

# Buzz The Science And Lore Of Alcohol Caffeine Stephen Braun

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Drunks, Drugs & Debits Doug Thorburn 2000 How to identify the addicts in your life and their negative impact.

Dublin Pub Life and Lore Kevin Corrigan Kearns 1996

Javatrekker Dean Cycon 2007-10-17 In each cup of coffee we drink the major issues of the twenty-first century-globalization, immigration, women's rights, pollution, indigenous rights, and self-determination-are played out in villages and remote areas around the world. In Javatrekker: Dispatches from the World of Fair Trade Coffee, a unique hybrid of Fair Trade business, adventure travel, and cultural anthropology, author Dean Cycon brings readers face-to-face with the real people who make our morning coffee ritual possible. Second only to oil in terms of its value, the coffee trade is complex with several levels of middlemen removing the 28 million growers in fifty distant countries far from you and your morning cup. And, according to Cycon, 99 percent of the people involved in the coffee economy have never been to a coffee village. They let advertising and images from the major coffee companies create their worldview. Cycon changes that in this compelling book, taking the reader on a tour of ten countries in nine chapters through his passionate eye and unique perspective. Cycon, who is himself an amalgam-equal parts entrepreneur, activist, and mischievous explorer-has traveled extensively throughout the world's tropical coffeelands, and shows readers places and people that few if any outsiders have ever seen. Along the way, readers come to realize the promise and hope offered by sustainable business principles and the products derived from cooperation, fair pricing, and profit sharing. Cycon introduces us to the Mamos of Colombia-holy men who believe they are literally holding the world together-despite the severe effects of climate change caused by us, their "younger brothers." He takes us on a trip through an ancient forest in Ethiopia where many believe that coffee was first discovered 1,500 years ago by the goatherd Kaldi and his animals. And readers learn of Mexico's infamous Death Train, which transported countless immigrants from Central America northward to the U.S. border, but took a horrifying toll in lost lives and limbs. Rich with stories of people, landscapes, and customs, Javatrekker offers a deep appreciation and understanding of the global trade and culture of coffee. In each cup of coffee we drink the major issues of the twenty-first century-globalization, immigration, women's rights, pollution, indigenous rights, and self-determination-are played out in villages and remote areas around the world. What

is Fair Trade Coffee? Coffee prices paid to the farmer are based on the international commodity price for coffee (the "C" price) and the quality premium each farmer negotiates. Fair Trade provides an internationally determined minimum floor price when the C plus premium sinks below \$1.26 per pound for conventional and \$1.41 for organics (that's us!). As important as price, Fair Trade works with small farmers to create democratic cooperatives that insure fair dealing, accountability and transparency in trade transactions. In an industry where the farmer is traditionally ripped off by a host of middlemen, this is tremendously important. Cooperatives are examined by the Fairtrade Labeling Organization (FLO), or the International Fair Trade Association (IFAT), European NGOs, for democratic process and transparency. Those that pass are listed on the FLO Registry or become IFAT members. Cooperatives provide important resources and organization to small farmers in the form of technical assistance for crop and harvest improvement, efficiencies in processing and shipping, strength in negotiation and an array of needed social services, such as health care and credit. Fair Trade also requires pre-financing of up to sixty percent of the value of the contract, if the farmers ask for it. Several groups, such as Ecologic and Green Development Fund have created funds for pre-finance lending.

Ancient Wine Patrick E. McGovern 2019-10 A richly illustrated account of the story of ancient viniculture The history of civilization is, in many ways, the history of wine. This book is the first comprehensive account of the earliest stages of the history and prehistory of viniculture, which extends back into the Neolithic period and beyond. Elegantly written and richly illustrated, Ancient Wine opens up whole new chapters in the fascinating story of wine by drawing on recent archaeological discoveries, molecular and DNA sleuthing, and the writings and art of ancient peoples. In a new afterword, the author discusses exciting recent developments in the understanding of ancient wine, including a new theory of how viniculture came to central and northern Europe.

