

The Honest Drug Book A Chemical Botanical Journey Through The Legal High Years

This collection of ten true stories is based on interviews with people who, in their youth, lived with an addicted parent or sibling. The subjects speak honestly about what it was like to grow up with a family member addicted to alcohol, drugs, food, pills, or gambling. While describing how they managed to cope, interviewees explore the full range of situations and emotions they experienced—from denial, anger, and confusion to acceptance and forgiveness. Their maturity, sensitivity, and even their sense of humor will give teens going through similar situations the important realization that there are many ways to break free from the chains of others’ addictions.

From the author of **The Things We Cannot Say**, before **I Let You Go** explores a hotly divisive topic and asks how far the ties of family love can be stretched before they finally break. “Kelly Rimmer skillfully takes us deep inside a world where love must make choices that logic cannot. Ripped from the headlines and from the heart, **Before I Let You Go** is an unforgettable novel that will amaze and startle you with its impact and insight.” —Patti Callahan Henry, *New York Times* bestselling author of **The Bookshop at Water’s End**
“Before I Let You Go is a heartbreaking book about an impossible decision. Kelly Rimmer writes with wisdom and compassion about the relationships between sisters, mother and daughter.... She captures the anguish of addiction, the agonizing conflict between an addict’s best and worst selves. Above all, this is a novel about the deepest love possible.” —Luanne Rice, *New York Times* bestselling author **The 2:00 a.m.** call is the first time Lexie Vidler has heard her sister’s voice in years. Annie is a drug addict... a thief, a liar—and in trouble, again. Lexie has always bailed Annie out, given her money, a place to sleep, sent her to every kind of rehab. But this time, she’s not just struggling—she’s pregnant and in premature labor. If she goes to the hospital, she’ll lose custody of her baby—maybe even go to prison. But the alternative is unthinkable. As the weeks unfold, Lexie finds herself caring for her fragile newborn niece while her carefully ordered life is collapsing around her. She’s in danger of losing her job, and her fiancé only has so much patience for Annie’s drama. In court-ordered rehab, Annie attempts to halt her downward spiral by confronting long-buried secrets from the sisters’ childhoods, ghosts that Lexie doesn’t want to face. But will the journey heal Annie, or lead her down a darker path? Don’t miss Kelly Rimmer’s latest gripping novel, **The German Wife**. For more by Kelly

Rimmer, look for **The Things We Cannot Say Truths I Never Told You**
The Warsaw Orphan

Explores the spectacular failure of the war on drugs to weaken drug cartels and the illegal drug supply, as well as the modern history of drug use and abuse, the pharmacology of illegal drugs, and the economy of the illegal drug trade. A pair of doctors team up to illuminate, through neuroscience and captivating stories from their clinical practice, how serving others—and pitching in to the world in general—is a secret superpower. If a doctor’s prescription could bring you: - Longer life - Better health - More energy and resilience - Less burnout, depression and anxiety - More happiness, fulfillment and well-being - More personal and professional success (including higher income) - And, no harmful side effects Would you take it? In **Wonder Drug**, physician scientists Stephen Trzeciak, M.D., and Anthony Mazzarelli, M.D., illuminate, through neuroscience and captivating stories from their clinical practices, how being a giv- being, other-focused person is a secret superpower. Serving others—and pitching in to the world in general—is the evidence-based way to live your life. Kinder people not only live longer, they also live better. Science shows that serving others is not just the right thing to do, it’s also the smart thing to do. **Wonder Drug** will make you rethink your notions of “self-care” and “me time,” and realize that focusing on others is a potent antidote to the weariness that so many of us feel in modern times. Getting outside of your own head, outside the swirl of self-concern that may dominate your mental chatter, is, ironically, one of the best things you can do for yourself. Building upon their earlier work showing that, in the context of healthcare, having more compassion for patients is a powerful way to not only achieve better patient outcomes, but also promote well-being, resilience and resistance to burnout among healthcare workers, Trzeciak and Mazzarelli now extend their research to uncover how the power of serving others reaches far beyond the medical world and can be a life-changing therapy for everyone. **Wonder Drug** relates to the varying meanings of giving in real people’s daily lives. The stories in this book will convince and inspire you to make simple praxis changes. You don’t need a total life upheaval, just a purposeful shift in mindset. In fact, the crucial first piece of the evidence-based prescription is this: start small. Per science, the best way to well-being and finding your true fulfillment is this: scan your orbit for the people around you in need of help, and go fill that need, as often as you can.

Cocaine
A Coal Country Fight Against the Drug Companies That Delivered the Opioid Epidemic
The Small Book
Love, Drugs, Trouble, and Coming of Age in the Bronx
A Failed Experiment
All Day Is a Long Time
Smacked

