a variety of forensic settings or clinical contexts. Incorporates protocols used in legal matters ranging from rights waiver and competency to capital murder and sexual offending. Details guidelines for interviewing birth mothers about the delicate topic of substance use during pregnancy. Introduces a methodology for use in absence of alcohol exposure confirmation to arrive at a sound diagnostic conclusion.



Prenatal alcohol exposure: a clinician's guide

Prenatal Alcohol Exposure: A Clinician's Guide provides comprehensive, clinically relevant information for mental health practitioners and professionals in educational, vocational, legal, child welfare, and correctional settings who may encounter individuals with a hidden disability that compromises their success in career, family, and life. The author is a noted scholar and clinician in the field of fetal alcohol spectrum disorder (FASD), and the book fills a glaring gap in the training literature on prenatal alcohol exposure (PAE). Lacking a diagnosis and the professional assistance they so desperately need, people with FASD can experience great frustration and suffering. Many are institutionalized unnecessarily or have entered the criminal justice system. Drawing upon evidence-based research and employing the most current assessment techniques and treatment strategies, the book aims to help the reader understand that pathophysiology is key to interpreting outcomes and that the effects of PAE vary according to the differential impacts of other biopsychosocial factors. The book emphasizes the need for individual clinicians to develop expert knowledge of PAE, rather than create new alternative services or systems to cater to these patients.



The Thirteenth Overdose: Parenting my son through FASD and addiction

Tim is an adult with drug addictions and FASD. Living on the streets, he overdoses so often the first responders know him by name. He steals to buy himself heroin. He serves time, breaches probation, and returns to jail. His health deteriorates. With broken bones, infections, Hep C, and heart failure, Tim gains the help of police and other support systems to triumph over his addiction. In an honest portrayal from a mother's perspective, Spencer puts us in the front seat of her family's struggle with her son's addiction.

Harm Reduction



Drug use and harm reduction

Harm reduction entails policies, programs and practices aimed at reducing the harms associated with the use of psychoactive drugs in people who are unwilling or unable to stop. The focus is on the prevention of harm, rather than on the prevention of drug use itself. Harm reduction has been a principle of Australia's approach to drug use for several decades. However, recent overdose deaths and hospitalisations at music festivals have highlighted the clear harms of illicit drug use and prompted a debate over the introduction of pill testing, with political leaders being reluctant to implement the measure.

This book explores the ethical, legal and medical pros and cons in the debate, with a topical focus on pill testing. Does pill testing give young people a false sense of security and promote further risky drug use, when there is really no safe level at which these substances can be taken? Or are harm reduction approaches such as pill testing and needle and syringe programs simply about saving lives and giving people a safety net? In a perfect world, no one would risk their lives by taking party drugs – but in reality, is harm reduction too bitter a pill to swallow?



Leadership in drug and alcohol abuse prevention: insights from long-term advocates

Leadership in Drug and Alcohol Abuse Prevention blends the wisdom of numerous long-term professionals addressing drug and alcohol issues with helpful strategies and current science.

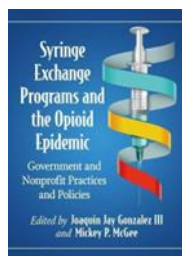
Organized around the Pyramid of Success that emphasizes Competence, Confidence, and Commitment, this book offers practical and grounded approaches for better addressing substance abuse issues. Included are insights from 50 contributors, featuring professional perspectives from practitioners with decades of experience. While issues of substance abuse are not readily solved or cured, they can be better addressed – more effectively, more efficiently, and more appropriately. This timely resource offers a unique blend of science-based strategies and resourceful foundations for implementation.

Designed for those working either directly or indirectly with problems associated with substance use disorders, this book will aid those in a wide variety of settings, whether in schools, communities, business, or government.



Preventing harmful alcohol use

One in three adults has engaged in binge drinking at least once in the previous month, and one in five teenagers has experienced drunkenness by age 15. Harmful patterns of alcohol consumption have far-reaching consequences for individuals, society, and the economy. Using microsimulation modelling, this book analyses the cost of alcohol consumption in 52 countries (including OECD, European Union and G20 countries), showing how alcohol-related diseases reduce life expectancy, increase health care costs, decrease workers' productivity, and lower GDP. While recognising the importance of the alcohol industry in many countries, the report makes a strong economic case for enhancing policies to tackle harmful alcohol consumption.



Syringe exchange programs and the opioid epidemic: government and nonprofit practices and policies

Syringe exchange programs and safe injection services are outside-the-box interventions increasingly being used by governments, nonprofits, and citizens to address dire issues percolating in tandem with America's burgeoning opioid epidemic. People who inject drugs (PWID)-almost a million Americans annually-commonly use painkillers such as heroin and fentanyl, as well as methamphetamine, benzodiazepines, barbiturates, and cocaine. Yet the users themselves are often obscured or marginalized by the bigger picture. This collection of essays covers policies and practices aimed at preventing both opioid-related deaths and related infections of hepatitis and HIV.



Taxing sin

Conventional wisdom dictates that those goods which are said to cause harm or impose costs on society deserve a special tax. For centuries, governments have levied these "sin taxes" on alcohol and tobacco, but the list of taxable sins has now grown to include soda and marijuana, with calls to impose further taxes on plastic bags, meat, and even robots and carbon. Contrary to what experts and policymakers tell us, many of these alleged sins impose very little, if any, cost on society, and the harms that do exist can be minimized without resorting to tax. What follows in this book is a discussion of four case studies—on tobacco, marijuana, alcohol, and soda—which make the case against the conventional wisdom in taxing these "sins", before concluding that when it comes to taxing sin, it is time for governments to forgive—and forget.



Teaching 'proper' drinking? pubs and clubs in Indigenous Australia

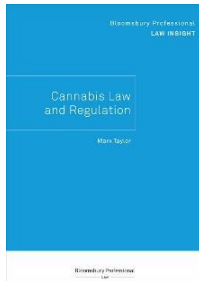
In Teaching 'Proper' Drinking?, the author brings together three fields of scholarship: socio-historical studies of alcohol, Australian Indigenous policy history and social enterprise studies. The case studies in the book offer the first detailed surveys of efforts to teach responsible drinking practices to Aboriginal people by installing canteens in remote communities, and of the purchase of public hotels by Indigenous groups in attempts both to control sales of alcohol and to create social enterprises by redistributing profits for the community good. Ethnographies of the hotels are examined through the analytical lens of the Swedish 'Gothenburg' system of municipal hotel ownership.

The research reveals that the community governance of such social enterprises is not purely a matter of good administration or compliance with the relevant liquor legislation. Their administration is imbued with the additional challenges posed by political contestation, both within and beyond the communities concerned.

'The idea that community or government ownership and management of a hotel or other drinking place would be a good way to control drinking and limit harm has been commonplace in many Anglophone and Nordic countries but has been less recognised in Australia. Maggie Brady's book brings together the hidden history of such ideas and initiatives in Australia ... In an original and wide-ranging set of case studies, Brady shows that success in reducing harm has varied between communities, largely depending on whether motivations to raise revenue or to reduce harm are in control.'

— Professor Robin Room, Director, Centre for Alcohol Policy Research, La Trobe University

Law / Legalisation



Cannabis law and regulation

The business of cannabis is exploding as adult recreational markets open in some of the world's largest economies in defiance of international treaties and governments increasingly approve research to develop medicinal forms of the drug.

Cannabis Law and Regulation is a comprehensive analysis of the changing cannabis laws of more than 50 of the largest and most significant global markets, with insight from legal experts, political and government figures, and public health officials.

Individual legal, compliance and tax issues are covered, where relevant, as the book examines existing recreational and medicinal cannabis laws and regulations, and where and why they are changing. The shift from black market product to regulated entity has legal ramifications for several service industries, from financial services and insurance to farming, cultivation, marketing, IP, copyright, and trademark law.

Cannabis Law and Regulation covers the US, Canada, Uruguay, and other emerging areas where recreational use has been legalised, and the rapidly transforming European, African and Asian landscapes where a rush to become the top global medicinal cannabis hub is taking place.

Where recent court cases, rulings, directives, government initiatives, trials and, in some cases, total decriminalisation have created a patchwork of global markets for participants to navigate and serve, Cannabis Law and Regulation is an essential legal guide.

At approximately 150 pages, criminal and medical law practitioners, consultants, professors, doctors, business executives and drug regulators will find this a crucial, but quick read.



Stoneover: the observed lessons and unanswered questions of cannabis legalization

This book examines the political and social entrepreneurs that champion marijuana decriminalization efforts, their constituents' attitudes toward legalization, the specific successful reform measures at the state level, and the consequent market dynamics in cannabis commerce. Each chapter presents a unique dataset with specific contributions in understanding local and national trends and outcomes of over two decades of cannabis legalization efforts. Using detailed analyses of user data, the contributors tackle social issues like legalization activism in the context of calls to defund the police, the impact of reforms on immigrant communities, the demographic and economic characteristics of legal dispensary customers, medical administrative structures, youth usage, and mortality related to marijuana and other drug use. Combining examples of the interplay of the benefits and costs of decriminalization implementation with an honest discussion of the possible negative aspects of recreational legalization and whom it most harms, this book offers policy makers information for future policy designs with a goal to decrease negative externalities and social inequity.



The marijuana legalization debate

Marijuana use is a controversial topic in America today. Many people want to see it legalized, while others think it should be banned. This informational look at this newsworthy topic examines the debate surrounding marijuana in the 21st century. Its carefully researched narrative considers the medical, legal, and moral sides. It presents statistics, annotated quotes, and sidebars that offer contemporary viewpoints from experts. With the aid of sidebars, graphs, critical thinking questions, and full-colour photographs, readers will gain an understanding about the debate and form their own intelligent opinions.



LBGTIQ

Help! I'm addicted a trans girl's self-discovery and recovery

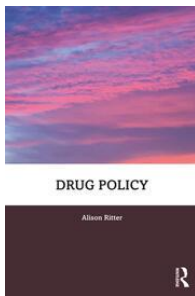
My name is Rhyannon, and I'm an addict.

In 2012, Rhyannon Styles began her gender transition, and attended her first 12-Step meeting - beginning two journeys which changed the course of her life.

Using her personal narrative as a springboard for exploring addiction, recovery, and LGBTQ+ mental health, Rhyannon writes with searing honesty about the complexity of her experiences. The book spans a range of addictions including alcohol, food, sex and relationships, the internet, and narcotics, and highlights the ways in which addiction and the transition process can overlap.