Tide, Feather, Snow Miranda Weiss 2009-05-19 "Tide, Feather, Snow is about the resplendence and subtleties of coastal Alaska, and about one woman's attempt to be fully present in them. Weiss serves as a skilled and poetic witness to a place undergoing incessant change." — Anthony Doerr, author of *The Shell Collector* A memoir of moving to Alaska—and staying—by a writer whose gift for writing about place and natural beauty is reminiscent of John McPhee and Jonathan Raban. An extreme landscape in both its beauty and challenges, Alaska is a place where know-how is currency and a novice's mistakes can be fatal. But it is a place for glorious reinvention—a refuge for those desperate to escape . . . and for those looking for something more. Miranda Weiss, a young woman who grew up landlocked in a well-kept East Coast suburb, moved to Homer, Alaska, with her boyfriend, determined to make a place for herself in this unfamiliar country where the years are marked by seasons of fish, and where locals carry around the knowledge of tides, boats, and weather as ballast. In *Tide, Feather, Snow*, Weiss introduces readers to the memorable people and peculiar beauty of Alaska's vast landscape, as she takes us along on her remarkable personal journey of adventure, physical challenge, and culture clash.

Addiction Medicine Bankole A. Johnson 2010-10-10 The spectrum of addiction disorders presents practitioners with numerous challenges—among them the widening gap between a growing evidence base and the translation of this knowledge into treatment outcomes. *Addiction Medicine* addresses this disconnect, clearly explaining the role of brain function in drug taking and other habit-forming behaviors, and applying this biobehavioral framework to the delivery of evidence-based treatment. Its state-of-the-art coverage provides clinically relevant details on not only traditional sources of addiction such as cocaine, opiates, and alcohol, but also more recently recognized substances of abuse (e.g., steroids, inhalants) as well as behavioral addictions (e.g., binge eating, compulsive gambling, hoarding). Current behavioral and medical therapies are discussed in depth, and the book's close attention to social context gives readers an added lens for personalizing treatment. An international panel of expert contributors offers the most up-to-date information on: Diagnosis and classification Neurobiological and molecular theories of addiction Behavioral concepts of addiction Clinical aspects of addiction to a wide range of substances,

including opiates, stimulants, sedatives, hallucinogens, alcohol, nicotine, and caffeine Science-based treatment options: pharmacotherapy, pharmacogenetics, potential vaccines, brief and compliance-enhancing interventions, cognitive behavioral treatment, behavioral management, and other psychosocial interventions Behavioral addictions—including compulsive eating, Internet messaging, and hypersexuality—and their treatment Addiction in specific populations, including adolescents, the elderly, pregnant women, and health care professionals Legal, disability, and rehabilitation issues At once comprehensive and integrative, *Addiction Medicine* is an essential text and a practice-expanding tool for psychiatrists, health psychologists, pharmacologists, social workers, drug counselors, trainees, and general physicians/family practitioners.

*Forces of Habit* David T. COURTWRIGHT 2009-06-30 A global history of the acquisition of progressively more potent means of altering ordinary waking consciousness, this book is the first to provide the big picture of the discovery, interchange, and exploitation of the planet's psychoactive resources, from tea and kola to opiates and amphetamines.

*The Seasons of the Italian Kitchen* Diane Darrow 2012-08-27 With a bounty of regional Italian dishes, the authors of *La Tavola Italiana* serve up “inspiration for the mind as well as for the kitchen” (Booklist). Italian cooking draws its inspiration from the roll call of seasonal ingredients that pass through its kitchens, and in this splendid volume Diane Darrow and Tom Maresca share the simple secrets of making the most of the best fresh, top-of-the-season foods from farm and woodland, lake and sea. *The Seasons of the Italian Kitchen* presents two hundred recipes according to the four seasons and the traditional courses of the Italian meal: antipasto, primo, secondo, contorno, dolce. All are wed (as they always are in Italy) to the wines that best match them, and the recipes have been tested and adapted to seasonal ingredients readily available in the United States. Richly stocked with delightful anecdotes and culinary lore gathered from the authors’ long love affair with Italy, they invite both amateur and expert to experience the Italian genius for making the most of the moment. “If you can read or even browse through this book without running straight to the kitchen, you’ve got more willpower than we do.” —The Wine Investors “Italian cookbooks abound, and some of these dishes will be familiar, but the authors’ text is well written and informed, and there are some unusual regional specialties here, too.” —Library Journal

