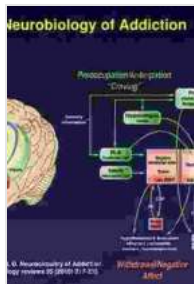


Never Enough: The Neuroscience and Experience of Addiction



Never Enough: The Neuroscience and Experience of Addiction by Judith Grisel

★★★★☆ 4.6 out of 5

Language : English
File size : 6146 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 238 pages



Addiction is a complex disease that affects millions of people around the world. It is a chronic, relapsing brain disorder that is characterized by compulsive drug or alcohol use, despite negative consequences.

In *Never Enough*, Dr. Judith Grisel, a leading expert on addiction, explores the latest scientific research on the neuroscience of addiction. She explains how addiction hijacks the brain's reward system, leading to compulsive drug or alcohol use. She also discusses the psychological and social factors that contribute to addiction, and she offers practical advice on how to overcome addiction and achieve lasting recovery.

The Neuroscience of Addiction

Addiction is a brain disease that affects the reward system, which is responsible for motivation and pleasure. When someone uses drugs or alcohol, the reward system is activated, causing a release of dopamine, a neurotransmitter that produces feelings of pleasure and euphoria. This positive reinforcement encourages the person to use drugs or alcohol again and again.

Over time, repeated drug or alcohol use can damage the reward system, making it less responsive to natural rewards, such as food, sex, and social interaction. This can lead to a cycle of addiction, in which the person needs to use more and more drugs or alcohol to achieve the same level of pleasure.

The Psychological and Social Factors of Addiction

In addition to the neuroscience of addiction, there are also a number of psychological and social factors that contribute to the development of addiction. These include:

- **Genetics:** Some people are more genetically predisposed to addiction than others.
- **Trauma:** People who have experienced trauma are more likely to develop addiction.
- **Mental illness:** People with mental illnesses, such as depression or anxiety, are more likely to develop addiction.
- **Peer pressure:** People who are surrounded by friends or family members who use drugs or alcohol are more likely to develop addiction.

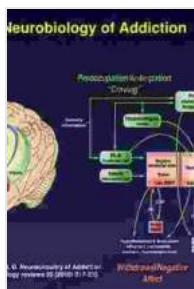
Overcoming Addiction

Addiction is a serious disease, but it is one that can be overcome. There are a number of effective treatments available, including:

- Medication: There are a number of medications that can help to reduce cravings and withdrawal symptoms.
- Therapy: Therapy can help people to understand the underlying causes of their addiction and to develop coping mechanisms.
- Support groups: Support groups can provide people with a safe and supportive environment in which to share their experiences and to learn from others.

Recovery from addiction is a long and challenging process, but it is possible. With the right treatment and support, people can overcome addiction and live healthy, fulfilling lives.

Never Enough is a must-read for anyone who wants to understand the science of addiction and its devastating effects on individuals and society. Dr. Grisel's groundbreaking research provides a new understanding of addiction and offers hope for recovery.



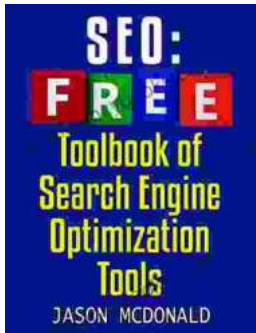
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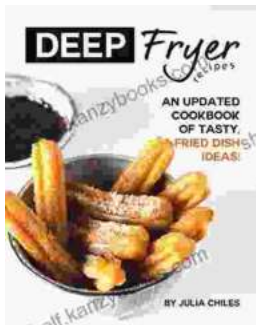
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