The Honest Drug Book presents the hidden truth about a topic which touches the lives of almost everyone. It cuts through the blustering rhetoric of the war on drugs, and documents the facts about the subject in general, and about the individual drugs specifically. This is a journey through 140 psychoactives, both chemical and botanical, each of which was personally tested and used by the author. For every drug, it lists the fundamental and sometimes life-critical information, including the anticipated onset, the common threshold doses, and the expected period of efficacy. It also describes the subjective experience: what the drug was actually like at each stage of the duration. These ‘trip reports’ are vital, as they help to identify pitfalls and specific risks for each substance. Often, this is achieved in a humorous and anecdotal manner, which is occasionally accentuated by the fact that the author had to travel the world to undertake the experiments lawfully. In addition to these often rich and lengthy reports, the book is crammed with data and general information, inclusive of legal briefings, relative harm tables, addiction and overdose advice, detailed reference material, and even a drug dictionary. Of critical importance is the first section, as it introduces the basics of harm reduction, in the form of a 10 step procedure to help mitigate risk. The same section explains core safety issues, such as how to test and identify a drug, and how to properly establish a dose. The book itself is lavishly illustrated with hundreds of photographs, including of the drugs themselves. The images in the botanical section also encompass some of the ingenious settings encountered on the journey. The full gamut of psychoactive chemicals and botanicals is covered. The well known include: LSD, heroin, cannabis, mephedrone, kratom, cocaine, 2C-B, DMT, yopo, methamphetamine, salvia divinorum, ketamine, ayahuasca and MDMA. The lesser known include: betel nut, 4-ho-met, changa, TPA, 4F-MPH, ephedrine, ololiuqui, cebil seeds, mapacho, MNA, celastrus paniculatus, yohimbe, and MEAL. The scope also extends beyond the most common categories of hallucinogens, stimulants, depressants, cannabinoids and opioids. Included, for example, are nootropics (smart drugs) and oneirogenics (lucid and vivid dream herbs). Another dimension, which is covered largely in the final section, is that of politics and the war on drugs. This is confronted head-on, with a statement of intent which is crystal clear. “People are dying because of ignorance. They are dying because unremitting propaganda is denying them essential safety information. They are dying because legislators and the media are censoring the science, and are ruthlessly pushing an ideological agenda instead. They are dying because the first casualty of war is truth, and the war on drugs is no different. This book is a step to counter this harrowing and distressing situation.” Emphasised and underlined throughout is personal safety and risk mitigation. This is the first and last message, and guides the entire narrative. This is a book that won’t only fascinate and inform: it will save lives.

Offers an illuminating tour of drug war, revealing the dark, troubling recesses of drug lords, high-level corruption, and ultra-violence that respects no borders.

“Who gave the drugs to the Beatles? I didn ’ t invent those things. I bought it from someone who got it from somebody. We never invented the stuff. ” — John Lennon Riding So High charts the Beatles ’ extraordinary odyssey from teenage drinking and pill-popping, to cannabis, LSD, the psychedelic Summer of Love and the darkness beyond. Drugs were central to the Beatles ’ story from the beginning. The acid, pills and powders helped form bonds, provided escape from the chaos of Beatlemania, and inspired colossal leaps in songwriting and recording. But they also led to break-ups, breakdowns, drug busts and prison. The only full-length study of the Beatles and drugs. Riding So High tells of getting stoned, kaleidoscope eyes, excess, loss and redemption, with a far-out cast including speeding Beatniks, a rogue dentist, a script-happy aristocratic doctor, corrupt police officers and Hollywood Vampires. “ The deeper you go, the higher you fly...”

ONE OF BARACK OBAMA’S FAVORITE BOOKS OF THE YEAR NAMED A BEST BOOK OF THE YEAR BY NPR, PARADE, REAL SIMPLE, and BUZZFEED AN INSTANT NEW YORK TIMES BESTSELLER A GOOD MORNING AMERICA BOOK CLUB PICK “[Moore ’ s] careful balance of the hard-bitten with the heartfelt is what elevates Long Bright River from entertaining page-turner to a book that makes you want to call someone you love. — The New York Times Book Review “This is police procedural and a thriller par excellence, one in which the city of Philadelphia itself is a character (think Boston and Mystic River). But it ’ s also a literary tale narrated by a strong woman with a richly drawn personal life — powerful and genre-defying. — People “A thoughtful, powerful novel by a writer who displays enormous compassion for her characters. Long Bright River is an outstanding crime novel. . . I absolutely loved it.” —Paula Hawkins, #1 New York Times bestselling author of *The Girl on the Train* “Two sisters travel the same streets, though their lives couldn’t be more different. Then one of them goes missing. In a Philadelphia neighborhood rocked by the opioid crisis, two inseparable sisters find themselves on odds. One, Kacey, lives on the streets in the vice of addiction. The other, Mickey, walks those same blocks on her own terms. They don’t speak anymore, but Mickey never stops worrying about her sibling. Then Kacey disappears, suddenly, at the same time that a mysterious string of murders begins in Mickey’s district, and Mickey becomes dangerously obsessed with finding the culprit—and her sister—before it’s too late. Alternating its present-day mystery with the story of the sisters’ childhood and adolescence, *Long Bright River* is at once heart-pounding and heart-wrenching: a gripping suspense novel that is also a moving story of sisters, addiction, and the formidable ties that persist between place, family, and fate.