*Star Trek Cocktails* Glenn Dakin 2020-11-03 Set your taste-buds to stunned! These Cosmic recipes will take you where no one has gone before. They're cocktails, Jim, but not as you know them.... The perfect holiday gift for the Star Trek fan in your life! Have you ever longed for a taste of Romulan Ale? Or pined for the mellowing effect of Dr McCoy's Mint Julep? Perhaps a Fuzzy Tribble would get you purring? Or a soothing sip of Captain Picard's Earl Grey Martini? This voyage into the future of stylish drinking is a must for all Star Trek - and cocktail - fans. With a galaxy of illustrations, and a witty garnish of quotations, this book will help you celebrate your favorite show. Mix the classic cocktails served on Starfleet starships throughout the Federation! Picard, Kirk, McCoy, Scotty, Quark, and more - try out each crew member's favorite!

*Last Call at the Nightshade Lounge* Paul Krueger 2016-06-07 In this sharp and funny urban fantasy novel, booze is magic, demons are real, and millennial Bailey Chen joins a band of monster-fighting Chicago bartenders instead of finding a “real” post-college job. Bailey Chen is fresh out of college with all the usual new-adult demons: no cash, no job offers, and an awkward relationship with Zane, the old friend she kinda-sorta hooked up with during high school. But when Zane introduces Bailey to his monster-fighting bartender friends, her demons become a lot more literal. It turns out that evil creatures stalk the city streets after hours, and they can be hunted only with the help of magically mixed cocktails: vodka grants super-strength, whiskey offers the power of telekinesis, and rum lets its drinker fire blasts of elemental energy. But will all these powers be enough for Bailey to halt a mysterious rash of gruesome deaths? And what will she do when the safety of a “real world” job beckons? This sharp and funny urban fantasy is perfect for fans of *Buffy the Vampire Slayer*, *Scott Pilgrim Vs. The World*, and grown-up readers of *Harry Potter*. Includes

14 recipes from a book of ancient cocktail lore.

Buzz Stephen Braun 1996 Discusses both the scientific and cultural impact of alcohol and caffeine, the world's most widely-consumed mind-altering substances

The Encyclopedia of Psychoactive Substances Richard Rudgley 2014-11-25 For all those who might like to believe that drug use has been relegated to the suburban rec rooms and ghetto crack houses of the late twentieth century, *The Encyclopedia of Psychoactive Substances* offers shocking, yet thoroughly enlightening evidence to the contrary. In fact, from Neolithic man to Queen Victoria, humans have abused all sorts of drugs in the name of religion, tradition, and recreation, including such "controlled substances" as chocolate, lettuce, and toads. From glue-sniffing to LSD to kava, *The Encyclopedia of Psychoactive Substances* provides the first reliable, comprehensive exploration of this fascinating and controversial topic. With over one hundred entries, acclaimed author Richard Rudgley covers not only the chemical and botanical background of each substance, but its physiological and psychological effect on the user. Of particular value is Rudgley's emphasis on the historical and cultural role of these mind-altering substances. Impeccably researched and hugely entertaining, *The Encyclopedia of Psychoactive Substances* will appeal to anyone interested in one of the most misunderstood and yet also most widespread of human activities - the chemical quest for an altered state of consciousness.

A Companion to California Wine Charles L. Sullivan 1998-10-01 California is the nation's great vineyard, supplying grapes for most of the wine produced in the United States. The state is home to more than 700 wineries, and California's premier wines are recognized throughout the world. But until now there has been no comprehensive guide to California wine and winemaking. Charles L. Sullivan's *A Companion to California Wine* admirably fills that gap—here is the reference work for consumers, wine writers, producers, and scholars. Sullivan's encyclopedic handbook traces the Golden State's wine industry from its mission period and Gold Rush origins down to last year's planting and vintage statistics. All aspects of wine are included, and wine production from vine propagation to bottling is described in straightforward language. There are entries for some 750 wineries, both historical and contemporary; for more than 100 wine grape varieties, from Aleatico to Zinfandel; and for wine types from claret to vermouth—all given in a historical context. In the book's foreword the doyen of wine writers, Hugh Johnson, tells of his own forty-year appreciation of California wine and its history. "Charles Sullivan's *Companion*," he adds, "will provide the grist for debate, speculation, and reminiscence from now on. With admirable dispassion he sets before us just what has happened in the plot so far."

Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances, 2d ed. David W. Group 2015-02-25 This greatly expanded and revised edition contains more than 1,000 entries, covering everything from common everyday foods to the latest in genetic research--and beyond. Each substance's properties are objectively described based on the latest scientific evidence. Included are substances that not only claim to improve thinking and other brain functions, but those that are thought to help prevent brain damage and degeneration, prevent aging and extend the human lifespan, enhance social skills and moral behavior, induce altered states of consciousness, and improve mood, stamina, and energy.

Beer Charles W. Bamforth 2008-04-15 This important and extremely interesting book is a serious scientific and authoritative overview of the implications of drinking beer as part of the human diet. Coverage includes a history of beer in the diet, an overview of beer production and beer compositional analysis, the impact of raw materials, the desirable and undesirable components in beer and the contribution of beer to health, and social issues. Written by Professor Charlie Bamforth, well known for a lifetime's work in the brewing world, *Beer: Health and Nutrition* should find a place on the shelves of all those involved in providing dietary advice.

What Will You Drink? Arie L. Melnik 2020-03-03 "The history of spirits is fascinating. Anyone in the business should read this!"—Luca Garavoglia, Chairman, Gruppo Campari Hot drinks, cold drinks, and everything in-between—this is the history of beverages through the ages. This book aims to describe the development of beverages and drinking habits, as well as their connection with other

facets of life. This information will be of universal interest, no matter the reader's occupation or background. *What Will You Drink?* is a rather uncommon history book, as books on history generally tend to disregard the topic of food and drink. However, this book is all about quenching thirst. Rather than emphasizing the technical aspects of creating food, this book explores the cultural and historical significance of all the delicious and diverse refreshments we have to choose from in our modern world. From comforting brews like coffee and tea to luxurious staples like beer and wine, this book strives to uncover the many—and sometimes hidden—ways in which beverages relate to social behavior, business activity, and politics. Come along for a historical, fact-finding journey to discover the taste of life.

*The Science of Happiness* Stephen Braun 2001-12-14 How should we define happiness—and how happy are we supposed to be? Does each of us have a genetically determined "set point" of happiness? What dangers may lie in the new breed of drugs that allow us to fine-tune our moods so that we are happy most of the time? Fascinating research in a range of fields is providing provocative answers to these and many more questions about what makes us happy and how we can control our moods. We are in the midst of a revolution in the understanding of how our brains work; at the same time, we have entered a bold new age of pharmacology that is allowing drug-makers to craft molecules that are exquisitely tailored to produce desired mood-altering effects. In this lively and stimulating narrative, acclaimed science writer Stephen Braun takes readers to the frontlines of discovery in these areas and explores how this "brave new world" of mood manipulation will impact our lives. Based on extensive interviews with scientists at the forefront of research, as well as the compelling personal stories of many individuals, *The Science of Happiness* presents an accessible, engaging, and well-balanced account of what we need to know as we enter this new era. "Readers who want a quick overview of the latest neuroscientific research into how antidepressants and mood-elevating drugs work need look no further."—Publishers Weekly "Chiefly valuable in raising some important issues."—Kirkus Reviews "This brief, engaging, and personal view of mood and its influence on all aspects of our lives travels from drug company labs to Zen retreats in an effort to open up the black box containing temperament. [Braun's] writing is powerfully charming, even while delving into deep philosophical issues and little-understood scientific theories."—Amazon.com

*The Oxford Handbook of Offender Decision Making* Wim Bernasco 2017-05-08 Although the issue of offender decision-making pervades almost every discussion of crime and law enforcement, only a few comprehensive texts cover and integrate information about the role of decision-making in crime. *The Oxford Handbook of Offender Decision Making* provide high-quality reviews of the main paradigms in offender decision-making, such as rational choice theory and dual-process theory. It contains up-to-date reviews of empirical research on decision-making in a wide range of decision types including not only criminal initiation and desistance, but also choice of locations, times, targets, victims, methods as well as large variety crimes including homicide, robbery, domestic violence, burglary, street crime, sexual crimes, and cybercrime. Lastly, it provides in-depth treatments of the major methods used to study offender decision-making, including experiments, observation studies, surveys, offender interviews, and simulations. Comprehensive and authoritative, the Handbook will quickly become the primary source of theoretical, methodological, and empirical knowledge about decision-making as it relates to criminal behavior.

