



The Addicted Brain: Why We Abuse Drugs, Alcohol, and Nicotine

Michael Kuhar

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Addiction destroys lives. In *The Addicted Brain*, leading neuroscientist Michael Kuhar, Ph.D., explains how and why this happens—and presents advances in drug addiction treatment and prevention. Using breathtaking brain imagery and other research, Kuhar shows the powerful, long-term brain changes that drugs can cause, revealing why it can be so difficult for addicts to escape their grip.

Discover why some people are far more susceptible to addiction than others as the author illuminates striking neural similarities between drugs and other pleasures potentially capable of causing abuse or addiction—including alcohol, gambling, sex, caffeine, and even Internet overuse. Kuhar concludes by outlining the 12 characteristics most often associated with successful drug addiction treatment.

Authoritative and easy to understand, *The Addicted Brain* offers today's most up-to-date scientific explanation of addiction—and what addicts, their families, and society can do about it.

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