How a Little-Known Generic Drug — Low Dose Naltrexone — Could Revolutionize Treatment for Autoimmune Diseases, Cancer, Autism, Depression, and More
The Drug Users Bible
The Honest Lies
How to Stop Using Food to Control Your Feelings
Chasing the Scream
Talking Smack

One of The Millions’ Most Anticipated Books of 2022’ One of PureWow’s ‘10 Books We Can’t Wait to Read in January’ One of BookShops.org’s ‘Notable New Releases’ One of The New York Times Book Review’s ‘16 New Books Coming in January’ One of Poets & Writers’ ‘New and Noteworthy Books’ “David Sanchez’s first novel—brilliant, lyrical, hilarious, heartbreaking—is the definitive handbook to hell and back . . . A stunning debut.”—Cristina García, author of *Dreaming in Cuban* For fans of Denis Johnson and Ocean Vuong: A captivating, searing, and ultimately redemptive debut novel about coming of age on Florida’s drug-riddled Gulf Coast and the enigmatic connection between memory and self. David has a mind that never stops running. He reads Dante and Moby Dick, he sinks into Hemingway and battles with Milton. But on Florida’s Gulf Coast, one can slip into deep water unconsiously: at the age of fourteen, David runs away from home to pursue a girl and, on his journey, tries crack cocaine for the first time. He’s hooked immediately. Over the course of the next decade, he fights his way out of jail and rehab, trying to make sense of the world around him—sunkn world where faith in anything is a privilege. He makes his way to a tenous sobriety, but it isn’t until he takes a literature class at a community college that something within him ignites. All Day is a Long Time is a spectacular, raw account of growing up and managing against every expectation, to carve out a place for hope. We see what it means, and what it takes, to come back from a place of little control—to map ourselves on the world around, and beyond, us. David Sanchez’s debut resonates with real force and demonstrates the redemptive power of the written word.

“This is a great book. The authors, who are doctors, treat the dynamics of drug use and prevention get the shot on target, and this book explains why. Drug War Politics makes a compelling case for bringing public health priorities to bear on the drug epidemic, and is essential reading for serious students of the drug issue.”—Senator Edward M. Kennedy “A thoughtful analysis of the most fundamental and troublesome social problem in America. It reaches behind rhetoric and starts making sense about how we can go about saving ourselves from two addictions: the terrible affliction of drugs and the easy talk that makes the rest of us feel good but does not deal with the problem.”—Kurt Schmeke, Mayor, City of Baltimore “This well-informed book shows how political expediency and a punitive conventional wisdom have combined over the past decades to support a national drug policy that fills our prisons, depletes our budget, and destroys our poor. This is a wonderfully sane analysis of what has become a major form of national insanity.”—Frances Fox Piven, City University of New York “We’ve needed a new way of thinking about the drug problem for a long time. Now we have it. Drug War Politics is one of the best efforts to reconceptualize a major aspect of crime, especially victimless crime, that I have seen since Morris and Hawkins’ *The Honest Politician’s Guide to Crime Control* of nearly 30 years ago.”—Theodore J. Lowi, Cornell University “A compelling analysis of our failure. The provocative public health solutions it proposes to the drug-related crime, violence, and despair that ravage many of our inner cities show that we can give people a chance—a chance to fight addiction and build better lives.”—Congressman John Lewis “We will never be able to arrest, prosecute, or jail our way out of the drug problem. To understand why, read this book. The evidence is overwhelming: we need a radical change in the mission and mandate of drug control.”—Nicholas Pastore, Chief of Police, New Haven “This is the smart citizen’s guide to the drug policy debate—to why we spend so much time and money on things that don’t work, and to where we can look for guidance for things that do.”—Barbara Geller, Director, Fighting Back, New Haven The crime-infested intersection of West Fayette and Monroe Streets is well-known—and cautiously avoided—by most of Baltimore. But this notorious corner’s 24-hour open-air drug market provides the economic fuel for a dying neighborhood. David Simon, an award-winning author and crime reporter, and Edward Burns, a 20-year veteran of the urban drug war, tell the chilling story of this desolate crossroad. Through the eyes of one broken family—two drug-addicted adults and one troubled 5-year-old boy, Dashiell McCollough, Simon and Burns examine the sinister realities of inner cities across the country and unflinchingly assess why law enforcement policies, moral crusades, and the welfare system have accomplished so little. This extraordinary book is a crucial look at the price of the drug culture and the poignant stories of hope, caring, and love that astonishingly rise in the midst of a place America has abandoned. Examines the history of cocaine from its first medical uses to the worldwide issues it presents today, taking readers into such locations as the isolation cells of America’s prisons, crack houses in New York, and the jungles of Bolivia and Colombia, tracing its manufacture and chronicling the accounts of its cultivators, traffickers, and fighters. Reprint, 20,000 first printing.

Down by the River
Challenges and Opportunities: Workshop Summary

Transforming Clinical Research in the United States

Drug Use for Grow-Ups

Hooked

Go Ask Alice

Drug War Politics

From “one of the bravest, smartest writers about addiction anywhere” (Johann Hari, *New York Times* bestselling author)—the untold story of harm reduction, a surprisingly simple idea with enormous power Drug overdoses now kill more Americans annually than guns, cars or breast cancer. But we have

tried to solve this national crisis with policies that only made matters worse. In the name of “sending the right message,” we have maximized the spread of infectious disease, torn families apart, incarcerated millions of mostly Black and Brown people—and utterly failed to either prevent addiction or make effective treatment for it widely available. There is another way, one that is proven to work. However, it runs counter to much of the received wisdom of our criminal and medical industrial complexes. It is called harm reduction. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behavior and culture that has relevance far beyond drugs. In a spellbinding narrative rooted in an urgent call to action, *Undoing Drugs* tells the story of how a small group of committed people changed the world, illuminating the power of a great idea. It illustrates how hard it can be to take on widely accepted conventional wisdom—and what is necessary to overcome this resistance. It is also about how personal, direct human connection and kindness can inspire profound transformation. Ultimately, *Undoing Drugs* offers a path forward—revolutionizing not only the treatment of addiction, but also our treatment of behavioral and societal issues.

Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA’s development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

Emily Bird was raised not to ask questions. She has perfect hair, the perfect boyfriend, and a perfect Ivy-League future. But a chance meeting with Roosevelt David, a homeland security agent, at a party for Washington DC’s elite leads to Bird waking up in a hospital, days later, with no memory of the end of the night. Meanwhile, the world has fallen apart: A deadly flu virus is sweeping the nation, forcing quarantines, curfews, even martial law. And Roosevelt is certain that Bird knows something. Something about the virus—something about her parents’ top secret scientific work—something she shouldn’t know. The only one Bird can trust is Coffee, a quiet, outsider genius who deals drugs to their classmates and is a firm believer in conspiracy theories. And he believes in Bird. But as Bird and Coffee dig deeper into what really happened that night, Bird finds that she might know more than she remembers. And what she knows could unleash the biggest government scandal in US history.

The Honest Drug BookA Chemical & Botanical Journey Through the Legal High Years
7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself

The LDN Book

Everything You Need to Know About the Drugs We Take and Why We Get High

From wreckage to redemption - my true story

An Unauthorized Biography

Trying to Make It

Building a Safer Health System

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule’s purpose and provide suggestions for its practical application. The Rules will help you identify, prevent, cope with, and resolve a variety of given situations, revise those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

Smacked is the powerful, uncompromising story of one woman’s downward spiral into addiction. Hooked on heroin and crack cocaine, Melinda Ferguson gave up everything she cared about - her children, her marriage, her career - in pursuit of the next fix. The next high. Bold, raw and unashamedly honest, Smacked is a tale of loss and rehabilitation that takes us to the darkest corners of an addict’s psyche.

When unsaid words carry the darkest consequences... Jack Murphy’s past died with his parents. Since then, he’s crafted a lonely but successful life operating the family’s drug wholesale business in a place miles and years away from Detroit. He’s even falling for his next-door neighbor Megan, a young woman gnawing the recent death of her husband. But when seven million dollars’ worth of drugs disappear from one of Jack’s warehouses, he grapples to connect past mistakes with a new, as yet invisible enemy. Someone remembers. Someone is setting the score. Megan loved her husband, enough to move a thousand miles before asking questions about his past. With nothing but their memories left to protect, she struggles to reconcile the documents she finds in his closet - evidence tying him to a robbery committed months after his death. It isn’t until Megan is kidnapped that she grasps how deeply her husband’s sins were intertwined with Jack’s past. Only then can she begin to unravel the complex relationship between truth and love - and lies told with the best of intentions.

An ideal health care system relies on efficiently generating timely, accurate evidence to deliver on its promise of diminishing the divide between clinical practice and research. There are growing indications, however, that the current health care system and the clinical research that guides medical decisions in the United States falls far short of this vision. The process of generating medical evidence through clinical trials in the United States is expensive and lengthy, includes a number of regulatory hurdles, and is based on a limited infrastructure. The link between clinical research and medical progress is also frequently misunderstood or unsupported by both patients and providers. The focus of clinical research changes as diseases emerge and new treatments create cure for old conditions. As diseases evolve, the ultimate goal remains to speed new and improved medical treatments to patients throughout the world. To keep pace with rapidly changing health care demands, clinical research resources need to be organized and on hand to address the numerous health care questions that continually emerge. Improving the overall capacity of the clinical research enterprise will depend on ensuring that there is an adequate infrastructure in place to support the investigators who conduct research, the patients with real diseases who volunteer to participate in experimental research, and the institutions that organize and carry out the trials. To address these issues and better understand the current state of clinical research in the United States, the Institute of Medicine’s (IOM) Forum on Drug Discovery, Development, and Translation held a 2-day workshop entitled Transforming Clinical Research in the United States. The workshop, summarized in this volume, laid the foundation for a broader initiative of the Forum addressing different aspects of clinical research. Future Forum plans include further examining regulatory, administrative, and structural barriers to the effective conduct of clinical research; developing a vision for a stable, continuously funded clinical research infrastructure in the United States; and considering strategies and collaborative activities to facilitate more robust public engagement in the clinical research enterprise.

Wonder Drug

Death in Mud Lick

The Honest Drug Book

A Chemical & Botanical Journey Through the Legal High Years

A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence

The Enterprisers, Gangs, and People of the American Drug Trade

A Harrowing True Story of Addiction and Survival

WINNER OF THE BIG RED READ PRIZE FOR NON-FICTION IN 2013. Cathryn Kemp was a successful travel journalist who was struck down by a life-threatening illness, pancreatitis. After four years of operations and mis-diagnoses she left hospital with a repeat prescription for fentanyl, a painkiller 100 times stronger than heroin. Within two years she was taking more than ten times the NHS maximum, and her prescription for its medical application. *The Rules will help you identify, prevent, cope with, and resolve a variety of given situations, revise those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.*

This is an extraordinarily poignant, vivid and honest memoir. Based on the twenty-four diaries that the author kept during this period, we travel with Cathryn through her hospital agony, descend with her into the hell of addiction and cheer her as she pulls herself out and upwards. It is a love story, a horror story, a survival story, and one that shows only too clearly the very real dangers of the over-prescription of painkillers and tranquillizers. There is also a resource section for sufferers and their loved ones.