*US of AA* Joe Miller 2019-04-02 In *US of AA*, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies

accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

Liquid Pleasures Professor John Burnett 2012-10-02 Drinking has always meant much more than satisfying the thirst. Drinking can be a necessity, a comfort, an indulgence or a social activity. Liquid Pleasures is an engrossing study of the social history of drinks in Britain from the late seventeenth century to the present. From the first cup of tea at breakfast to mid-morning coffee, to an evening beer and a 'night-cap', John Burnett discusses individual drinks and drinking patterns which have varied not least with personal taste but also with age, gender, region and class. He shows how different ages have viewed the same drink as either demon poison or medicine. John Burnett traces the history of what has been drunk in Britain from the 'hot beverage revolution' of the late seventeenth century - connecting drinks and related substances such as sugar to empire - right up to the 'cold drinks revolution' of the late twentieth century, examining the factors which have determined these major changes in our dietary habits.

The Holy Order of Water William Marks 2001-10-01

Life of Pi Yann Martel 2009-03-19 Life of Pi is a masterful and utterly original novel that is at once the story of a young castaway who faces immeasurable hardships on the high seas, and a meditation on religion, faith, art and life that is as witty as it is profound. Using the threads of all of our best stories, Yann Martel has woven a glorious spiritual adventure that makes us question what it means to be alive, and to believe.

Love on the Rocks Lori Rotskoff 2003-10-15 In this fascinating history of alcohol in postwar American culture, Lori Rotskoff draws on short stories, advertisements, medical writings, and Hollywood films to investigate how gender norms and ideologies of marriage intersected with scientific and popular ideas about drinking and alcoholism. After the repeal of Prohibition in 1933, recreational drinking became increasingly accepted among white, suburban, middle-class men and women. But excessive or habitual drinking plagued many families. How did people view the "problem drinkers" in their midst? How did husbands and wives learn to cope within an "alcoholic marriage"? And how was drinking linked to broader social concerns during the Great Depression, World War II, and the Cold War era? By the 1950s, Rotskoff explains, mental health experts, movie producers, and members of self-help groups like Alcoholics Anonymous and Al-Anon helped bring about a shift in the public perception of alcoholism from "sin" to "sickness." Yet alcoholism was also viewed as a family problem that expressed gender-role failure for both women and men. On the silver screen (in movies such as *The Lost Weekend* and *The Best Years of Our Lives*) and on the printed page (in stories by such writers as John Cheever), in hospitals and at Twelve Step meetings, chronic drunkenness became one of the most pressing public health issues of the day. Shedding new light on the history of gender, marriage, and family life from the 1920s through the 1960s, this innovative book also opens new perspectives on the history of leisure and class affiliation, attitudes toward consumerism and addiction, and the development of a therapeutic culture.

Unspoken Memories Gabbie S Duran 2014-05-21 She awoke with no memory of who she was, but one clue will lead her to him... Abigail Adams had it all, she's a gorgeous supermodel, has a wealthy fiance, and a career on the rise. But that quickly changes when she wakes up in the hospital not remembering anything. The only memories she does have are not her own, but of a total stranger. When Abigail discovers that her fiance has been cheating on her, she leaves him and runs to the arms of the one man she is hoping will give her the answers she seeks. Matt Garcia is used to playing the field, keeping his heart guarded, but then Abigail Adams unexpectedly shows up at his door hoping he will be the answer she is looking for. Will he finally learn to take a break from his no strings attached lifestyle and show her that she doesn't need her past, but the future he is willing to offer her? With every unspoken memory she regains, will she

learn to open up her heart to a total stranger, or will she keep it guarded like he does? New Adult Contemporary Romance: Due to strong language and sexual content, not intended for readers under the age of 18.