A first-of-its kind narrative, and a powerful account of recovery, this book offers advice, hope and support for those struggling with addiction in its many forms.

Policy



Drug policy

Taking a multidisciplinary perspective (including public health, sociology, criminology, and political science amongst others) and using examples from across the globe, this book provides a detailed understanding of the complex and highly contested nature of drug policy, drug policy making, and the theoretical perspectives that inform the study of drug policy. It draws on four different theoretical perspectives: evidence-informed policy, policy process theories, democratic theory, and post-structural policy analysis.

The use and trade in illegal drugs is a global phenomenon. It is viewed by governments as a significant social, legal, and health problem that shows no signs of abating. The key questions explored throughout this book are what governments and other bodies of social regulation should do about illicit drugs, including drug policies aimed at improving health and reducing harm, drug laws and regulation, and the role of research and values in policy development. Seeing policy formation as dynamic iterative interactions between actors, ideas, institutions, and networks of policy advocates, the book explores how policy problems are constructed and policy solutions selected, and how these processes intersect with research evidence and values. This then animates the call to democratise drug policy and bring about inclusive meaningful participation in policy development in order to provide the opportunity for better, more effective, and value-aligned drug policies.

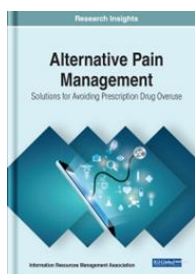
This book will be of great interest to students and scholars of drug policy from a number of disciplines, including public health, sociology, criminology, and political science.



Narrative politics in public policy: legalizing cannabis

This book draws on examples from cannabis policy discourse and elsewhere to illustrate how individuals come to subscribe to a particular policy narrative; how policy narratives evolve; how narratives are employed in public policy discourse to compete with other narratives; and how, on implementation, the winning narrative is performed and subsequently institutionalized. Further, it explores how uncertainty and ambiguity are constants in public policy discourse, and how different factions and groups pursue different goals and aspirations. In the current climate of political reality, disputable facts and contestable goals, this book shows how different coalitions and ideologies use narratives to compete for policy dominance.

Prescription Drugs



Alternative pain management: solutions for avoiding prescription drug overuse

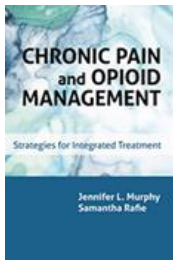
With the growing dependency on prescription drugs and concerns about the rise of opioid addiction, providing effective pain management alternatives is a primary concern for health professionals and all of society. Online tools and alternative therapies are becoming more prevalent in supporting the management of pain and provide treatment opportunities for patients who do not want to rely solely on prescription medication.

Alternative Pain Management: Solutions for Avoiding Prescription Drug Overuse is an essential reference source that provides alternative solutions for managing and treating chronic pain, including through the use of mobile applications, online programs, self-management strategies, and virtual reality. Additionally, the book promotes a further understanding of pain and how it is diagnosed and reviews pharmaceutical accountability when prescribing drugs for pain management. Highlighting a range of topics such as cryotherapy, pain assessment, and prescription tracking, this publication is an ideal reference source for physicians, nurses, hospital staff, surgeons, medical professionals, pharmacists, researchers, academics, and upper-level students.



Beating the Benzo Blues Getting off Benzodiazepines

This book is an easy to follow, three-step guide, to help you safely detox off benzodiazepines with minimal stress and disruption to your daily life. It will first help you identify whether benzodiazepine dependence/addiction is present. It then provides a programme on how to split your current doses to minimise withdrawal; how to changeover to long-acting Diazepam; then slowly detox off it. It is aimed at both individuals and health practitioners.



Chronic pain and opioid management: strategies for integrated treatment

This book presents an integrated approach for concurrently treating chronic pain and opioid use.

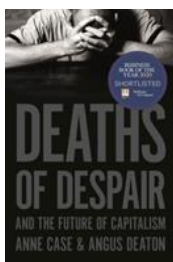
Many patients who suffer from chronic pain are also managing opioid medications. Because this population often requires a higher level of care, it is critical for providers to address pain and opioid management together.

This book presents an integrated healthcare team approach that helps patients manage opioid use in a structured, safe, and supportive environment while also exploring all of the factors that impact the patients' pain experience.

This whole-person approach to care allows for cross-cutting strategies to be applied and maximizes the reduction of suffering.

The behavioral treatment strategies in this book can help providers assist patients who are struggling with chronic pain and have relied on opioids at one point. This includes individuals that are considering de-prescribing, are in the process of opioid tapering, have recently discontinued from opioids, or are currently using opioids effectively for pain.

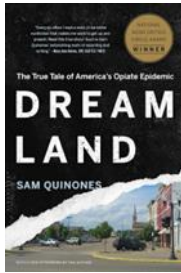
Combining expert clinical guidance with the latest research and practical case examples, the book helps practitioners across healthcare disciplines understand their patients, improve rapport and engagement, and implement treatment strategies to help patients live their best lives.



Deaths of despair and the future of capitalism

This book documents the decline of white-working class lives over the last half-century and examines the social and economic forces that have slowly made these lives more difficult. Case and Deaton argue that market and political power in the United States have moved away from labour towards capital, as unions have weakened and politics have become more favourable to business, corporations have become more powerful.

Consolidation in some American industries, healthcare especially, has brought an increase in monopoly power in some product markets so that it is possible for firms to raise prices above what they would be in a freely competitive market. This, the authors argue, is a major cause of wage stagnation among working-class Americans and has played a substantial role in the increase in deaths of despair. Case and Deaton offer a way forward, including ideas that, even in our current political situation, may be feasible and improve lives.



Dreamland: the story of America's new opiate epidemic

Winner of the NBCC Award for General Nonfiction

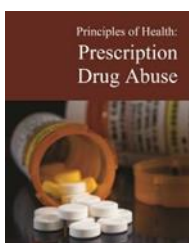
Named on Slate's 50 Best Nonfiction Books of the Past 25 Years, Amazon's Best Books of the Year 2015--Michael Botticelli, U.S. Drug Czar (Politico) Favorite Book of the Year--Angus Deaton, Nobel Prize Economics (Bloomberg/WSJ) Best Books of 2015--Matt Bevin, Governor of Kentucky (WSJ) Books of the Year--Slate.com's 10 Best Books of 2015--Entertainment Weekly's 10 Best Books of 2015 --Buzzfeed's 19 Best Nonfiction Books of 2015--The Daily Beast's Best Big Idea Books of 2015--Seattle Times' Best Books of 2015--Boston Globe's Best Books of 2015--St. Louis Post-Dispatch's Best Books of 2015--The Guardian's The Best Book We Read All Year--Audible's Best Books of 2015--Texas Observer's Five Books We Loved in 2015--Chicago Public Library's Best Nonfiction Books of 2015

From a small town in Mexico to the boardrooms of Big Pharma to main streets nationwide, an explosive and shocking account of addiction in the heartland of America.

In 1929, in the blue-collar city of Portsmouth, Ohio, a company built a swimming pool the size of a football field; named Dreamland, it became the vital centre of the community. Now, addiction has devastated Portsmouth, as it has hundreds of small rural towns and suburbs across America--addiction like no other the country has ever faced. How that happened is the riveting story of Dreamland.

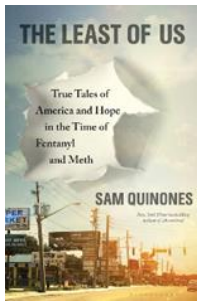
With a great reporter's narrative skill and the storytelling ability of a novelist, acclaimed journalist Sam Quinones weaves together two classic tales of capitalism run amok whose unintentional collision has been catastrophic. The unfettered prescribing of pain medications during the 1990s reached its peak in Purdue Pharma's campaign to market OxyContin, its new, expensive--extremely addictive--miracle painkiller. Meanwhile, a massive influx of black tar heroin--cheap, potent, and originating from one small county on Mexico's west coast, independent of any drug cartel--assaulted small town and mid-sized cities across the country, driven by a brilliant, almost unbeatable marketing and distribution system. Together these phenomena continue to lay waste to communities from Tennessee to Oregon, Indiana to New Mexico.

Introducing a memorable cast of characters--pharma pioneers, young Mexican entrepreneurs, narcotics investigators, survivors, and parents--Quinones shows how these tales fit together. Dreamland is a revelatory account of the corrosive threat facing America and its heartland.



Principles of health. Prescription drug abuse

Principles of Health: Prescription Drug Abuse is an important and timely volume that addresses a serious public health issue in the United States. Prescription drug abuse takes many forms, from taking a friend's painkillers for your backache to misusing pills to lose weight or get high. Although most people take prescription medications responsibly, an estimated 20 million have misused prescription medications in the past year. The three classes of medications most commonly misused are opioids (usually prescribed to treat pain); central nervous system depressants (used to treat anxiety and sleeplessness); and stimulants (most often prescribed to treat attention deficit hyperactivity disorder and narcolepsy).

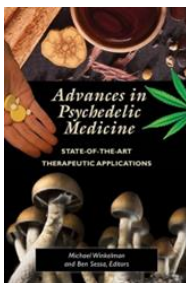


The least of us: true tales of America and hope in the time of fentanyl and meth
 Apple Best Books of 2021 * Finalist for the National Book Critics Circle Award in Nonfiction * Longlisted for the Andrew Carnegie Medal * Shortlisted for the Zocalo Book Prize. From the New York Times bestselling author of Dreamland, a searing follow-up that explores the terrifying next stages of the opioid epidemic and the quiet yet ardent stories of community repair.

Sam Quinones travelled from Mexico to main streets across the U.S. to create Dreamland, a ground-breaking portrait of the opioid epidemic that awakened the nation. As the nation struggled to put back the pieces, Quinones was among the first to see the dangers that lay ahead: synthetic drugs and a new generation of kingpins whose product could be made in Magic Bullet blenders. In fentanyl, traffickers landed a painkiller a hundred times more powerful than morphine. They laced it into cocaine, meth, and counterfeit pills to cause tens of thousands of deaths. At the same time as Mexican traffickers made methamphetamine cheaper and more potent than ever, creating, Sam argues, swaths of mental illness and a surge in homelessness across the United States.