A fifteen-year-old drug user chronicles her daily struggle to escape the pull of the drug world.

A heroin addict looks back over a life of misery and addiction. From his earliest days experimenting with “gateway drugs” to his spiraling descent, through every available illegal drug - into the hell of heroin addiction. He gets pushed by his addiction to heroin from a manageable addiction that he can control, through his life of everything he owns and holds near and dear to his life. Heroin becomes his ever-present companion and over the years it turns him into a homeless, jobless heroin addict living under a downtown highway bridge. At his lowest, suicide seems to be the only way out, but when he finally hits rock bottom he realizes that in the mess, the muck and the blood that his life has become, salvation may still be possible. If only he can stay away from the needle and be as successful sober as he had been as a drug addict.

People are dying because of ignorance. They are dying because unremitting propaganda is denying them vital safety information. They are dying because legislators and the media are censoring the science, and are ruthlessly pushing an ideological agenda instead. They are dying because the first casualty of war is truth, and the war on drugs is no different. This book makes a major contribution in confronting this tragic and harrowing narrative. Over a 10 year period the author self-administered over 150 psychoactive substances; both chemicals and plants. For each of them he recorded the essential and life-sensitive safety data, including the anticipated onset times, the common threshold doses, the routes of administration, and the expected periods of efficacy. In addition, for every compound he also produced a trip report, detailing the qualitative experience itself, often in the form of a log of effects at various time checks. This delivered another invaluable insight, enabling, for example, an objective assessment of the extent of any loss of judgement and self-control. This is a substantial body of work, embracing a wealth of direct support material, including addiction/overdose advice, legal briefings, and relative harm tables. It’s crucial and critical information to support the health and welfare of the 250 million people in the world who use drugs. The book itself is lavishly illustrated with hundreds of photographs, taken by the author himself. It is a significant extension of the highly acclaimed first version, which was titled *The Honest Drug Book: THE TEN COMMANDMENTS*. The first section comprises a solid introduction to basic but crucial drug concepts and practices. It is, in itself, indispensable prior-reading for anyone who chooses to use a recreational drug. It contains, for example, a detailed risk mitigation procedure; the widely lauded ‘Ten Commandments of Safer Drug Use’. This presents a generic set of easy to follow steps to aid personal safety, inclusion of an illustrated explanation of how to identify test the drugs themselves. THE DRUGS The full gamut of psychoactive chemicals and botanicals is meticulously covered across dedicated sections. Well known examples include LSD, heroin, cannabis, lean, kratom, cocaine, 2C-B, DMT, DXM, methamphetamine, salvia divinorum, ketamine, ayahuasca and MDMA. Lesser known examples include betel, 4-ho-met, changa, ephedrine, ololiuqui, cebil, mapacho, MNA, celastrus paniculatus, and yohimbe. The scope also extends well beyond the most common categories, of psychedelics, stimulants, depressants, dissociatives and cannabinoids. Included, for example, are nootropics (smart drugs) and oneirogens (dream herbs). The study and investigation of psychoactivity was unfettered and unbounded. THE WORLDS-APART Drug use does not occur in a vacuum, so the final section considers the wider context, with in-depth examination of everything from travel to the law, as well as the horrors of the war on drugs itself. Fact, science and genuine statistics replace the myths, fabrications and censorship of the prevailing social order, again with the welfare of drug users emphasized. EDUCATION SAVES LIVES Education underpins harm reduction, and is the primary driver throughout. Indeed, personal safety is the first and last message, and guides the entire narrative. This is a book for drug users and their families. It is a book which will help to avert tragedy. It is a book which will save lives.

Long Bright River

Say Why to Drugs

Love Is the Drug

Model Rules of Professional Conduct

Honest Conversations about Drugs

The War on Drugs

Riding So High

*One of the Must-Read Books of 2019 According to O: The Oprah Magazine * Time * Bustle * Electric Literature * Publishers Weekly * The Millions * The Week * Good Housekeeping “There is more life packed on each page of Ordinary Girls than some lives hold in a lifetime.” —Julia Alvarez In this searing memoir, Jaquira Diaz writes fiercely and eloquently of her challenging girlhood and triumphant coming of age. While growing up in housing projects in Puerto Rico and Miami Beach, Diaz found herself caught between extremes. As her family split apart and her mother battled schizophrenia, she was supported by the love of her friends. As she longed for a family and home, her life was upended by violence. As she celebrated her Puerto Rican culture, she couldn’t find support for her burgeoning sexual identity. From her own struggles with depression and sexual assault to Puerto Rico’s history of colonialism, every page of Ordinary Girls vibrates with music and lyricism. Diaz writes with raw and refreshing honesty, triumphantly mapping a way out of despair toward love and hope to become her version of the girl she always wanted to be. Reminiscent of Tara Westover’s Educated, Kiese Laymon’s Heavy, Mary Karr’s The Liars’ Club, and Terese Marie Mailhot’s Heart Berries, Jaquira Diaz’s memoir provides a vivid portrait of a life lived in (and beyond) the borders of Puerto Rico and its complicated history—and reads as electrically as a novel.*

Recounts the addiction and recovery of the world-renowned solo artist and former lead singer and songwriter of Soul Quingon.

