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This is the estimable Dr. Marc Lewis, who's book "Memoirs of an Addicted Brain" is scheduled for US release tomorrow. I've had the good fortune to read an early copy of the manuscript and I find it brilliant both

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for Dr. Lewis's ability to capture the cavalier antics of his life as an active addict and at the same time explain the neuroscience behind that cavalier attitude. Suddenly addiction ...

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brain, by Marc Lewis (Public  
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Robert M Ellis. Marc Lewis  
has had a seriously dodgy  
early life. After unhappy  
experiences at boarding  
school and joining the drugs

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party in late sixties  
Berkeley, he ends up  
frequenting an opium den in  
Calcutta and burgling  
Canadian medical facilities  
in search of drugs: before  
eventually making a complete  
recovery.

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is both fascinating and



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Brain, he applies his professional expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind.

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that wants to get high . by  
Marc on October 18, 2020 in  
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drugs (or drink) addictively  
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feel like losers,  
blameworthy, perhaps  
worthless. We carry around  
this negative self-concept  
almost ...

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science, and his critically  
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history, themes of loss and triumph, deftly rendered brain science, and clear thinking on the dilemma of addiction. Illuminating even to experts, accessibly written for all." –Gabor Maté M.D., author of In The

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study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind. He explains the neurological effects of a variety of powerful drugs, and shows

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About the author (2011) DR.

MARC LEWIS is a

developmental neuroscientist

and professor of human

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developmental psychologist, recently at the University of Toronto, where he taught and conducted research from 1989 to 2010, and currently at Radboud University in the ...

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recounting the author's ...

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Marc Lewis's relationship  
with drugs began in a New  
England boarding school

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where, as a bullied and homesick fifteen-year-old, he made brief escapes from reality by way of cough medicine, alcohol, and marijuana. In Berkeley, California, in its hippie heyday, he found

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methamphetamine and LSD and  
heroin; he sniffed nitrous  
oxide in Malaysia; and  
frequented Calcutta's opium  
dens. Ultimately, though,  
his journey took him where  
it takes most addicts: into  
a life of desperation,

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deception, and crime. But unlike most addicts, Lewis recovered to become a developmental psychologist and researcher in neuroscience. In Memoirs of an Addicted Brain, he applies his professional

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expertise to a study of his former self, using the story of his own journey through addiction to tell the universal story of addictions of every kind.

A neuroscientist tells the

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story of his youth spent as a drug addict, while using the specific example of his own story to help explain drug use and addiction in general from a scientific standpoint.

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to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap

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operas, wealth, and wisdom  
itself. But why should this  
be so? Why are we desperate  
for what we don't have, or  
can't have, often at great  
cost to what we do have,  
thereby risking our peace  
and contentment, our safety,

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and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug

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addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and

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a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a

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variety of powerful drugs  
and of the onset of  
addiction, itself a  
distortion of normal  
perception. Dr. Lewis freed  
himself from addiction and  
ended up studying it. At the  
age of 30 he traded in his

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pharmaceutical supplies for  
the life of a graduate  
student, eventually becoming  
a professor of developmental  
psychology, and then of  
neuroscience - his field for  
the last 12 years. This is  
the story of his journey,

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Marc Lewis's relationship with drugs began in a New England boarding school where, as a bullied and homesick fifteen-year-old, he made brief escapes from



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reality by way of cough  
medicine, alcohol, and  
marijuana. In Berkeley,  
California, in its hippie  
heyday, he found  
methamphetamine and LSD and  
heroin. He sniffed nitrous  
oxide in Malaysia and

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frequented Calcutta's opium dens. Ultimately, though, his journey took him where it takes most addicts: into a life of addiction, desperation, deception, and crime. But unlike most addicts, Lewis recovered and

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became a developmental  
psychologist and researcher  
in neuroscience. In Memoirs  
of an Addicted Brain, he  
applies his professional  
expertise to a study of his  
former self, using the story  
of his own journey through

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rewards and soothe pain --  
in its own language. And he  
illuminates how craving  
overtakes the nervous  
system, sculpting a synaptic  
network dedicated to one  
goal -- more -- at the  
expense of everything else.