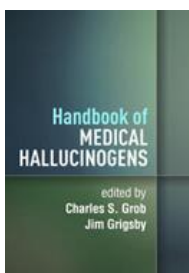
Quinones hit the road to investigate these new threats, discovering how addiction is exacerbated by consumer-product corporations. "In a time when drug traffickers act like corporations and corporations like traffickers," he writes, "our best defence, perhaps our only defence, lies in bolstering community." Amid a landscape of despair, Quinones found hope in those embracing the forgotten and ignored, illuminating the striking truth that we are only as strong as our most vulnerable. Weaving analysis of the drug trade into stories of humble communities, *The Least of Us* delivers an unexpected and awe-inspiring response to the call that shocked the nation in Sam Quinones's award-winning *Dreamland*.

Psychedelics



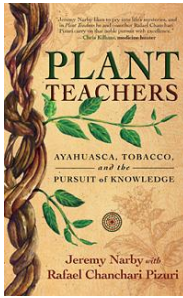
Advances in psychedelic medicine: state-of-the-art therapeutic applications

More than a decade ago, the U.S. government lifted its ban on all testing of psychedelic substances. Winkelman and Sessa now provide updated scientific research and applications of these substances, now moving into approved categories of medicine. The text is an up-to-date assessment of the latest advances in the field of psychedelic medicine, covering the use of LSD, psilocybin, MDMA, ayahuasca, and other substances to augment psychotherapies for a range of disorders. It discusses medical and psychiatric concerns, clinical efficacy and safety, ethical considerations, and neuroscience findings regarding the psychedelic compounds. Topics covered include an overview of psychiatric applications of psychedelics; treatments for addictions and depressive disorders; effects of psychedelics on inflammation and neuroplasticity; evidence for clinical applications of DMT, ayahuasca, and cannabidiol; psychedelic treatment of sociopathic disorders; micro-dosing psychedelics; training psychedelic therapists; and community-based harm reduction approaches to managing psychedelic crises.



Handbook of medical hallucinogens

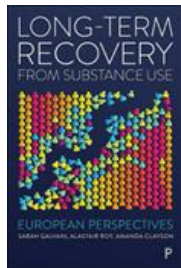
This handbook reviews promising applications of psychedelics in treatment of such challenging psychiatric problems as posttraumatic stress disorder, major depression, substance use disorders, and end-of-life anxiety. Experts from multiple disciplines synthesize current knowledge on psilocybin, MDMA, ketamine, and other medical hallucinogens. The volume comprehensively examines these substances' neurobiological mechanisms, clinical effects, therapeutic potential, risks, and anthropological and historical contexts. Coverage ranges from basic science to practical clinical considerations, including patient screening and selection, dosages and routes of administration, how psychedelic-assisted sessions are structured and conducted, and management of adverse reactions.



Plant teachers: ayahuasca, tobacco, and the pursuit of knowledge

A trailblazing anthropologist and an indigenous Amazonian healer explore the convergence of science and shamanism. “The dose makes the poison,” says an old adage, reminding us that substances have the potential to heal or to harm, depending on their use. Although Western medicine treats tobacco as a harmful addictive drug, it is considered medicinal by indigenous people of the Amazon rainforest. In its unadulterated form, it holds a central place in their repertoire of traditional medicines. Along with ayahuasca, tobacco forms a part of treatments designed to heal the body, stimulate the mind, and inspire the soul with visions. In *Plant Teachers*, anthropologist Jeremy Narby and traditional healer Rafael Chanchari Pizuri hold a cross-cultural dialogue that explores the similarities between ayahuasca and tobacco, the role of these plants in indigenous cultures, and the hidden truths they reveal about nature. Juxtaposing and synthesizing two worldviews, *Plant Teachers* invites readers on a wide-ranging journey through anthropology, botany, and biochemistry, while raising tantalizing questions about the relationship between science and other ways of knowing.

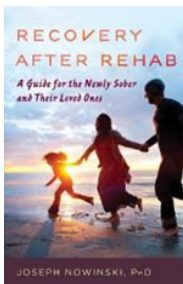
Rehab & Recovery



Long-term recovery from substance use: European perspectives

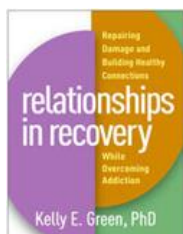
In this much-needed text, leading international experts explore crucial aspects of people’s experience of long-term recovery from substance use.

Centred around the voices of people who use substances, the book examines the complex and continuing needs of people who have sought to change their use of substances, investigating the ways in which personal characteristics and social and systemic factors intersect to influence the lives of people in long-term recovery. With perspectives from Sweden, Norway, Germany, Belgium, Iceland, and the United Kingdom, it also considers the role and needs of family members, and puts forward clear recommendations for improving future research, policy and practice.



Recovery after Rehab A Guide for the Newly Sober and Their Loved Ones

A practical guide that picks up where rehab leaves off, and where the real work of recovery from substance abuse begins. Many of those who suffer the consequences of substance (along with their loved ones) may find relief when the substance abuser agrees to enter rehab or treatment. Too many, however, have also known the pain and disappointment that comes later, with relapse. This book provides a practical guide for both the newly sober and their loved ones for what they can do collaboratively to ensure that what begins with rehab translates into long-term recovery and a more satisfying life-style for all.



Relationships in Recovery: Repairing Damage and Building Healthy Connections While Overcoming Addiction

One of the most devastating aspects of addiction is the damage it causes to relationships—with intimate partners, family, friends, or colleagues. But recovery programs often recommend that you focus solely on sobriety and don’t emphasize the need to rebuild relationships. Psychologist and addictions expert Kelly Green wants to change that. Through her work with hundreds of clients, Dr. Green has learned that social support is key to the recovery process. This compassionate, judgment-free guide shares powerful tools you can use to recognize the differences between healthy and unhealthy relationships, set and maintain boundaries, re-establish emotional intimacy, communicate your feelings and needs, and end harmful relationships respectfully. With inspiring stories and easy-to-use worksheets (you can download and print additional copies as needed), this book lights the way to a life untethered from addiction—and filled with positive connections



The recovery handbook

Millions of lives have been destroyed by addiction. 'The Recovery Handbook: Understanding Addictions and Evidenced-Based Treatment Practices' is a promising tool for those who care for individuals with addictions as well as those who are ready to make new choices for themselves. This practical guide offers a look at statistics, behaviors, short- and long-term effects as well as promising strategies, protocols and programs that can assist the recovering addict. Important topics such as substance abuse, and gambling, sex, and food addictions are included as well. This is a book that will need to be read more than once to fully capture the wealth of information contained within its page. It will quickly become a valuable reference guide for all who seek to understand addictions and related clinical practice.



The right rehab: a guide to addiction and mental illness recovery when crisis hits your family

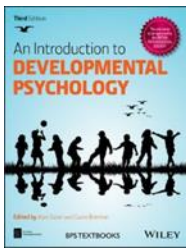
The ultimate 'what you need to know' guide for navigating the confusing world of addiction treatment, insurance coverage, and recovery.

Imagine you are awakened by a call at 3 a.m., informing you that your loved one is in crisis due to addiction or mental illness. Maybe he or she has been incarcerated, hospitalized, or left for dead from an overdose. Who would you turn to and what would you do next?

Walter Wolf got that very call when his own family member was in crisis. There was no playbook, but Walter knew who to call -- a friend in the treatment world who knew exactly what to do. And that got him thinking about the \$42 billion unregulated treatment industry with its share of gifters and 1-800 toll-free call centres standing by to promise you anything to get your credit card number. Who protects the uninitiated terrified to the point of doing anything they're told to save their loved one? Wolf knew something had to change.

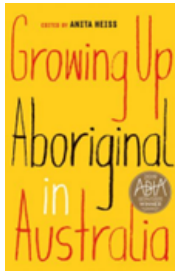
Families hit by addiction like Wolf's needed a "how-to" book on finding the right treatment at the right rehab. Since that book didn't exist, he wrote it himself. From intervention to recovery, The Right Rehab is a step-by-step guide that details how to identify and access treatment options available to all individuals and families, no matter how plentiful or spare their resources. Due to Walter's relationships with the most ethical and renowned professionals in the treatment world, he is able to explain the treatment plan principled experts insist is the most evidence-based, dependable, and customizable for the individual who is fully committed to sobriety. The Right Rehab is for the millions of vulnerable, terrified, and uninitiated families who need to know what to do first, next, and into the future, while protecting them from programs that don't work. No one wants to get that call, but many can see it coming. Arm yourself ahead of time with this clear, concise, and easy-to-follow guide to getting the right help for your loved one.

Schools / Training



An Introduction to Developmental Psychology

An Introduction to Developmental Psychology, 3rd Edition is a representative and authoritative 'state of the art' account of human development from conception to adolescence. The text is organised chronologically and also thematically and written by renowned experts in the field, and presents a truly international account of theories, findings, and issues. The content is designed with a broad range of readers in mind, and in particular those with little previous exposure to developmental psychology.



Growing up Aboriginal in Australia

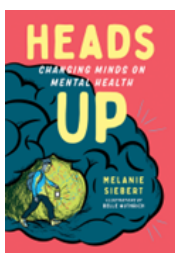
It is quite probable, depending on the location of your school, that your English class will not contain any Aboriginal students. Whilst it is encouraging that mainstream social attitudes to Indigenous identity and culture are changing positively, it is also possible, unfortunately, that some students may have formed negative views about Aboriginal people based on misinformed social attitudes. Therefore, the following introductory activities will have to be handled very positively and tactfully to gain students' interest and involvement without potentially further alienating them.



Growing up in Australia

The ultimate book about growing up in Australia - a choice selection of wonderful stories and recollections. This special collection is the perfect addition to Black Inc.'s definitive 'Growing Up' series. Featuring pieces from Growing Up Asian, Growing Up Aboriginal, Growing Up African, Growing Up Queer and Growing Up Disabled in Australia, it captures the diversity of our nation in moving and revelatory ways.

Growing Up in Australia also features gems from essential Australian memoirs such as Rick Morton's 100 Years of Dirt and Magda Szubanski's Reckoning. Contributors include Tim Winton, Benjamin Law, Anna Goldsworthy, Nyadol Nyuon, Tara June Winch, Miranda Tapsell, Carly Findlay and many more. With a foreword by Alice Pung, this anthology is a wonderful gift for adult and adolescent readers alike.



Heads up: changing minds on mental health

Featuring real-life stories of people who have found hope and meaning in the midst of life's struggles, Heads Up: Changing Minds on Mental Health is the go-to guide for teenagers who want to know about mental health, mental illness, trauma, and recovery. For too long, mental health problems have been kept in the shadows, leaving people to suffer in silence, or worse, to be feared, bullied, or pushed to the margins of society where survival is difficult.