Honest, intimate conversations with some of Australia’s best musicians, including Paul Kelly, Gotye, Tina Arena, Phil Jamieson, Steve Kilbey, Mick Harvey and Holly Throsby. Of all the creative industries, the starkest and most distinct link between drug use and creativity lies within music. The two elements seem to be intertwined, inseparable; that mythical phrase ‘sex, drugs and rock and roll’ has been banded about with a wink and a grin for decades. But is it all smoke and mirrors, or does that cliché ring true for some of our best - known artists? In this fascinating new book, journalist Andrew McMillen talks with Australian musicians about their thoughts on - and experiences with - illicit, prescription and legal drugs. Through a series of in - depth and intimate interviews, he tells the stories of musicians who, like Paul Kelly, bit into the forbidden fruit and avoided choking. This isn’t to say that stories of ruin and redemption are avoided - they’re not. But, by having conversations about a subject that’s rarely discussed in public, and much less often dealt with honestly, McMillen explores the truths of a contentious topic that isn’t going away. Talking Smack is a timely and thought - provoking must - read, and includes interviews with some of our most successful and rarest musicians: Paul Kelly Wally de Backer (gotye) Steve Kilbey (The Church) Phil Jamieson (Grinspoon) Tina Arena Spencer P. Jones (Beasts of Bourbon) Mick Harvey (ex Nick Cave and the Bad Seeds) Lindy Morrison (The Go - Betweens) Ian Haug (Powderfinger) Bertie Blackman Tim Levinson (Urthboy) Holly Throsby Jon Toogood (Shihad) Jake Stone (Bluejuice)

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari’s journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film The United States vs. Billie Holiday and the documentary series The Fix. One of Johann Hari’s earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

A Memoir

The Honest Drug Book (Deluxe Edition)

Undoing Drugs

The Business Secrets of Drug Dealing

A Novel

Food: The Good Girl’s Drug

“Hart’s argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country’s war on drugs, we should all share his outrage.” —The New York Times Book Review From one of the world’s foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world’s preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In *Drug Use for Grow-Ups*, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use—not drugs themselves—have been a tremendous scourge on America, not least in reinforcing this country’s enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Michigan’s poorest neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and black and brown bodies behind bars. *Drug Use for Grow-Ups* will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. *Drug Use for Grow-Ups* offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

A New York Times Editor’s Choice and Critic’s Top Pick * Edgar Allan Poe Award Finalist * A Lit Hub Best Book of the Year From a Pulitzer Prize-winning investigative reporter at the *Charleston Gazette-Mail*, a “powerful,” (“The New York Times) urgent, and heartbreaking account of the corporate greed that pumped millions of pain pills into small Appalachian towns, decimating communities. In a pharmacy in Hermit, West Virginia, 12 million opioid pain pills were distributed in just three years to a town with a population of 382 people. One woman, after losing her brother to overdose, was desperate for justice. Bebie Freese’s fight for accountability for her brother’s death took her well beyond the *Savannah Pharmacy* in coal country, ultimately leading to three of the biggest drug wholesalers in the country. She was joined by a crusading lawyer and by *Young Journalist*, Beie Eyre, who uncovered a massive opioid pill-dumping scandal that shook the foundation of America’s largest drug companies—and won him a Pulitzer Prize. Part *Spotlight*, *Death in Mud Lick* details the clandestine meetings with whistleblowers; a court fight to unseal filings that the drug distributors tried to keep hidden, a push to secure the DEA pill-shipped and, and the fallout after Eyre’s local paper, the *Gazette-Mail*, the smallest newspaper ever to win a Pulitzer Prize for investigative reporting, broke the story. Eyre follows the opioid shipments into individual countries, pharmacies, and homes in West Virginia and explains how thousands of Appalachians got hooked on prescription drugs—resulting in the highest overdose rates in the country. But despite the tragedy, there is also hope as citizens banded together to create positive change—and won. “A product of one reporter’s sustained outrage [and] a searing spotlight on the scope and human cost of corruption and negligence” (The *Washington Post*) Eric Eyre’s intimate portrayal of a national public health crisis illuminates the shocking pattern of corporate greed and its repercussions for the citizens of West Virginia—and the nation—to this day.

Linda Elmslie (LDN) holds the potential to help millions of people suffering from various autoimmune diseases and cancer, and even autism, chronic fatigue, and depression, find relief. Administered off-label in small daily doses (0.5 to 4.5 mg), this generic drug is extremely affordable and presents few known side effects. So why has it languished in relative medical obscurity? The LDN Book explains the drug’s origins, its primary mechanism, and the latest research from practicing physicians and pharmacists as compiled by Linda Elmslie of The LDN Research Trust, the world’s largest LDN charity organization with over 19,000 members worldwide. Featuring ten chapters contributed by medical professionals on LDN’s efficacy and two patient-friendly appendices, the LDN Book is a comprehensive resource for doctors, pharmacists, and patients who want to learn more about how LDN is helping people now, and a clarion call for further research that could help millions more.