Idea Man Paul Allen 2011-04-19 By his early thirties, Paul Allen was a world-famous billionaire-and that was just the beginning. In 2007 and 2008, Time named Paul Allen, the cofounder of Microsoft, one of the hundred most influential people in the world. Since he made his fortune, his impact has been felt in science, technology, business, medicine, sports, music, and philanthropy. His passion, curiosity, and intellectual rigor-combined with the resources to launch and support new initiatives-have literally changed the world. In 2009 Allen discovered that he had lymphoma, lending urgency to his desire to share his story for the first time. In this classic memoir, Allen explains how he has solved problems, what he's learned from his many endeavors-both the triumphs and the failures-and his compelling vision for the future. He reflects candidly on an extraordinary life. The book also features previously untold stories about everything from the true origins of Microsoft to Allen's role in the dawn of private space travel (with SpaceShipOne) and in discoveries at the frontiers of brain science. With honesty, humor, and insight, Allen tells the story of a life of ideas made real.

How to Spot Hidden Alcoholics Doug Thorburn 2004 For those who may have alcoholics in their personal or professional lives, this book describes the indicators of alcoholism, many of which seem too subtle and innocuous to suggest addiction. Listing more than 80 alcoholic forms of behavior and clues, such as the supreme-being complex and mental confusion, this guide links physical signs and behavioral changes to the various stages, explaining the brain chemistry that impels the afflicted person to drink addictively and act destructively. A compelling case for awareness and identification of alcohol-related symptoms and an attempt to avoid tragic and unsatisfactory events and outcomes, this behavioral examination is supplemented with endnotes, a bibliography, and recommendations for courses of action. The research conducted for this book incorporated extensive interviews with medical professionals and hundreds of recovering alcoholics.

Get Out of the Way! Doug Thorburn 2002 This book takes a revolutionary look at the road and the alcoholic headed your way. Thorburn makes a compelling case that most poor behaviors on the road result from alcoholism. He shows how identifying these drivers earlier can help prevent innumerable tragedies, both on the road and off.

The Pugilist at Rest Thom Jones 2016-11-08 Thom Jones made his literary debut in The New Yorker in 1991. Within six months his stories appeared in Harper's, Esquire, Mirabella, Story, Buzz, and in The New Yorker twice more. "The Pugilist at Rest" - the title story from this stunning collection - took first place in Prize Stories 1993: The O. Henry Awards and was selected for inclusion in Best American Short Stories 1992. He is a writer of astonishing talent. Jones's stories - whether set in the combat zones of Vietnam or the brittle social and intellectual milieu of an elite New England college, whether recounting the poignant last battles of an alcoholic ex-fighter or the hallucinatory visions of an American wandering lost in Bombay in the aftermath of an epileptic fugue - are fueled by an almost brutal vision of the human condition, in a world without mercy or redemption. Physically battered, soul-sick, and morally exhausted, Jones's characters are yet unable to concede defeat: his stories are infused with the improbable grace of the spirit that ought to collapse, but cannot. For in these extraordinary pieces of fiction, it is not goodness that finally redeems us, but the heart's illogical resilience, and the ennobling tenacity with which we cling to each other and to our lives. The publication of The Pugilist at Rest is a major literary event, heralding the arrival of an electrifying new voice in American fiction, and a writer of magnificent depth and range. With these eleven stories, Thom Jones takes his place among the ranks of this country's most important authors.

Acquainted with the Night Christopher Dewdney 2008-12-06 Weaving together science and storytelling, art and anthropology, Dewdney takes readers on a fascinating journey through the nocturnal realm. In twelve chapters corresponding to the twelve hours of night, he illuminates