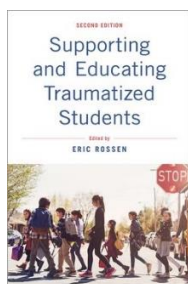
This book shines a light on the troubled history of thinking about and treating mental illness and tells the stories of courageous pioneers in the field of psychiatry who fought for more compassionate, respectful, and effective treatments. It provides a helpful guide to the major mental health diagnoses along with ideas and resources to support those who are suffering. But it also moves beyond a biomedical focus and considers the latest science that shows how trauma and social inequality impact mental health. The book explores how mental health is more than just "in our heads" and includes the voices of Indigenous people who share a more holistic way of thinking about wellness, balancing mind, body, heart, and spirit. Highlighting innovative approaches such as trauma-informed activities like yoga and hip-hop, police mental health teams, and peer support for youth, Heads Up shares the stories of people who are sparking change.



Learning disabilities sourcebook

Learning disabilities are neurological disorders that affect the brain’s ability to process, store, and communicate information. They are widespread, affecting as many as one out of every five people in the United States, according to the U.S. Department of Education. In 2015–16, the number of students ages 3–21 receiving special education services was 6.7 million, or 13 percent of all public-school students. Among students receiving special education services, 34 percent had specific learning disabilities. Learning disabilities directly impact many areas in the lives of those affected, making school difficult, making it hard to obtain and sustain employment, making daily tasks challenging, and even affecting relationships. Yet learning disabilities are invisible obstacles. For this reason, they are often misunderstood, and their impact is often underestimated.

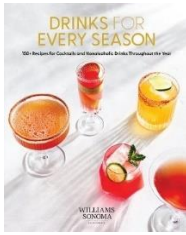
Learning Disabilities Sourcebook, Sixth Edition provides information about dyslexia, dyscalculia, dysgraphia, speech and communication disorders, and auditory and visual processing disorders. It also provides details about other conditions that impact learning, including attention deficit hyperactivity disorder, autism and other pervasive developmental disorders, hearing and visual impairment, and Down syndrome and other chromosomal disorders. The book offers facts about diagnosing learning disabilities, the special education process, and legal protections. Guidelines for life-stage transitions and coping with daily challenges, a glossary of related terms, and a directory of resources for additional help and information are also included.



Supporting and educating traumatized students: a guide for school-based professionals

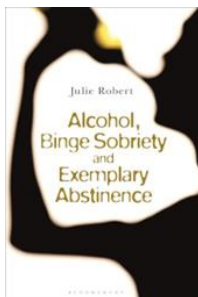
Traumatic or adverse experiences are pervasive among school-aged children and youth. These experiences undermine students' ability to learn, form relationships, and manage their feelings and behaviour. Meanwhile, educators and school-based professionals often remain unaware of the complex needs of their students or how to meet them within the hours of the typical school day, all while possibly dealing with their own stressors. Supporting and Educating Traumatized Students: A Guide for School-Based Professionals provides a practically oriented tool for understanding and assisting students with a history of trauma. Designed specifically for professionals in mental health and education settings, this volume combines content and expertise from practitioners, researchers, and other experts with backgrounds in education, school psychology, school social work, school administration, resilience, school policy, and trauma. The book provides a thorough background on current research in trauma and its impact on school functioning; administrative and policy considerations; and a broad set of practical and implementable strategies and resources for adapting and differentiating instruction, modifying the classroom and school environments, and building competency for students and staff impacted by trauma. Rather than provide complex treatment protocols, the chapters in this book offer simple techniques and strategies designed for all types of educational environments within the context of multiple potential sources of trauma. Supporting and Educating Traumatized Students is an essential resource for classroom teachers, administrators, and school-based professionals, as well as courses that address crisis, trauma, and education across a broad spectrum of specializations.

Sober Curious



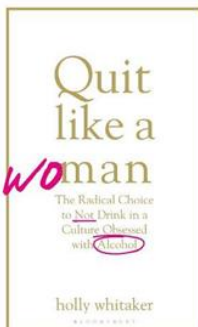
Drinks for every season: 150+ recipes for cocktails & nonalcoholic drinks throughout the year

With more than 100 recipes for seasonally inspired drinks, this comprehensive drink recipe book is an invitation for home bartenders to serve up cocktails and mocktails for every occasion. In spring, refresh with an herbaceous gin drink such as A Meadow for Eeyore or a light classic like the French 75. In summer, mix up alfresco-worthy cocktails like an Espresso Martini or Champagne Cobbler. Take advantage of the Fall harvest with Autumn-inspired libations such as the Smoky Pumpkin or Pomme d'Amour. And in winter, cozy up with Baltimore Eggnog or an Apple Hot Toddy. Also included are bar guides for glassware, mixers, garnishes, ice, and golden ratios for cocktails—as well as tips for batching drinks for crowds and serving drinks responsibly. This indispensable guide will become your go-to reference for serving up fantastic drinks, no matter the season.



Alcohol, Binge Sobriety and Exemplary Abstinence

Where did Temporary Sobriety Initiatives (TSIs) such as Dry January, FebFast and Ocober, come from? And what is their role, if any, in prompting people to revisit their relationship with alcohol? These organized campaigns have flourished throughout the English-speaking world in the past decade. Collectively, they involve tens of thousands of participants and raise substantial sums of money for medical research, as well as drug and alcohol related charities. Alcohol, Abstinence and Binge Sobriety considers these campaigns as part of a lifestyle movement that transcends single events and even singular national contexts. It uses case studies from Australia, the USA, and the UK to examine both the short history of TSIs as a response to problematic localized drinking cultures--including binge drinking--and their relationship to a much longer and transnational history of temperance activism. In taking TSIs as a case study of both embodied philanthropy and participatory health promotion, this book considers how TSIs are structured, promoted and experienced as an embodied event to create imitable, and sometimes contradictory, examples of 'responsible drinking'.

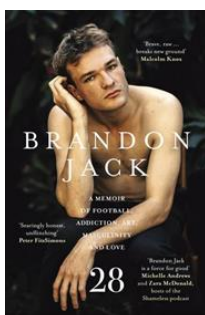


Quit Like a Woman: the Radical Choice to Not Drink in a Culture Obsessed with Alcohol

We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questioned is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but.

When Holly Whitaker started to look for a way to recover, the support systems she found for recovery were archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed.

Sport



28: a memoir of football, addiction, art, masculinity and love

A brutally honest memoir that completely rethinks what it means to be a man.

'Like Andre Agassi's Open, this is a transformative book; it is going to change our way of seeing' Malcolm Knox

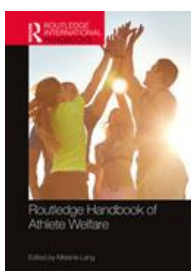
'Brandon Jack is a force for good' Michelle Andrews and Zara McDonald, hosts of the Shameless podcast

Continually told he was born with footballing blood; Brandon Jack has spent his life uncertain of the relationship he holds with the games he's played.

Now a writer and musician, he sits in his apartment and reflects upon the years spent pursuing what felt like an inevitability - the footballing life.

This is a unique and darkly poetic fly-on-the-wall account of a world that is usually shown in bright lights. Filled with relentlessly driven diary entries, vivid details of life at the fringe, and memories of binge-drinking into oblivion as an escape during his playing days at the Sydney Swans, 28 is a portrayal of the sporting psyche in a way that has never been done before.

But the true beauty of this book lies in the space outside football. Laid bare on these pages is a searingly honest deep dive into sport, addiction, art, sexuality, masculinity, love, family, and identity.



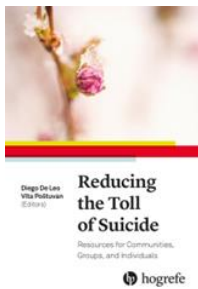
Routledge handbook of athlete welfare

Athlete welfare should be of central importance in all sport. This comprehensive volume features cutting-edge research from around the world on issues that can compromise the welfare of athletes at all levels of sport and on the approaches taken by sports organisations to prevent and manage these.

In recent years, sports organisations have increased their efforts to ensure athlete health, safety, and well-being, often prompted by high-profile disclosures of sexual, physical, and emotional abuse; bullying; discrimination; disordered eating; addiction; and mental health issues. In this book, contributors lift the lid on these and other issues that jeopardise the physical, emotional, psychological, social, and spiritual welfare of athletes of all ages to raise awareness of the broad range of challenges athletes face. Chapters also highlight approaches to athlete welfare and initiatives taken by national and international sport organisations to provide a safer, more ethical sports environment.

As the first book to focus exclusively on athlete welfare, this is an essential read for students and researchers in sports studies, coaching, psychology, performance, development and management, and physical education. It is also a useful reference point for anyone working in welfare, safeguarding, child protection, and equity and inclusion in and beyond sport.

Suicide



Reducing the toll of suicide: resources for communities, groups, and individuals

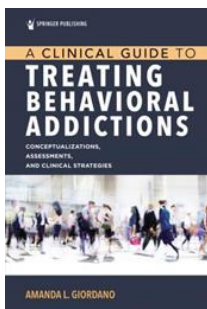
An inspiring volume on the prevention of suicide and suicidal behaviour:

- Packed with the latest international research
- New ideas for interventions – for individuals, groups, and communities
- Presents models for understanding suicide
- Explores ethical issues

The carefully selected chapters in this volume provide food for thought to practitioners, researchers, students, and all those who come into contact with the tragedy of suicide, with the hope of stimulating new ideas and interventions in the difficult fight against suicidal behaviours.

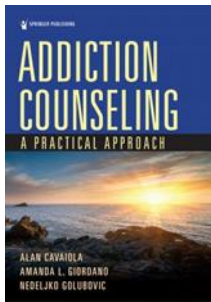
This is the second book based on the Intuition, Imagination, and Innovation – TRIPLE i in Suicidology international conferences, which are organised annually by the Slovene Center for Suicide Research in memory of the late Prof. Andrej Marušič with the aim of promoting intuition, imagination and innovation in the research and prevention of suicide and suicidal behaviour.

