



# How to Change Your Mind

What the New Science of  
Psychedelics Teaches Us  
About Consciousness,  
Dying, Addiction, Depression,  
and Transcendence

Michael Pollan

*Author of The Omnivore's Dilemma*

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Pollan sifts the historical record to separate the reality about these mysterious drugs from the myths which have surrounded them because the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against that which was then a promising field of analysis.10 Best Books of 2018A New York Times Notable Book The true subject matter of Pollan's "mental travelogue" is not just psychedelic medications but also the eternal puzzle of human awareness and how, in a global that offers us both struggling and joy, we are able to do our better to be completely present and discover meaning inside our lives.bestseller. But upon finding how these remarkable substances are enhancing the lives not merely of the mentally ill but also of healthful people arriving at grips with the challenges of everyday life, he made a decision to explore the landscape of your brain in the first person as well as the third.in to the medical and scientific revolution occurring around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic encounters When Michael Pollan attempt to research how LSD and psilocybin (the active component in magic mushrooms) are being used to supply relief to people experiencing difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book.An excellent and brave investigation Thus began one adventure into several altered states of awareness, plus a dive deep into both the latest brain research and the thriving underground community of psychedelic therapists.NY Times Reserve Review A unique and elegant mixture of science, memoir, travel writing, background, and medicine, How to Change YOUR BRAIN is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected brand-new frontier inside our understanding of your brain, the self, and our place in the world.The #1 New York Times



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I didn't learn anything new about awareness, dying, addiction etc." If there's anyone best suited to help culture move forward from the 1960s and have a refreshing, honest look at psychedelics, it's Michael Pollan. Pollan attempts LSD (which he previously attempted before in his youth), Psilocybin (the magic mushroom), and 5-MeO-DMT (a substance derived from the saliva of a kind of toad). Our experiences as a couple participating both to obtain hoped-for medical benefits and for, in my case, the "betterment of well people" to quotation Pollan's book have been talked about online and mirror the encounters described by Mr. Pollan and by the many academic professionals, researchers, and individuals interviewed throughout this journalistic masterpiece. To spell it out this further is normally beyond the scope of my review but we can vouch that book is one hundred percent serious journalism and that research investment into the research of psychedelics as medications for treatment resistant psychiatric conditions and as spiritual helps for the betterment of humanity is very much needed and is usually well underway as referred to in detail in Pollan's reserve. For many readers this publication will "change your mind" about the loaded term "psychedelic" and can open you up to at least the chance the world could be a better place if these substances could be studied with as very much zeal as are various other pharmaceuticals and may be offered safely for the benefit of the millions of persons worldwide suffering from conditions related to dysfunction of your brain. our authorities to creating a less reactionary and more sane view of the sacramental benefactors. An announcement that the world is about to swerve. The 3rd chapter discusses the initial wave of psychedelic research (I had no idea that in the 1950's these substances were academically studied and thought to hold great promise only for that analysis to be practically turn off because of the political upheaval of the late 60's) and is of great curiosity to anyone thinking about the history of these substances even if one has no interest within their pharmacological results. His journalism has lengthy dealt with 'Gaia-related' topics and his even-handed, well written and researched presentations have always included the aspects of consciousness at their core. Research suggests they are able to play an important part in combating mental illness, and when properly regulated, provide psychological benefits for "the betterment of well people. As for the prosaic the reserve is over 400 webpages and written at a sophisticated level and can engage probably the most curious of readers. The defining book of the psychedelic renaissance This book is many things. It's entertaining to state minimal. Pollan takes the seriously loaded subject of psychedelics (LSD and psilocybin) and analyzes it from the compelling perspective of a 63-year-old journalist who's "never sure he's ever had a single 'spiritually significant' experience. He is a skilled article writer and does such a great job explaining complex topics. Pollan) is so much more fluent on this issue than me, a 25-year-old hippie vegan. But that's just what makes the book so important. A few take aways: 1. Finally, chapters five and six discuss current study, anticipated medical benefits and advantages to the well-person, the neuroscience behind the real function of psychedelics in the mind, and proposed solutions for safely distributing the psychedelics to individuals who could benefit. By way of background I am a forty-something surgeon and my wife is an writer and blogger with MS who has on occasion had to handle condition-related mood problems. An evenhanded review of the potential that psilocybin and medications of its ilk have for the betterment of humanity. An Amazing Book I was thrilled to discover that Michael Pollan would tackle the subject of psychedelics and the promising research getting done by MAPS and Johns Hopkins, among others. I love his earlier books." Every few webpages, I stopped to question how this old guy (sorry, Mr. I got my copy one day early (many thanks to Amazon's efficient delivery assistance). I am only partially through it, therefore far it really is fascinating. His latest appearance on Tim Ferriss' podcast was tremendous and is a great introduction to the publication and his careful handling of this issue. The potential worth for the usage of psychedelics in mental health