night's central themes, including sunsets, nocturnal animals, bedtime stories, festivals of the night, fireworks, astronomy, nightclubs, sleep and dreams, the graveyard shift, the art of darkness, and endless nights. With infectious curiosity, a lyrical, intimate tone, and an eye for nighttime beauties both natural and man-made, Christopher Dewdney paints a captivating portrait of our hours in darkness. Christopher Dewdney is the author of three books of nonfiction—Last Flesh, The Secular Grail, and The Immaculate Perception—as well as eleven books of poetry. A three-time nominee for Governor General's Awards and a first-prize winner of the CBC Literary Competition, Dewdney lives in Toronto, Ontario. "As you read these pages, your life will change, because the way you see half of it will change. The night we're all familiar with will emerge as a fresh thing, deeper, fuller, older, younger, more evocative, more intimate, larger, more spectacular and, yes, more magical, and much more thrilling."—Margaret Atwood, *Globe and Mail* "[A] felicitous literary gambol from dusk till dawn...Dewdney throws himself headlong into the deep pool of his subject."—Sue Halpern, *Newsday* "An enjoyable and instructive read."—Sven Birkerts, *Boston Globe* Also available: HC 1-58234-396-9 \$24.95

*Hungover* Shaughnessy Bishop-Stall 2018-11-20 "Bishop-Stall insists that hangovers... [are] worthy of a cure. After years of dogged research around the globe, he finds one — just in time for the holidays." —*Washington Post* "[An] irreverent, well-oiled memoir... Bishop-Stall packs his book with humorous and enlightening asides about alcohol." —*The Wall Street Journal* One intrepid reporter's quest to learn everything there is to know about hangovers, trying all of the cures he can find and explaining how (and if) they work, all so rest of us don't have to. We've all been there. One minute you're fast asleep, and in the next you're tumbling from dreams of deserts and demons, into semi-consciousness, mouth full of sand, head throbbing. You're hungover. Courageous journalist Shaughnessy Bishop-Stall has gone to the front lines of humanity's age-old fight against hangovers to settle once and for all the best way to get rid of the aftereffects of a night of indulgence (short of not drinking in the first place). Hangovers have plagued human beings for about as long as civilization has existed (and arguably longer), so there has been plenty of time for cures to be concocted. But even in 2018, little is actually known about hangovers, and less still about how to cure them. Cutting through the rumor and the myth, *Hungover* explores everything from polar bear swims, to saline IV drips, to the age-old hair of the dog, to let us all know which ones actually work. And along the way, Bishop-Stall regales readers with stories from humanity's long and fraught relationship with booze, and shares the advice of everyone from Kingsley Amis to a man in a pub.

*Masterminds & Wingmen* Rosalind Wiseman 2014-07-29 The author of *Queen Bees and Wannabees* decodes the inner lives of boys to reveal how parents can forge stronger connections with their sons, explaining how boys are more likely to hide their feelings and resist adult support. Reprint.

*The Essential Bar Book* Jennifer Fiedler 2014-10-14 A handsome and comprehensive bartending guide for professional and home bartenders that includes history, lore, and 115 recipes. The *Essential Bar Book* is full of indispensable information about everything boozy that's good to drink. This easy-to-navigate A-to-Z guide covers it all, from the tools of the trade to the history and mythology behind classic and modern drinks, and features 115 recipes for the world's most important cocktails.

*Addiction Medicine E-Book* Bankole Johnson 2019-12-12 Integrating scientific knowledge with today's most effective treatment options, *Addiction Medicine: Science and Practice*, 2nd Edition, provides a wealth of information on addictions to substances and behavioral addictions. It discusses the concrete research on how the brain and body are affected by addictions, improving your understanding of how patients develop addictions and how best to personalize treatment and improve outcomes. This essential text is ideal for anyone who deals with patients with addictions in clinical practice, including psychiatrists, health psychologists, pharmacologists, social workers, drug counselors, trainees, and general physicians/family practitioners. Clearly explains the role of brain function in drug taking and other habit-forming behaviors, and shows how to apply this

biobehavioral framework to the delivery of evidence-based treatment. Provides clinically relevant details on not only traditional sources of addiction such as cocaine, opiates, and alcohol, but also more recently recognized substances of abuse (e.g., steroids, inhalants) as well as behavioral addictions (e.g., binge eating, compulsive gambling, hoarding). Discusses current behavioral and medical therapies in depth, while also addressing social contexts that may affect personalized treatment. Contains new information on compliance-enhancing interventions, cognitive behavioral treatments, behavioral management, and other psychosocial interventions. Includes neurobiological, molecular, and behavioral theories of addiction, and includes a section on epigenetics. Contains up-to-date information throughout, including a new definition of status epilepticus, a current overview of Lennox Gastaut syndrome, and updates on new FDA-approved drugs for pediatric neurological disorders. Features expanded sections on evidence-based treatment options including pharmacotherapy, pharmacogenetics, and potential vaccines. Addresses addiction in regards to specific populations, including adolescents, geriatric, pregnant women, and health care professionals. Includes contributions from expert international authors, making this a truly global reference to addiction medicine.