Treatment



A clinical guide to treating behavioral addictions: conceptualizations, assessments, and clinical strategies

The growing prevalence of behavioral addictions makes it clear that the majority of counsellors (if not all) will work with clients with addictive behaviors. This book is the culmination of 18 months of investigation into the most current information related to behavioral addictions. In each chapter, the author answers what she thought would be the most meaningful questions for clinical practice: How do I conceptualize it? How do I identify it? How do I assess it?, How do I treat it?, and How do I learn more? The book covers eleven behavioral addictions, including: internet gaming addiction, social media addiction, sex addiction, pornography and cybersex addiction, love addiction, gambling addiction, non-suicidal self-injury, food addiction, exercise addiction, work addiction, and shopping addiction. Although not exhaustive, this list includes many of the most widely accepted behavioral addictions and those that the majority of counsellors will encounter in their clinical practice. Along with describing each behavioral addiction in detail, the book also addresses important issues related to the addictive behaviors, such as distinguishing between gaming enthusiasts and those with internet gaming addiction, the association between social media addiction and cyberbullying, ethical considerations when clients disclose viewing illegal pornography, considerations related to adolescent sexting, the relationship between love addiction and co-dependence, the difference between sex addiction and sexual offending, the effects of legalized sports betting on gambling rates, distinguishing between non-suicidal self-injury and a suicide attempt, the relationship between shopping addiction and hoarding disorder, the potential impact of neuromarketing, cultural considerations of work and study addiction, and conceptualizing exercise addiction with and without an eating disorder. Additionally, each chapter has a section devoted to the current state of neuroscience related to the behavioral addiction.

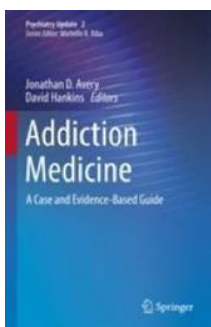


Addiction Counseling A Practical Approach

Equips the upcoming generation of counsellors with crucial knowledge to skilfully treat both chemical and behavioral addictions

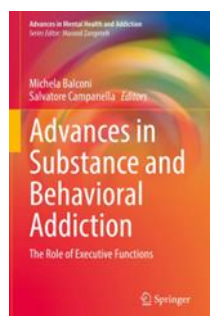
Grounded in leading-edge, evidence-based research, this hands-on text applies a step-by-step approach to addictions counselling. This book encompasses assessment, diagnosis, and treatment planning; case management; and relapse prevention, with an incisive focus on behavioral addictions and co-occurring disorders. The text covers all essential topics as outlined in the gold standard SAMSHA Counsellor Training Manual. Included are detailed guidelines on how to write succinct treatment plans and conduct effective client sessions; case studies; role-playing exercises; and clinical applications to assessment and diagnosis, treatment planning, and case management. Notes from the Field" provides actual interviews with experienced clinicians working with a variety of client populations throughout the country.

Critical topics unique to the book include the role of neuroscience in addiction treatment, relapse prevention, and advocacy. In addition, the text offers specific chapters on behavioral addictions and co-occurring disorders as well as a separate chapter on multicultural counselling covering gender, racial, ethnic, sexual orientation, age, religion, and disability considerations.



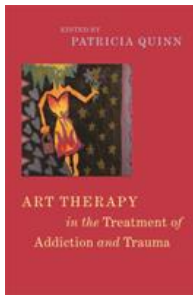
Addiction medicine: a case and evidence-based guide

This book provides an accessible, up-to-date understanding of how to treat patients with substance and non-substance-related addiction. It covers all the typical substance and non-substance use disorders and presents evidence in a case-based format. Concise and comprehensive, opening chapters relay a preliminary assessment of addiction disorders and their neurobiology. Subsequent chapters then offer specific treatment options, challenges, and cases relating to the abuse of distinct substances. The substances mentioned earlier include alcohol, opioids, stimulants, hallucinogens, and sedatives. Additionally, one chapter covers the unique issues associated with treating behavioral addictions, such as sex and gambling. Each chapter will outline cases in a fashion that will optimize the reader's experience. In closing, the book examines co-occurring substance use disorders and mental illness. An invaluable addition to the Psychiatry Update Series, Addiction Medicine is an essential reference for mental health clinicians, as well as primary care and family medicine clinicians.



Advances in substance and behavioral addiction the role of executive functions

This book deals with recent perspectives on the panel of addiction behaviour in a vast amount of population (young and adult). Thanks to the contribution of experts of the topic of addiction the volume will furnish new perspectives to formulate assessment, diagnosis, and intervention in response to the increasing variety of addictions. It focuses the assessment of executive functions in substance and behavioral addictions. More specifically, this assessment consists of a new approach not only inherent to the diagnosis, but also to the treatment and prevention of addictions. In fact, there is a strict relationship between executive functions (EF) and addictive behaviour. EF plays a remarkable role in significant phenomena for the treatment of addictions, such as craving, relapse and compliance to treatment.



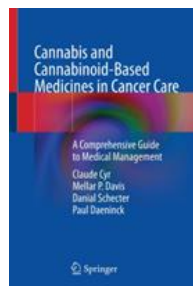
Art therapy in the treatment of addiction and trauma

This book examines the benefits and uses of art therapy in the treatment of addiction and trauma, highlighting its effectiveness at revealing underlying causes and relapse triggers, as well as treating co-occurring conditions that impair learning and recovery. This book also focuses on art therapy for trauma within specific populations, including incarcerated individuals, military personnel, and survivors of commercial sexual exploitation. Quinn discusses how art therapy is often carried out alongside combined approaches, such as CBT and DBT, and how it can help those with cognitive issues to learn through treatment. Furthermore, this book explores the benefits art therapy has for people with co-morbid conditions, such as dementia, emotional disorders and traumatic and acquired brain injuries. With co-authored chapters from leading researchers in art therapy, the book demonstrates how art therapy can help to uncover triggers, process trauma, and find a means of self-expression whilst working towards a sustained recovery.



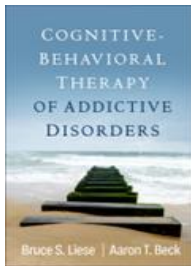
Assessment and multimodal management of pain: an integrative approach

Learn best practices and evidence-based guidelines for assessing and managing pain! Assessment and Multimodal Management of Pain: An Integrative Approach describes how to provide effective management of pain through the use of multiple medications and techniques, including both pharmacologic and non-pharmacologic treatment regimens. A holistic approach provides an in-depth understanding of pain and includes practical assessment tools along with coverage of opioid and non-opioid analgesics, interventional and herbal approaches to pain, and much more. Written by experts Maureen F. Cooney and Ann Quinlan-Colwell, this reference is a complete, step-by-step guide to contemporary pain assessment and management.



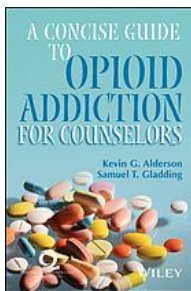
Cannabis and cannabinoid-based medicines in cancer care: a comprehensive guide to medical management

The use of cannabinoid-based medicines (CBM), and cannabis in particular, has risen steadily among cancer and palliative care patients over the last few years. This textbook aims to address the multiple challenges facing healthcare providers regarding the use of CBM in this vulnerable patient population. It provides insight into the latest preclinical and clinical data and offers a practical approach on the use of CBM in a rapidly evolving landscape. It answers questions regarding the prescribing process and elucidates controversies regarding cannabis disease-modifying effects. The first chapters will review basic concepts of the endocannabinoid system and pharmacology of CBM, while focusing more specifically on the unique characteristics of two main cannabinoids: THC and CBD. Indicating which benefits can be expected from using either or both of these compounds, the book then addresses issues of drug-drug interactions and other challenges involved in prescribing CBM to frail patients with polypharmacy and multiple comorbidities. Comparing available products, both approved and non-approved by the FDA, the book discusses regional challenges for accessing reliably tested and labelled products in the context of standardization efforts. After carefully determining objectives and addressing patient expectations, further chapters will examine the different clinical settings in which CBM may be useful in cancer care and explore symptom management, including cancer pain, anxiety, nausea, and insomnia among others. The possible benefits of cannabis psychoactivity will also be discussed, including harm reduction strategies for patients who wish to explore these effects. Cannabis and Cannabinoid-Based Medicines in Cancer Care: A Comprehensive Guide to Medical Management serves as a comprehensive text for oncologists, palliative care specialists, general practitioners, and nurse practitioners working with cancer patients or in palliative care settings.



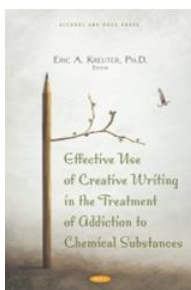
Cognitive-Behavioral Therapy of Addictive Disorders

Grounded in decades of CBT research and clinical practice, as well as cutting-edge cognitive science, this book provides critical tools for understanding and treating the full range of addictive behaviors. Bruce S. Liese and Aaron T. Beck explain how to systematically develop case conceptualizations and support clients in achieving their recovery goals. The authors use vivid case examples to illustrate CBT techniques, structure, psychoeducation, motivational interviewing, group treatment, relapse prevention, and other effective therapeutic components. Several reproducible forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Reflecting nearly 30 years of important advances in the field, this entirely new book replaces the authors' classic Cognitive Therapy of Substance Abuse.



Concise Guide to Opioid Addiction for Counselors

This brief, evidence-based guide is ideal for busy mental health professionals helping clients with opioid use disorders (OUDs). It examines the devastating global impact caused by opioids and is replete with information and resources that can be immediately applied to addiction work. The authors' pragmatic, strengths-based approach to treatment is based on a collaborative counsellor-client working alliance to achieve client readiness for change, moderation, and abstinence. Topics discussed include current research on risk and protective factors, OUD assessment and diagnosis, the ethical and legal issues particular to addiction work, medication-assisted treatment, physical and psychological interventions for pain management, and the necessity of interdisciplinary care. In addition, Drs. Alderson and Gladding provide a number of counselling approaches and treatment options that consider work with women, youth, people of colour, LGBTQ+ individuals, veterans, older adults, people with disabilities, individuals in the criminal justice system, and rural residents. Five useful appendices conclude the book, including a listing of 20 opioid drugs in descending order of potency; common ICD-10, ICD-10-CM, and ICD-11 codes; and a glossary of terms and abbreviations.



Effective use of creative writing in the treatment of addiction to chemical substances

It has long been established that addiction or SUD – Substance Use Disorder – ruins lives and leads to illness, destruction of families, and death. Chasing the “high” often brings the user closer to death each time the use is increased even though the person may choose to ignore the risk. Effective treatment is essential to help recovering addicts change their lives and become productive citizens, leading happy lives in perpetual sobriety. Helping them adjust their focus from shame and guilt to improved self-esteem and renewed sense of purpose in life is essential for avoiding prolonged substance abuse.