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world for many years. In the  
1960s, Lewis was a teenager  
in boarding school,  
experimenting with cough  
syrup and alcohol to assuage  
his depression. When he  
moved to Berkeley,  
California, the pulsing

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heart of the counter-cultural movement, he began using LSD and heroin. His spiralling journey of addiction eventually led him to Asia, where he sniffed nitrous oxide in the Malay jungle, took speed in Kuala



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Lumpur, and lost himself in the opium dens of Calcutta. This was the beginning of his descent into a moonlit world of crime, poverty, and desperation. Returning to Toronto, Lewis lived a double life: by day, he was

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a psychology student; and by night, he stole from homes and laboratories to get high. Thirty-four years on, Lewis is a neuroscientist, and he studies the brains of troubled children. But he never forgets that he was

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once one of those kids — and that, no matter how many scientific conferences he attends, he always will be. In this mesmerising memoir, Lewis recounts his relationship with drugs from the inside out, giving a

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revelatory analysis of the  
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his calling while fighting a  
habit that crossed  
continents and brought him

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insight into the human  
brain, and what drives it to  
self-destruction.

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Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the "disease model" of addiction is wrong and

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neuroscientist examines  
illuminates the path to  
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industry in the Western  
world have branded addiction  
a brain disease. But in The  
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neuroscientist and former

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addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain



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doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting

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catastrophic. With more than one in every five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide. If we are not victims ourselves, we all

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know someone struggling with the merciless compulsion to alter their experience by changing how their brain functions. Drawing on years of research--as well as personal experience as a recovered addict--researcher

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and professor Judy Grisel  
has reached a fundamental  
conclusion: for the addict,  
there will never be enough  
drugs. The brain's capacity  
to learn and adapt is  
seemingly infinite, allowing  
it to counteract any regular

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disruption, including that  
caused by drugs. What begins  
as a normal state punctuated  
by periods of being high  
transforms over time into a  
state of desperate craving  
that is only temporarily  
subdued by a fix, explaining

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why addicts are unable to live either with or without their drug. One by one, Grisel shows how different drugs act on the brain, the kind of experiential effects they generate, and the specific reasons why each is



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so hard to kick. Grisel's insights lead to a better understanding of the brain's critical contributions to addictive behavior, and will help inform a more rational, coherent, and compassionate response to the epidemic in

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our homes and communities"--

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For anyone trying to  
overcome an addiction,  
living with someone with an  
addiction, or helping  
someone with an addiction As  
most drug and alcohol

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addicts eventually realize, good intentions alone aren't enough to break destructive habits. However, addiction can be managed once its true nature is understood. This simple yet profound guidebook takes you step-by-

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Dr. Walter Ling has worked with thousands of addicts, their loved ones, and fellow clinicians. His no-nonsense, no-judgment approach, which he calls the "neuroscience of common sense," advocates holistic methods to prevent

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sustainable, meaningful  
life.

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perspective of a practicing  
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interweaves patients' stories with fascinating new brain research to show how addictive drugs overtake basic brain functions and transform them to create a chronic illness that is very difficult to treat. The idea

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that drug and alcohol  
addiction are chronic  
illnesses and not character  
flaws is not newsÑthis  
notion has been around for  
many years. What Hijacked  
Brains offers is context and  
personal stories that



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demonstrate this point in a very accessible package. Dr. Barnes explores how the healthy brain works, how addictive drugs flood basic reward pathways, and what it feels like to grapple with addiction. She discusses

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how, for individuals, the combination of genetic and environmental factors determines both vulnerability for addiction and the resilience necessary for recovery. Finally, she shows how American culture,

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with its emphasis on  
freewill and individualism,  
tends to blame the addict  
for bad choices and personal  
weakness, thereby impeding  
political and/or health-  
related efforts to get the  
addict what she needs to

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