In Defense of Processed Food Robert L. Shewfelt 2016-11-23 It has become popular to blame the American obesity epidemic and many other health-related problems on processed food. Many of these criticisms are valid for some processed-food items, but many statements are overgeneralizations that unfairly target a wide range products that contribute to our health and well-being. In addition, many of the proposed dangers allegedly posed by eating processed food are exaggerations based on highly selective views of experimental studies. We crave simple answers to our questions about food, but the science behind the proclamations of food pundits is not nearly as clear as they would have you believe. This book presents a more nuanced view of the benefits and limitations of food processing and exposes some of the tricks both Big Food and its critics use to manipulate us to adopt their point of view. Food is a source of enjoyment, a part of our cultural heritage, a vital ingredient in maintaining health, and an expression of personal choice. We need to make those choices based on credible information and not be beguiled by the sophisticated marketing tools of Big Food nor the ideological appeals and gut feelings of self-appointed food gurus who have little or no background in nutrition.

How to Change Your Drinking Kenneth Anderson 2010 "Preface by Alan Marlatt, introduction by Patt Denning."--Cover.

Caffeinated Murray Carpenter 2015-01-27 "You'll never think the same way about your morning cup of coffee."—Mark McClusky, editor in chief of Wired.com and author of Faster, Higher, Stronger Journalist Murray Carpenter has been under the influence of a drug for nearly three decades. And he's in good company, because chances are you're hooked, too. Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere—in places you'd expect (like coffee and chocolate) and places you wouldn't (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children. It can make you stronger, faster, and more alert, but it's not perfect, and its role in health concerns like obesity and anxiety will surprise you. Making stops at the coffee farms of central Guatemala, a synthetic caffeine factory in China, and an energy shot bottler in New Jersey, among numerous other locales around the globe, Caffeinated exposes the high-stakes but murky world of caffeine, drawing on cutting-edge science and larger-than-life characters to offer an unprecedented understanding of America's favorite drug.

Forbidden Drugs Philip Robson 1999 A study of illegal drugs used throughout the world, examining their effects and side effects; and discussing why people use drugs, how they become addicted, and the possibilities of making such drugs legal.

Love, Eddie David Mittler 2002-11 Dust in the Wind was written during the summer of 1988 when my wife, my son, and I were living in Ziegelhausen, Germany. I was a guest professor at Ruprecht Karls Universitaet (the University of Heidelberg) for the academic year. I had conceived the central

idea of the book years earlier when I was in college, but I didn't have a form for the story. Then when I happened onto Donald Worster's *Dust Bowl* in the English Department Library at the University, I was struck by the stark world evoked by the illustrations Worster had chosen. Immediately, I sensed that the story of the rabbit drive should be connected to the dust bowl experience. After that, it was relatively easy for me to use my experiences on a farm in Rush County, Kansas during the 1950's to provide a sense of the time I was writing about from the perspective of Ben, my counterpart. Ben is older than I, but I think we share many experiences, especially the awareness of poverty and the omnipresence of dirt in our lives. To this day, I still do not like getting my hands dirty.

*Advances in Male Mediated Developmental Toxicity* Bernard Robaire 2012-12-06 This volume highlights major contributions that identify new developments and directions in the field over the past decade, as well as challenges for the foreseeable future. An integration of information from laboratory and epidemiological studies, male reproduction and teratology can be found throughout the volume. The range of topics include parental legacies and genomics, lifestyle, occupational and therapeutic paternal exposures and effects; effects on the gamete-packaging of human sperm; role of DNA repair and germ cell apoptosis; stem cells, epigenetics and cloning; model systems and implications to clinicians and general counselors.

*Naturally Dangerous* James P. Collman 2001-09-21 Examines the scientific facts behind claims about the safety or dangers of organic and commercial foods, natural herbs, modern medicine, and the environment.