In addition to traditional approaches, the use of creative writing as a treatment modality can help the addicted person obtain and deploy the tools necessary to remain sober. In this way, creative writing can help actualize the whole person. Inviting people with addictions to share their creative writing with the world helps them to connect their experiences, observations, and recommendations to others.

This book is a collaborative effort between research, facilitation, and contributions of the creative men at St. Christopher's Inn. Adding to the variety and depth of the creative productions is the incorporation of post-program writing from men who have completed the program at St. Christopher's and have remained connected in this special endeavour. This allows a window into the minds of the longer-term recovering addicts, especially relating to the tools that help them through life's persistent challenges. With this book, we hope to show that writing does help in the treatment of chemical addiction.



Grief work in addictions counseling

Grief Work in Addictions Counseling is a book for practitioners and students in the field of substance abuse counselling who encounter grief and loss issues with clients recovering from addiction.

Enlightening the reader about loss, its relation to addiction, and the need to grieve these losses, this book provides specific strategies and techniques that readers can apply to both individual clients and counselling groups. Chapters address multicultural themes to help clinicians design treatments that will meet the needs of diverse genders, sexual orientations, cultures, ages, and spiritual orientations.

This book is useful both for professionals and as a supplemental textbook for students preparing to become addictions counsellors.

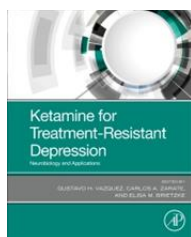


Integrated care in addiction treatment

This book emphasizes the importance of integrative care among the healthcare professionals involved in addiction treatment and includes a plan for executing and assessing the success of the system.

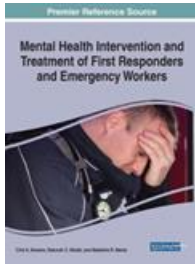
Drawing on three decades of experience helping practitioners, managers, administrators, and funders understand and implement this treatment, Dr. Hemphill discusses the history and integration of coordinated care, and details how it works in practice from the medical and business perspectives. He outlines a model that encourages the expansion of detection systems and stresses the importance of behavioral health treatment in addiction treatment centres, which can reduce treatment costs and enhance care management. Resources are included for assessing organizational readiness, monitoring outcomes, and suggestions for continuous improvement to ensure a seamless transition, leading to better outcomes, patient engagement, and worker job satisfaction.

This book offers innovative solutions that any healthcare professional practicing behavioral health and addiction medicine can utilize to ensure optimal care.



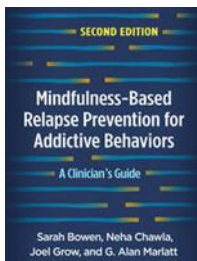
Ketamine for treatment-resistant depression: neurobiology and applications

Ketamine for Treatment-Resistant Depression: Neurobiology and Applications provides a simple, evidence-based overview for neuropsychiatrists and translational researchers on this medication, its mechanisms of actions, eligibility of patients for treatment, and the preparation and implementation of ketamine clinics.



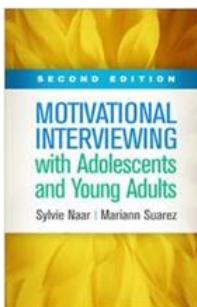
Mental health intervention and treatment of first responders and emergency work

The stress that comes with being a first responder has been known to lead to depression, anxiety, substance abuse, and suicide. However, few clinicians are informed about these health concerns and how to adequately treat them in this population. Therefore, there is an urgent need for practitioners to understand the latest information regarding treatments that will be useful to this specific population. *Mental Health Intervention and Treatment of First Responders and Emergency Workers* is an essential reference source that focuses on the latest research for diagnosing and treating mental health issues experienced by emergency personnel and seeks to generate awareness and inform clinicians about the unique circumstances encountered by these professionals. While highlighting topics including anxiety disorders and stress management, this book is ideally designed for clinicians, therapists, psychologists, psychiatrists, practitioners, medical professionals, EMTs, law enforcement, fire departments, military, academicians, researchers, policymakers, and students seeking current research on psychological therapy methods regarding first responders.



Mindfulness-Based Relapse Prevention for Addictive Behaviors A Clinician's Guide

This authoritative book, now revised and expanded with important clinical and research advances, presents a proven approach for helping people meet the day-to-day challenges of recovery from addiction and maximize their well-being. Mindfulness-based relapse prevention (MBRP) integrates carefully tailored meditation practices with cognitive and behavioral skills building. In a convenient large-size format, the book includes instructions for setting up and running MBRP groups, session-by-session implementation guidelines, sample scripts, and 27 reproducible handouts and forms. Purchasers can download and print the reproducible materials at the companion website, which also features audio recordings of the guided practices. A separate website for clients provides the audio files only.



Motivational interviewing with adolescents and young adults

The significantly revised second edition of this unique practitioner guide features 65% new material and a new organizing structure. The authors show how to use motivational interviewing (MI) to have productive conversations about behaviour change with adolescents and young adults in any clinical context. Noted for its clarity, the book includes extended case examples, sample dialogues, quick-reference tables, and "dos and don'ts." It provides vital tools for helping young people open up about their struggles, explore alternatives, and make healthier choices around such concerns as substance use, smoking, anxiety, medication adherence, and obesity.



Music Therapy with Women with Addictions

Music Therapy with Women with Addictions is designed to provide music therapy students and clinicians with an intimate glimpse into the lives of various women with addictions, illuminating the challenges they bring to music therapy, the strengths and resilience they demonstrate, the resources they build and access during the treatment process, and the transformations they undergo. In doing so, the text is intended to counteract the fear, repugnance, and other adverse emotions that often orbit around individuals with addictions, and instead communicate respect.

Rooted in the clinical experiences and expertise of the authors, as well as a deep dive into extant music therapy and addictions literature, Music Therapy with Women with Addictions builds upon (and yet also diverges from) existing resources to honour and validate women’s needs and resources, recognizing that most addictions treatment programs are built upon heteronormative, sexist, and racist structures. The text begins with content to situate and provide a foundation for four additional sections: Her Story, Clinical Considerations and Themes, Therapist Reflections, and Methods and Materials. This book encourages readers to deepen self-reflection, generate questions, and explore related literature, with the ultimate aim of catalysing evolution toward more meaningful and effective music therapy clinical practice with women with addictions.



Positive CBT Individual and Group Treatment Protocols for Positive Cognitive Behavioral Therapy

Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses not on reducing what is wrong, but on building what is right. This fourth wave CBT, developed by Fredrike Bannink, is now being applied worldwide for various psychological disorders. After an introductory chapter exploring the three approaches incorporated in positive CBT, the research into the individual treatment protocol for use with clients with depression by Nicole Geschwind and her colleagues at Maastricht University is presented.

The two 8-session treatment protocols provide practitioners with a step-by-step guide on how to apply positive CBT with individual clients and groups. This approach goes beyond symptom reduction and instead focuses on the client’s desired future, on finding exceptions to problems and identifying competencies. Topics such as self-compassion, optimism, gratitude, and behaviour maintenance are explored.



Practicing alcohol moderation: a comprehensive workbook

Practicing Alcohol Moderation is designed to be used by clients of behavioral health care providers who have utilized The Clinician’s Guide to Alcohol Moderation.

This ground-breaking workbook can be used on its own or in conjunction with therapy, and additionally as a resource for family members whose loved ones are struggling with alcohol. It gives transparent, easy-to-follow, research-based explanations with questionnaires, checklists, quizzes, and worksheets. Each chapter begins with a brief overview and is interspersed with exercises and client experiences, combining research-based information with practical self-assessments, tools, and questions to answer to practice alcohol moderation. Readers can take the Alcohol Moderation Assessment to determine their likelihood of success in practicing alcohol moderation.

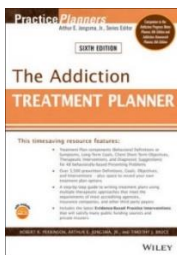
The book provides the resources to create a personalized Alcohol Moderation Plan and suggests ways to manage its success for clinicians and general audiences alike.



Safeguarding Autistic Girls: Strategies for Professionals

This honest, to-the-point guide illuminates the experience of young Autistic girls and explores the situations they can easily fall victim to. Powerful case studies show how easily misunderstandings can arise for Autistic girls and help the reader to identify common patterns of abuse.

Providing professionals with access to safeguarding strategies that are straightforward to implement and highly effective, this is essential reading for everyone who wants to better understand the challenges faced by this vulnerable group, and ensure they have access to the same opportunities to secure a good education and build safe and happy relationships as their peers.



The addiction treatment planner

The Addiction Treatment Planner has been written for individual, group, and family counsellors and psychotherapists who are working with adults and adolescents who are struggling with addictions to mood-altering chemicals, gambling, abusive eating, nicotine, or sexual promiscuity. The problem list of chapter titles reflects those addictive behaviors and the emotional, behavioral, interpersonal, social, personality, legal, medical, and vocational issues associated with those addictions. Whereas the focus of the original Chemical Dependence Treatment Planner was limited exclusively to substance abuse and its associated problems, the focus of later editions has been expanded to include other common addictive behaviors as well as other behavioral problems and psychiatric conditions in which addictive behaviour may occur. This sixth edition of The Addiction Treatment Planner has been improved in many ways: Updated with new and revised evidence-based objectives and interventions Addition at the outset of every chapter of an evidence-based Objective and two Therapeutic Interventions highlighting the importance of establishing a positive relationship with the client.

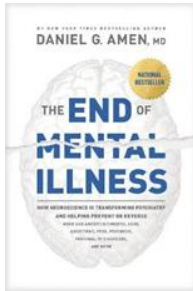


The clinician's guide to alcohol moderation: alternative methods and management techniques

The Clinician's Guide to Alcohol Moderation examines alcohol use around the world and teaches a range of behavioral health care providers how to help clients practice alcohol moderation.

Excavating the current treatments available for alcohol moderation, the book offers step-by-step processes of engaging clients and their families, self-assessments, and alcohol moderation tools. In addition, using it in conjunction with Practicing Alcohol Moderation: A Comprehensive Workbook, readers would benefit from the Alcohol Moderation Assessment which predicts who may be able to successfully drink in moderation as well as developing and monitoring an Alcohol Moderation Plan. The text uses recognized alcohol moderation resources throughout the world as well as real-life case studies to address typical clinician, client, and family member questions. It challenges the traditional recommendation that drinkers experiencing problems are "alcoholics."

This guide is a resource for all who overdrink or know people who struggle with their alcohol use. Through its medium, a broad range of health care providers receive a step-by-step process on how to practice alcohol moderation, how to put tools into practice, case examples, and answers to the most commonly asked questions.