treatment should be fully explored. I hope this book helps further that exploration. Best review of this topic in decades Last night I finished reading Michael Pollan's most recent book, *How to Change Your Mind - What the brand new Technology of Psychedelics Teaches All of us About Awareness, Dying, Addiction, Depression, and Transcendence* (Penguin Press, 2018). It is completely different from his prior writings. I'd been happily anticipating the book as I've admired Pollan's previous works very much. The fourth discusses the author's own private experiences as a middle-aged adult with the psychedelics and he is spot-on with his exciting first person descriptions of the experience. I could unhesitatingly recommend this volume. He presents both a history of modern (1950-70s) 'psychedelic' clinical tests & "How to change your brain" is a well selected term, an observation that frequently our 'problems' are ones of perception rather than real unyielding obstacles. This consists of both overviews of clinical studies, procedures of 'shamanic traditions', and his own personal experiences. Sort of. conditions he describes; old friends of psychedelic literature & exploration. I believe it's great that such a thoughtful book would be provided by this well-accomplished 'mainstream' journalist. This can only lend more excess weight to everyone & The publication is structured into six chapters. Pollan, like most of us, is extremely worried about how we can continue steadily to sustainably exist as people, a society, a species. He sees that there might be some allies, close to hand, that have always been open to help us alter our perceptions and continue on an evolutionary trip, to develop & to expand rather than self-destructing. explorations and a current survey of the recently resumed research in the many uses of entheogens. Great work, good book, great gracious. Not as advertised! Until now. Very disappointed, and it's overpriced for what you are getting. A reserve in its own world Michael Pollan offers entered a fresh realm with this reserve. I'd ordered the book pre-publication, so they sent it to me on your day of its launch. It is a superb publicity of a global that most of us haven't experienced. Pollen's thoroughness, gorgeous and understandable writing style, and the relevance of this issue make this an excellent book. Unless you have a whole lot of free time, skip it! Good Book Great reserve, very insightful. Because of this one though I came across my myself skipping large parts as the background was boring, already known and dragged on and on. An engaging and thought provoking call for investment in further research My wife Ivy and I have already been avid readers of Michael Pollan's previous content articles and book-length works especially those involving healthful taking in and the food industry. The foremost is a broad introduction to the main topics psychedelics and the second discusses psychedelic mushrooms which possess an active ingredient that is the topic of many current-era human research studies. I finished Michael Pollan's "How To Change Your Mind" last week and also have been great deal of thought basically nonstop since that time, waiting to write this review, trying to choose what everything means and how I feel about it. My biases are two-fold. He does not try MDMA due to a heart condition he's dealing with, but he'd have. I trust him and admire him. But I also am deeply skeptical of drugs and also have completely rejected medicines in my own life—I have by no means been high or drunk or on a journey of any sort ever and I really haven't any desire to proceed there. I ordered this book with the knowing that it was the ACTUAL reserve, not a quite definitely smaller and incomplete SUMMARY of the actual publication. I'm sure you'd identify the names of several of the principle players & With no done much research into the psychedelics other than to ensure they're indeed medically safe and sound (as this book discusses in greater detail) a few years back again we participated in a number of abroad guided ayahuasca (a psychedelic plant talked about in *How exactly to Change YOUR BRAIN*) sessions. Each is psychedelic drugs which induce a trip. First, I really like Pollan's earlier books and outlook on food and life in general. He hardly touches on mescaline (peyote) for an unknown cause. Psychedelics won't need to be locked in a job as mind-expanding recreational medicines for young hippies. The near future will be

one where psychoactive medications are commonly useful for medical/clinical purposes. The science is clear that they are amazingly effective in treating addiction and depression. Better than other things out there by far. Okay Content not what I expected Wonderful book Recommend this book about the history, research, and experiences of psychedelics. Brilliant for traveling. I usually like Michael Pollan's books. Mind candy Fantastic journey of the psychedelic landscape previous and present with a dynamic, very well respected, participant as your guide. Also consider listening to his podcast with Tim Ferriss concerning this new book.



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