

PSYCHOLOGY

A Revolutionary
New Way of
Understanding
Addiction

Unbroken Brain

MAIA SZALAVITZ

COAUTHOR OF *THE BOY WHO WAS RAISED AS A DOG*

"One of the bravest, smartest writers about addiction anywhere. Everything she writes should be read carefully — I guarantee you'll have a lot to think about, and you'll know far more than you did at the start."

— *Jonathan Haidt, New York Times bestselling author of *Chasing the Unicorn**

Maia Szalavitz

Unbroken Brain: A Revolutionary New Way of Understanding Addiction



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A NEW YORK TIMES BESTSELLER More people than ever before see themselves as dependent on, or dealing with, addiction, whether alcohol or medications, prescription meds, sex, gambling, porn, or the web. Challenging both the notion of the addict's “broken brain” and the notion of a simple “addictive personality,” *Unbroken Human Brain* offers a radical and groundbreaking brand-new perspective, arguing that addictions are learning disorders and shows how seeing the condition in this manner can untangle our current debates over treatment, avoidance and policy. But regardless of the unprecedented attention, our knowledge of addiction is trapped in unfounded 20th century ideas, addiction as a criminal offense or as mind disease, and in similarly outdated treatment. By illustrating what addiction is certainly, and isn't, the reserve illustrates how timing, history, family, peers, lifestyle and chemicals get together to create both disease and recovery- and just why there is absolutely no “addictive character” or solitary treatment that works for all. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a regular response to an severe situation. Merging Maia Szalavitz's personal tale with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to considering addiction.



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One of the best books I've ever continue reading addiction As a recovery advocate and the father of someone in long-term recovery, I've go through more books about addiction than I could count. When my boy first started fighting drugs, I made a vow to teach myself just as much as I really could. Knowledge is definitely power, and I needed to know *everything* about addiction.. So I browse about it. A lot. And I can honestly state that Maia Szalavitz's "Unbroken Human brain: A Revolutionary New Way of Understanding Addiction" is one of the best books I've ever continue reading the subject. At 55, after an extended history of polysubstance misuse, and a 12-stage groups expat, I'm at a loss to explain how the urge to 'Make use of' or "Drink" to excessive offers faded into storage."Looking at addiction as a learning disorder might seem strange to some, but Szalavitz states that doing so "we can solution many previously perplexing questions.. "But it's not a chronic, progressive brain disease like Alzheimer's, either," she notes. "Instead, addiction can be a developmental disorder--a issue involving timing and learning, more very similar to autism, attention deficit hyperactivity disorder (ADHD), and dyslexia than it is to mumps or cancers." Yes, Szalavitz is blazing brand-new trails here.The writer contends that "addiction doesn't just eventually people because they come across a particular chemical and begin taking it regularly. It is learned and has a history rooted in their individual, social, and cultural advancement." She provides that the addicted human brain is not "broken," as much other researchers and authors have recommended. Allison Biszantz Aka "Strong" Based on studies An awesome book based on facts and studies....addiction is everything you might call a wiring difference, not necessarily a destruction of cells. She introduces us to some new theories about addiction, many of which might have people re-examining the way they've thought about probably the most prevalent and deadliest complications in America today." And in "Unbroken Brain," Szalavitz--who is 25+ years in recovery from cocaine and heroin addiction herself--tells us how learning is normally a part of every part of addiction, oftentimes drawing upon her personal knowledge to illustrate her points. I'm so worked up about the promise of this new direction in believed on how to more effectly address the Opiate epidemic and additional implications of addictive patterns (compulsive gambling to an intense on both sides of my children tree. Buy it! and from the issues surrounding 12-step applications to why harm reduction isn't a bad issue.In my own life. It 'meets people where they're at,' and it teaches them how to improve their lives, whether or not they want to become abstinent." Amen to that.)If you or someone you like has been touched by addiction, or if you're just interested in this fascinating subject, I cannot recommend "Unbroken Brain" highly enough. A must read for everyone who would like some expert knowledge on addiction. Trust me: You will not become bombarded with a bunch of scientific language that you don't understand.Szalavitz writes in the introduction, "Only by learning what addiction is--and is not--can we begin to find better ways of overcoming it. And only by understanding addicted people as individuals and dealing with them with compassion can we learn better and far more effective ways to decrease the harm associated with drugs.) actually including new ways to deal with eating dfsorders and health problems like Weight problems. Hopefully, Maia Szalavitz's latest book would be the catalyst for some positive change. "Unbroken Brain" shows struggling 12 Stepper a "Brave New World!.Maia Szalavitz is the perfect writer who has penned an excellent, very forward-thinking book about addiction. Other compulsive behaviors possess remained however, so I needed to read this book.well, maybe not really much. as Szalavitz,both both a truther and survivor of addiction, rehab and recovery, from an 'Inside Out' frankness so poetic it knocks my socks off. If you're already marketed on the merits of the 12 methods, this book will infuriate you."Another thing.....AA'ers, often express "Once and Alcoholic always an Alcoholic." (I'm not sure if this is said verbatim in The Big Publication but it's implied) They apply similar dogma in relation to recovery from additional compulsive behaviors. ("Harm decrease recognizes [the] sociable and learned the different parts of addiction..Szalavitz pieces out showing that addiction isn't a choice or moral failing.Even if you don't like to read, you'll find this blockbuster-compelling ;.. Great information and beautiful perspective The book blends the author's specific story of addiction and recover with substantive research on the bigger cultural

forces around addiction; It's all in the reserve. In case you are affected by or interested in addictive behavior, those who are dually diagnosed with a mental illness and drug abuse.. Great insight and help for anybody in a profession working with the mental wellbeing of individuals. this book is written for you. ..." I HAD to buy a whole new copy of this book. Who knew some people outgrow this 'learning' issue? and furthermore explains why those laws and regulations and policies haven't proved helpful and how sadistic protocols, like becoming in the 'hotseat' during rehab group therapy doesn't help anyone, just reinforces low self esteem, shame and stigma. There are so many interesting and thought-provoking topics covered in this book.. " That is definitely the strategy we should be taking with addiction.. I still do. So pleased I borrowed it from the library first I'm so very pleased I was able to borrow this reserve from the library before I actually purchased it!. That's the end of it. A must Buy! Instead, she says, the addicted brain has "basically undergone a different span of development. This book contains a wealth of details, but Maia Szalavitz presents it within an organized manner while composing in a obvious and understandable voice. Very useful book! Even if you are not prepared to 'recover,' (another stigmatizing term). Finally a logical explanation approximately addiction Interesting book in what may cause addiction and how exactly to deal with addiction in a far more humane way than currently has been done. well, you've just got to go through this book. It shows the So why our country's punitive, even "Draconian" measured and laws and regulations put in place didn't yield lifesaving results as we foolishly abused people with addiction on the "War On Drugs. This book will help those addicted a lot more compared to the 12 step program. I am going back again to it now. The author condemns AA and asserts the usage of the actions are ineffective, despite the fact that she herself accomplished recovery after using the 12 guidelines! From the issues associated with waiting for you to definitely hit "rock bottom" to the myth of the addictive character; Guaranteed to help you!! particularly racism and criminalization of addiction... And informative. Provides whole new strategy and insight into the neurobiological basis of addictive behavior. I was a little bit disappointed in the focus on drugs instead of alcohol, however.. Five Stars Everyone should read this Interesting. She helps break the taboo open to look at the chemical, neurological, contextual, and behavioral factors that contribute to addiction. I found the reserve informative and also found real connection through her story and others shared in the publication. Really loved it.



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