The end of mental illness: how neuroscience is transforming psychiatry and helping prevent or reverse mood and anxiety disorders, ADHD, addictions, PTSD, psychosis, personality disorders, and more

New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the "mental illness" label, damaging and devastating on its own, can often prevent sufferers from getting the help they need.

Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life.

The End of Mental Illness will help you discover:

- Why labelling someone as having a "mental illness" is not only inaccurate but harmful
- Why standard treatment may not have helped you or a loved one and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes
- At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad
- How to identify your "brain type" and what you can do to optimize your particular type
- Where to find the kind of health provider who understands and uses the new paradigm of brain health



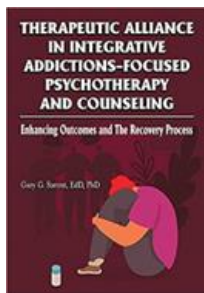
The new addiction treatment: from good intentions and bad intuitions to data, performance, and technology

Addiction is this country's most pervasive and damaging public health problem, yet most Americans receive care that results in a failure rate that is both astronomically high and shielded from public view. This book examines the current state of the addiction treatment business and explores the reasons why—unlike those for all other behavioral, psychological, or neurological disorders—the treatment of addiction has been frozen in amber and little improved since the founding of Alcoholics Anonymous in 1935. After describing the size and scope of the problem and examining actual recovery rates for those who undergo treatment, there is the assertion that there are effectively two kinds of treatment regimes in the United States: those that medical doctors receive and those for the rest of us. The former has about an 80 percent success rate, the latter about an 80 percent failure rate. Drawing from personal experience as a former patient and person in long-term recovery, as well as 22 years as a clinician, professor, and researcher, many of the impediments to effective treatment today are described. The book finally offers a plausible and cost-effective way to disrupt the dismal status quo and realistically aspire to an 80 percent success rate for everyone who receives professional help for a substance use disorder.



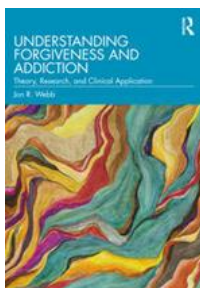
The Pocket Guide to Drugs and Health

The aim of our pocket guide is to provide "at a glance" key points for the busy clinician to access when dealing with a patient, presenting the pathologies pertinent to each drug, and options for the treatment of substance dependence. In the "The Pocket Guide to Drugs and Health" we have extended the drugs covered to include the major licit psychoactive drugs: alcohol, hypnosedatives, and nicotine & tobacco. Each major drug class is examined individually (Alcohol, Cannabis, Hallucinogens, Hypnosedatives, Nicotine & tobacco, New Psychoactive Substances, Opioids, Psychostimulants). In each chapter we present information on withdrawal and dependence syndromes, toxicity, the effects upon major organ systems, and psychiatric morbidities. There are also dedicated chapters on the medical complications of injecting drug use, and the treatment of drug dependence. It is our hope that this book will form a core pocket guide for medical practitioners, physicians in training and nurses.



Therapeutic alliance in integrative addictions-focused psychotherapy and counseling: enhancing outcomes and the recovery process

Psychotherapy and counselling take place within the basic context of human relationships. This book was written with the fundamental goal of providing an enhanced awareness and in-depth appreciation of the alliance impact and relevance within the context of all forms of addictions psychotherapy, counselling and treatment. Each chapter examines several specific facets of therapeutic alliance related to outcomes, patient retention, and exposure to interventions, actions, and ingredients that facilitate patient engagement and recovery. Beginning with an Introduction, the major topics include: psychotherapy relationships that heal; the therapeutic alliance; alliance ingredients in effective psychotherapy and counselling relationships; ancillary therapist-patient alliance dynamics; psychopathology, psychodynamics and alliance dynamics in integrative addictions-focused psychotherapy and counselling; a review of the Norcross-Wampold Clinical Practice Guidelines and Conclusions; clinical practice suggestions and recommendations for addiction-focused therapists, counsellors, and treatment providers; alliance universality; and the heart and soul of change and recovery. This book includes a wealth of therapeutic vignettes, case studies, clinical information, treatment strategies, modalities, and diagnostic issues that will enhance the skill sets for counsellors and therapists, resulting in improved therapeutic outcomes. Addiction-focused counsellors, therapists, psychologists, psychiatrists, social workers, family and marriage therapists, family physicians, nurses, and NAADAC professionals will find the evidence-based information and clinical strategies in this book to be extremely useful in their clinical work.

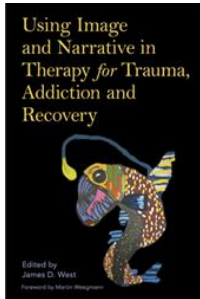


Understanding forgiveness and addiction: theory, research, and clinical application

This book integrates and synthesizes numerous empirically supported positive psychological constructs and psychotherapeutic theories to help understand addiction and facilitate recovery through the lens of forgiveness.

Proposing forgiveness as an alternative and critical tool to understanding the process of addiction and recovery, whether in the context of substance use, compulsive behaviour, and/or suicidal behaviour, the book discusses multiple theoretical points of view regarding the process of forgiveness. Additionally, foundational theories underlying the process of recovery, the psychological and spiritual nature of forgiveness, and the nature of the association of forgiveness with health all receive detailed coverage. Considerable attention is also paid to the extant empirical support for the association of forgiveness with addiction and recovery.

The text's comprehensive integration of theory, research, and clinical application, including guidelines regarding forgiveness as a treatment for recovery from addiction, provide a roadmap forward for addiction counsellors and other recovery specialists.

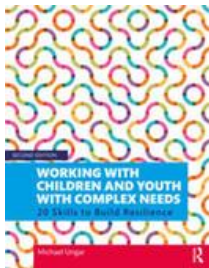


Using image and narrative in therapy for trauma, addiction and recovery

With contributions from well-respected figures in the field, this book explores the use of narrative and image in the therapeutic treatment of trauma and addiction.

The book considers topics such as early trauma and its impacts, therapeutic methods based on images and narrative, and recovery and post-traumatic growth through community engagement.

Despite a close practical association between the two, trauma and addiction are often addressed or treated separately. By considering them together, this book offers a rare perspective and is an invaluable tool for art and narrative therapists, as well as professionals supporting those dealing with addiction or trauma.



Working with children and youth with complex needs 20 skills to build resilience

This new edition of Working with Children and Youth with Complex Needs provides detailed descriptions of techniques, ample case studies, fascinating and easy to understand explanations of research, and rich stories of how social workers, psychologists, counsellors, child and youth care workers, and other mental health professionals can help young people become more resilient.

Fully updated and including new discussions of trauma, adverse childhood experiences (ACEs), resilience, genetic susceptibility to stress, the impact of migration and natural disasters on families, and much more, Dr. Ungar shows why we need to work just as hard changing the environments that surround children as we do on changing children themselves. Building on lessons learned from clinical, community and residential settings, Dr. Ungar discusses a shortlist of 20 essential skills that can enhance the effectiveness of frontline mental health services without relying on expensive, resource heavy programs. Along with descriptions of the skills necessary to talk with clients about the factors that put their mental health at risk, Working with Children and Youth with Complex Needs presents systemic practices clinicians can use in their everyday work to help their clients transform their worlds and improve their access to the resources they need to succeed.

Chapters present a variety of practical strategies that clinicians can use to enhance and sustain the therapeutic value of their work, including engaging with children's extended family; addressing issues of community violence, racism, and homophobia; and helping parents and teachers understand (and change) children's maladaptive coping strategies. A series of videos accompanies the text to help readers see the skills that are discussed being applied to real-life situations mental health professionals and their community allies encounter.

Vaping



Pediatric Collections: Vaping: Effects and Solutions

Electronic cigarettes are the tobacco products most commonly used by youths in the United States. The use of e-cigarettes, also known as vaping or JUULing, is a public health epidemic. This collection offers reviews and research to assist paediatric health care providers in identifying and treating adolescent use and exposure to e-cigarettes.



Quit vaping: your four-step, 28-day program to stop smoking e-cigarettes

The first-ever book on how to quit vaping will help you stop for good. Vaping has become an urgent public health crisis. Almost 15 million Americans not only are consuming concentrations of nicotine more potent and addictive than traditional cigarettes, but they also are inhaling deadly carcinogens such as formaldehyde, benzene, and propylene glycol, an ingredient in anti-freeze. Vapers are dying, health professionals are sounding the alarm, and parents are struggling to help their addicted teenagers. Certified interventionist Brad Lamm debunks the myths spread by the thriving e-cigarette industry and its supporters, revealing the truth about the effects of inhaling these highly dangerous aerosols. Then he offers a step-by-step blueprint to break free of its grip. This simple, 28-day program provides specific actions to take, day by day, as you free yourself from nicotine addiction. Key information and special considerations throughout help and guide parents of young vapers through the process as well. Learn how to create a quit plan, build a support team, follow a detox, change your inner dialogue, manage your cravings, and become a non-vaper. The plan offers a rich variety of strategies, tactics, hacks, exercises, research, and inspiring stories of people who have quit the habit using Lamm's proven program.



Quitting Smoking & Vaping

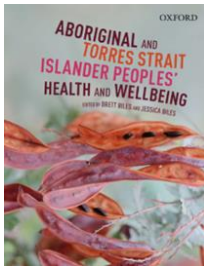
Give up smoking and vaping for good. Most people know that smoking is bad for their health and believe vaping is a better alternative. Now, vaping has become a national epidemic and shows no sign of slowing. Quitting Smoking & Vaping For Dummies delivers facts about the differences between smoking and vaping, the effects on their short-term and long-term health, and how addiction works. Whether you're a smoker or a vaper or have a loved one that needs to break the habit, this trusted guidebook walks you through building a personal quitting plan. Offering information on new and effective medication treatments, Cognitive Behavior Therapy (CBT), and building resilience, it sets you or a family member on the path to recovery. This book breaks down the psychology of your addiction so you can identify the methods that are most useful and effective for becoming smoke free for good. Start your recovery today and look forward to a long and healthy life.



Vaping

Though first introduced in 2003, vaping's popularity has rapidly increased in recent years. Vaping involves the inhalation of aerosols and is generally considered safer than smoking tobacco, but little is currently known about its health impacts. Additionally, although evidence suggests that vaping can help curb tobacco smoking, there is also concern that it increases addiction among non-smokers, especially children and teenagers. This concern is exacerbated by marketing strategies for electronic cigarettes, which often seem targeted toward young people. The perspectives in this resource explore the facts that are currently available on vaping along with its relationship to addictive substances.

