



Alcoholism, Drug Addiction, and the Road to Recovery: Life on the Edge (Haworth Therapy for the Addictive Disorders)

Barry Stimmel

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Gain a fuller understanding of substance addiction and treatment options! Originally published in 1992 as *The Facts About Drug Use*, this updated edition contains new information about the effects of alcohol and recreational, mood-altering drugs on the body. The multiple causes of drug use and the options available to those dependent on drugs as a way of life are thoroughly and clearly described. Drug use affects nearly 1 out of 2 Americans and cuts across every social and economic boundary. The effects of addiction on the individual are great, and the cumulative effects on society are staggering. Knowledge of the adverse effects of mood-altering drugs and why and how they are used excessively is a centerpiece of this book. It presents, intelligently and interestingly, ways to identify persons at risk and identify problems that the addicted encounter in attempts to become drug free. *Alcoholism, Drug Addiction, and the Road to Recovery: Life on the Edge* is an essential tool in both finding available resources for drug users and developing appropriate responses to today's drug problem. This remarkable, well-referenced book enables those with little or no background in science or health care to understand the complex issues surrounding drug use. It provides current, reliable, and unbiased information on methods for dealing with dependency upon alcohol and central nervous system depressants, hallucinogens, heroin, nicotine, marijuana, caffeine, amphetamines, designer drugs like Ecstasy, and steroids. A glossary listing common street names for drugs will be invaluable to those interested in identifying specific substances. This comprehensive volume will show you:

- who typically uses drugs and the reasons why they do
- how to classify mood-altering drugs
- how to identify and treat drug dependency
- areas of special concern such as multiple drug use, AIDS and drug use, drugs and pregnancy, drugs and sports, and drug testing technology

Chapter by chapter, this nonjudgmental book helps readers develop a better understanding of the effects of mood-altering substances and the reasons many continue to use them despite serious consequences. This is a valuable key to the nature of dependency and addiction, and the external forces (including poverty and homelessness) that promote such behavior.

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