Trying to Make It is R. V. Gundur’s journey from the US-Mexico border to America’s heartland, from America’s prisons to its streets, in search of the true story of the drug trade and the people who participate in it. The book begins in the Paso del Norte area, encompassing the sister cities of Ciudad Juárez and El Paso, which has been in the public eye as calls for securing the border persist. From there, it moves on to Phoenix, which was infamously associated with the drug trade through a series of kidnappings. Finally, the book goes on to Chicago, which has been a lightning rod of criticism for its gangs and violence. Gundur tells the similarities and differences that exist in the American drug trade within the three sites and how they relate to current drug trade narratives in the US. At each stop, the reader is transported to the city’s historical and contemporary contexts of the drug trade and introduced to the individuals who have lived them. Drug retailers, street and prison gang members, wholesalers, and the law enforcement personnel who try to stop them offer readers a comprehensive look at how various illicit enterprises work together to supply the drugs that American users demand. Most importantly, through a combination of macro- and microlevel vantage points, and comparative analysis of three key sites in illicit drug operations, the stories in *Trying to Make It* remind us that the people involved in the drug trade, for the most part, do not deserve vilification. Far from being a seemingly uniform, widespread threat or an unlimited array of bogeymen and women, they are ordinary people, living ordinary lives, just trying to make it.

Balancing Social and Individual Benefits and Risks of Prescription Opioid Use

Before I Let You Go

Ordinary Girls

Harm Reduction, Risk Mitigation, Personal Safety

How Harm Reduction Is Changing the Future of Drugs and Addiction

Heroin

Chasing Liberty in the Land of Fear

This New York Times bestseller intimately depicts urban life in a gripping book that slips behind cold statistics and sensationalism to reveal the true sagas lurking behind the headlines of gangsta glamour. In her extraordinary bestseller, Adrian Nicole LeBlanc immerses readers in the intricacies of the ghetto, revealing the true sagas lurking behind the headlines of gangsta glamor for gold-drenched drug dealers, and street-corner scientists. Focusing on two romances—Jessica’s dizzying infatuation with a hugely successful young heroin dealer, Boy George, and Coco’s first love with Jessica’s little brother, Cesar—Random Family the story of young people trying to outrun their destinies. Jessica and Boy George ride the wild adventure between riches and ruin, while Coco and Cesar stick closer to the street, all four caught in a precarious dance between survival and death. Friends get murdered; the DEA and FBI investigate Boy George; Cesar becomes a fugitive; Jessica and Coco endure homelessness, betrayal, the heartbreaking separation of prison, and, throughout it all, the insidious damage of poverty.

Charting the tumultuous cycle of the generations—as girls become mothers, boys become criminals, and hope struggles against deprivation—LeBlanc slips behind the cold statistics and sensationalism and comes back with a riveting, haunting, and true story.

A story of drug and alcohol abuse and rehabilitation as it has never been told before. Recounted in visceral, kinetic prose, and crafted with a forthrightness that rejects piety, cynicism, and self-pity, it brings us face-to-face with a provocative new understanding of the nature of addiction and the meaning of recovery. By the time he entered a drug and alcohol treatment

facility, James Frey had taken his addictions to near-deadly extremes. He had so thoroughly ravaged his body that the facility's doctors were shocked he was still alive. The ensuing torments of detoxification and withdrawal, and the never-ending urge to use chemicals, are captured with a vitality and directness that recalls the seminal eye-opening power of William Burroughs's *Junky*. But *A Million Little Pieces* refuses to fit any mold of drug literature. Inside the clinic, James is surrounded by patients as troubled as he is -- including a judge, a mobster, a one-time world-champion boxer, and a fragile former prostitute to whom he is not allowed to speak ó but their friendship and advice strikes James as stronger and truer than the clinic's droning dogma of *How to Recover*. James refuses to consider himself a victim of anything but his own bad decisions, and insists on accepting sole accountability for the person he has been and the person he may become--which runs directly counter to his counselors' recipes for recovery. James has to fight to find his own way to confront the consequences of the life he has lived so far, and to determine what future, if any, he holds. It is this fight, told with the charismatic energy and power of *One Flew over the Cuckoo's Nest*, that is at the heart of *A Million Little Pieces*: the fight between one young man's will and the ever-tempting chemical trip to oblivion, the fight to survive on his own terms, for reasons close to his own heart. *A Million Little Pieces* is an uncommonly genuine account of a life destroyed and a life reconstructed. It is also the introduction of a bold and talented literary voice.

Describes the theories behind Rational Recovery and provides guidelines for the recovering individual

A captivating and powerful exploration of the opioid crisis—the deadliest drug epidemic in American history—through the eyes of a college-bound softball star. Edgar Award-winning author Mindy McGinnis delivers a visceral and necessary novel about addiction, family, friendship, and hope. When a car crash sidelines Mickey just before softball season, she has to find a way to hold on to her spot as the catcher for a team expected to make a historic tournament run. Behind the plate is the only place she's ever felt comfortable, and the painkillers she's been prescribed can help her get there. The pills do more than take away pain; they make her feel good. With a new circle of friends—fellow injured athletes, others with just time to kill—Mickey finds peaceful acceptance, and people with whom words come easily, even if it is just the pills loosening her tongue. But as the pressure to be Mickey Catalan heightens, her need increases, and it becomes less about pain and more about want, something that could send her spiraling out of control.