Wellness



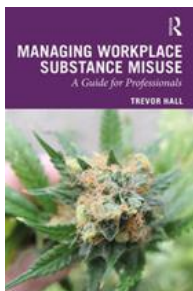
Aboriginal and Torres Strait Islander Peoples' Health & Wellbeing

Aboriginal & Torres Strait Islander Peoples' Health and Wellbeing addresses the need to reorient mainstream health to Aboriginal and Torres Strait Islander peoples' ways. It focuses on the philosophy of Indigenous Australian cultural competence, where the onus of responsibility is not on the patient but instead on the clinician. By providing students with the skills of reconciliation, cultural competence, and cultural safety it aims to strengthen healthcare delivery and ensure that all Australians have equal and equitable access to healthcare.

Taking a multi-disciplinary approach, this book caters to nursing, midwifery, and allied health courses. Each chapter is written by an Aboriginal or Torres Strait Islander and a non-Indigenous author, representing interprofessional collaboration.

Part 1 of the text introduces theoretical and historical concepts that will support your students' learning, while Part 2 focuses on key health systems and will develop students' understanding in specific Aboriginal and Torres Strait Islander peoples' health domains.

Workplace



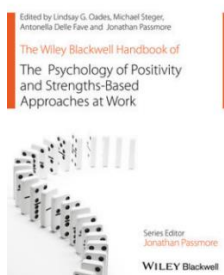
Managing workplace substance misuse: a guide for professionals

This book provides professionals with the confidence and know-how to build a complete substance misuse management programme and deliver it within their respective workplace, regardless of sector or discipline. Organizations are frequently in the dark about their rights and obligations where substance misuse takes place in their workplace, affects performance or employee wellbeing, or in extreme cases has a devastating impact on both the company and its employees. There is no formal training for HR, Occupational Health or Health and Safety professionals, solicitors, union representatives and many more situations. This book is written in such a way that as to help those professions, as well as individuals, understand the step-by-step process for building a complete workplace substance and alcohol misuse programme.

Managing Workplace Substance Misuse is written by the UK's only registered expert witness for substance misuse policy writing, implementation, and mediation. With decades of expertise and first-hand experience of implementing effective policies in some of the UK and world's biggest organizations, Trevor Hall helps all organizations navigate this complex problem, offering consultancy advice and a roadmap to policy development and its implementation, providing you with a comprehensive consultancy in one volume. He explains, too, the central role industry and commerce plays in the identification of substance misuse and the rehabilitation of staff, as well as what organizations can do to protect themselves from the culpability of getting things wrong in a litigious society.

The Wiley Blackwell handbook of the psychology of positivity and strengths-based approaches at work

A state-of-the-art psychological perspective on positivity and strengths-based approaches at work This handbook makes a unique contribution to organizational psychology and HRM by providing comprehensive international coverage of the contemporary field of positivity and strengths-based approaches at work. It provides critical reviews of key topics such as resilience, wellbeing, hope, motivation, flow, authenticity, positive leadership, and engagement, drawing on the work of leading thinkers including Kim Cameron, Shane Lopez, Peter Clough and Robert Biswas-Diener.



Youth



Adolescent addiction: epidemiology, assessment, and treatment

Adolescent Addiction: Epidemiology, Assessment, and Treatment presents a comprehensive review of information on adolescent addiction, including prevalence and co-morbidity rates, risk factors to addiction, and prevention and treatment strategies. Unlike other books that may focus on one specific addiction, this book covers a wide range of addictions in adolescents, including alcohol, cannabis, tobacco, eating, gambling, internet and video games, and sex addiction. Organized into three sections, the book begins with the classification and assessment of adolescent addiction. Section two has one chapter each on the aforementioned addictions, discussing for each the definition, epidemiology, risk factors, co-morbidity, course and outcome, and prevention and intervention. Section three discusses the assessment and treatment of co-morbid conditions in greater detail as well as the social and political implications of adolescent addictions. Intended to be of practical use to clinicians treating adolescent addiction, the book contains a wealth of information that will be of use to the researcher as well.



Adolescent health sourcebook

In 2019, among 73 million Americans 1 in 5 were under age 18. During adolescence, as teenagers transition into adulthood, they experience significant physical, mental, and emotional changes. The choices they make during this period can have profound ramifications on their health and well-being. Teens who get involved in unhealthy or risky behaviors – such as substance abuse, unprotected sexual activity, or dangerous driving – may find themselves at risk for long-term, even lifelong health consequences. In addition, because social connections are so critical during the adolescent years, the demands of friendships, peer pressure, and other relationship stresses can complicate healthy decision-making processes.

Adolescent Health Sourcebook, Fifth Edition offers parents and teens basic information about growth and development during adolescence and related safety issues. It discusses the importance of routine medical care, adequate nutrition, physical activity, and sleep. The well-being of adolescents during COVID-19 is also discussed. It offers facts about reproductive development and the health consequences of sexual decisions. It also describes many of the most common health problems that affect adolescents, including acne, allergies, asthma, diabetes, and infections. Emotional, social, and mental health concerns – including depression, anxiety disorders, self-injury, suicide, and addictions – are also discussed. The book concludes with a glossary of related terms and a directory of resources for additional help and information.



Alcohol information for teens

Cultures around the world have used alcoholic beverages throughout recorded history. Alcohol has been used to treat medical complaints, in religious ceremonies, celebrations, and to increase conviviality in social gatherings. Despite its widespread acceptance, however, societies have struggled to address the negative effects associated with its misuse. Alcoholic beverages come in different forms, such as spirits, beer, wines, or cocktails, and servings can contain vastly different amounts of pure alcohol. But all these beverages share a common concern: Teens should not drink them. Each year approximately 5000 young people die under the age of 21 due to underage drinking and that includes about 1900 deaths from motor vehicle crashes, 1600 of homicides, 300 in suicide, and hundreds from other injuries.

Alcohol Information for Teens, Fifth Edition provides updated information about the use and misuse of alcohol. It describes ways alcohol can affect mental and physical health. It discusses the special vulnerabilities of the teen brain and the changes in brain functioning that lead to dependency on alcohol. A section on treatment and recovery discusses achieving and maintaining sobriety, and a section on alcohol abuse in the family addresses the special concerns of teens who live with an alcoholic relative.



Homeland Calling: Words from a New Generation of Aboriginal and Torres Strait Islander Voices

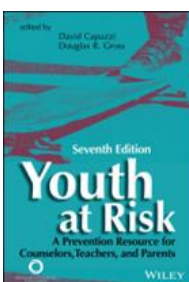
Homeland Calling is a collection of poems created from hip-hop song lyrics that channel culture and challenge stereotypes. Written by First Nations youth from communities all around Australia, the powerful words display a maturity beyond their years. Edited by award-winning author and poet Ellen van Neerven, and brought to you by Desert Pea Media, the verses in this book are the result of young artists exploring their place in the world, expressing the future they want for themselves and their communities. These young people are the future, and their passion for their culture, languages and homelands is beyond inspiring. Check out many of the original songs and music videos on Spotify or YouTube. All royalties from the sale of the book will go towards Desert Pea Media's training and development programs in Indigenous communities. Artwork by Gamilaroi Yuwaalaraay artist Lakkari Pitt.



Mental health information for teens

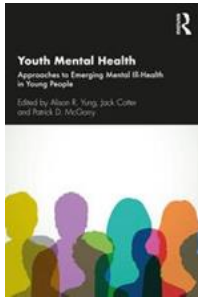
Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns, taking regular exercise, developing coping, problem-solving, and interpersonal skills, and learning to manage emotions. It is normal for children and youth to experience various types of emotional distress as they develop and mature. For example, it is common for children to experience anxiety about school, or youth to experience short periods of depression that are transient in nature. When symptoms persist, it may be time to seek professional assistance. While most youth are healthy, physically, and emotionally, one in every four to five youth in the general population meet criteria for a lifetime mental disorder and as a result may face discrimination and negative attitudes. As with physical health, mental health is not merely the absence of disease or a mental health disorder. Stressors such as these are normal, but teens sometimes find themselves feeling sad, hopeless, overwhelmed, or worthless. At a certain point, these feelings are possible signs of debilitating mental health problems, and teens experiencing them are not alone. Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time.

Mental Health Information for Teens, Sixth Edition offers updated information on mental health and its importance. It presents facts about the causes, warning signs, and diagnosis of mental illnesses, and explains how the adolescent brain differs from the adult brain. Some of the specific disorders described in detail include anxiety, depression, eating disorders, posttraumatic stress disorder, psychoses, schizophrenia, and impulse control disorders. Mental health therapies – both traditional and alternative – are discussed, and the consequences of not receiving treatment are addressed. A section on mental wellness provides tips for building healthy self-esteem, coping with stress and disaster, getting along with family and friends, supporting friend and family, and dealing with challenges such as divorce, abuse, grief, and thoughts of suicide. For readers seeking more information, the book concludes with suggestions for additional reading, a list of crisis lines, and a directory of mental health organizations.



Youth at risk: a prevention resource for counselors, teachers, and parents

This comprehensive text, written by experts in each topical area, provides research-based approaches designed for work with youth in the difficult transition from adolescence to adulthood. Developmental in its orientation, the text moves from population definition and identification to causal factors and issues most often identified with placing youth at risk, to a prevention–intervention paradigm specifically created for teens. Illustrative case studies and enlightening sidebars enhance reader self-awareness, promote self-study and skill development, and aid in the comprehension of the concepts and applications of chapter material. Complimentary PowerPoint slides, test banks, and instructional activities are available for instructors' use by request to ACA.



Youth Mental Health Approaches to Emerging Mental Ill-Health in Young People

This book highlights the field of youth mental health and why it is a specialty distinct from both child and adolescent and adult mental health.

Youth Mental Health: Approaches to Emerging Mental Ill-Health in Young People examines issues such as mental health literacy, e-Health, family, psychological, vocational, and pharmacological interventions. The authors also discuss issues that are particularly pertinent to young people, such as suicidality, substance abuse, gender identity and sexuality, attention deficit disorder and eating disorders. Taking a preventative focus, this book presents evidence for youth mental health as an important and growing field, makes the case for the reform of existing service structures to better serve this group and outlines the latest specialised approaches to treatment.

Drawing on the knowledge and expertise of leading thinkers in youth mental health, this book is instrumental for mental health professionals who wish to design new specialised mental health systems for young people.