Drugs, Money, Murder, and Family

Pain Management and the Opioid Epidemic

The Beatles and Drugs

The Corner

The Book of Drugs

Diary of a Drug Addict

An Almost True Account

This is the full colour coffee table edition of The Honest Drug Book, with dimensions of 8.5" x 11" (21.59 x 27.94 cm). Produced to do justice to the hundreds of photographs, it also allows a more leisurely perusal of the contents. The Honest Drug Book presents the hidden truth about a topic which touches the lives of almost everyone. It cuts through the blustering rhetoric of the war on drugs, and documents the facts about the subject in general, and about the individual drugs specifically. This is a journey through 140 psychoactives, both chemical and botanical, each of which was personally tested and used by the author. For every drug, it lists the fundamental and sometimes life-critical information, including the anticipated onset, the common threshold doses, and the expected period of efficacy. It also describes the subjective experience: what the drug was actually like at each stage of the duration. These 'trip reports' are vital, as they help to identify pitfalls and specific risks for each substance. Often, this is achieved in a humorous and anecdotal manner, which is occasionally accentuated by the fact that the author had to travel the world to undertake the experiments lawfully. In addition to these often rich and lengthy reports, the book is crammed with data and general information, inclusive of legal briefings, relative harm tables, addiction and overdose advice, detailed reference material, and even a drug dictionary. Of critical importance is the first section, as it introduces the basics of harm reduction, in the form of a 10 step procedure to help mitigate risk. The same section explains core safety issues, such as how to test and identify a drug, and how to properly establish a dose. The book itself is lavishly illustrated with hundreds of photographs, including of the drugs themselves. The images in the botanical section also encompass some of the indigenous settings encountered on the journey. The full gamut of psychoactive chemicals and botanicals is covered. The well known include: LSD, heroin, cannabis, mephedrone, kratom, cocaine, 2C-B, DMT, yopo, methamphetamine, salvia divinorum, ketamine, ayahuasca and MDMA. The lesser known include: betel nut, 4-ho-met, changa, TPA, 4F-MPH, sphendine, ololiuqui, cebil seeds, mapacho, MNA, celtisrus paniculatus, yohimbe, and MEAI. The scope also extends beyond the most common categories of hallucinogens, stimulants, depressants, cannabinoids and opioids. Included, for example, are nootropics (smart drugs) and onirogenics (lucid and vivid dream herbs). Another dimension, which is covered largely in the final section, is that of politics and the war on drugs. This is confronted head-on, with a statement of intent which is crystal clear: "People are dying because of ignorance. They are dying because unremitting propaganda is denying them essential safety information. They are dying because legislators and the media are censoring the science, and are ruthlessly pushing an ideological agenda instead. They are dying because the first casualty of war is truth, and the war on drugs is no different. This book is a step to counter this harrowing and destructive situation." Emphasised and underpinned throughout is personal safety and risk mitigation. This is the first and last message, and guides the entire narrative. This is a book that won't only fascinate and inform: it will save lives.

Bingeing, compulsive eating, food addiction, emotional overeating—no matter what you call it, too many women wrestle day to day with what they eat. It's a love-hate relationship that always seems to be spiraling out of control. Food: The Good Girl's Drug is one recovered binge eater's attempt to inject some sanity back into the discussion about food, body image, and overeating. Sunny Sea Gold started fighting binge eating disorder in her early teens. But books on the topic were often aimed at housewives with kids and a white picket fence, women she had a hard time relating to. What about the girls who found themselves using all their roommate's peanut butter, nibbling from the work refrigerator, or hiding a stash of chocolate from boyfriends, and were too ashamed to say anything? Calling on top mental health professionals, nutritionists, and fitness experts, Sunny

offers real advice to a new generation fighting an age-old war. With humor and compassion, Food: The Good Girl's Drug is about experiences shared by so many women—whether they've been struggling for years, or have recently admitted to themselves that, yes, it's more than just a bad habit.

Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDS—three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. To Err Is Human breaks the silence that has surrounded medical errors and their consequence—but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agenda—with state and local implications—for reducing medical errors and improving patient safety through the design of a safer health system. This volume

reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errors—which begs the question, "How can we learn from our mistakes?" Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. To Err Is Human asserts that the problem is not bad people in health care—it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocates—as well as patients themselves. First in a series of publications

from the Quality of Health Care in America, a project initiated by the Institute of Medicine

'Essential' Adam Rutherford, bestselling author of How to Argue With a Racist 'In an area where factual accuracy is often rejected in favour of moralising or panicking this book is a vitally useful and frequently fascinating' Robin Ince _____ Drugs. We've all done them. Whether it's a cup of coffee or a glass of wine, a cigarette or a sleeping pill. But how well do we understand the effects of the drugs we take - legal or illegal? Say Why to Drugs investigates the science behind recreational drugs- debunking common myths and misconceptions, as well as containing the most recent scientific research. Looking at a range of drugs, this book provides a clear understanding of how drugs work and what they're really doing to your mind and body. Along the way you will find out why ketamine is on the WHO's list of essential medicines, why some researchers hope MDMA could treat PTSD, and much more. Enlightening, entertaining, and thought-provoking, Say Why to Drugs is a compelling read that will surprise and educate proponents on both sides of the drugs debate. _____ A definitive and authoritative guide to drugs and why we get high from the creator of the top-rated podcast. Say Why to Drugs.

A Year in the Life of an Inner-City Neighborhood

To Err Is Human

Painkiller Addict

The Price of Denial

When Addiction Hits Home

Random Family

The Inspiration for the Feature Film "The United States vs. Billie Holiday"