

Buzz The Science And Lore Of Alcohol Caffeine Stephen Braun

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The Cultural History of Plants Sir Ghilleain Prance 2012-10-12 This valuable reference will be useful for both scholars and general readers. It is both botanical and cultural, describing the role of plant in social life, regional customs, the arts, natural and covers all aspects of plant cultivation and migration and covers all aspects of plant cultivation and migration. The text includes an explanation of plant names and a list of general references on the history of useful plants.

Encyclopedia of Mind Enhancing Foods, Drugs and Nutritional Substances, 2d ed.

David W. Group 2015-02-25 This revised edition contains over one thousand entries, covering everything from common everyday foods to the latest in genetic research—and beyond. Each entry's properties are objectively evaluated based on the latest scientific evidence. Included are substances that not only claim to improve thinking and other brain functions, but those that presumably 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.

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.

Starbucked Taylor Clark 2013-02-28 STARBUCKED is the first book to explore the incredible rise of the Starbucks Corporation and the caffeine-crazy culture that fuelled its success. Part Fast Food Nation, part social history, STARBUCKED combines investigative heft with witty cultural observation. How did Starbucks become an international juggernaut? What made the company so beloved

that more than 40 million customers visit every week, yet so loathed that protestors have firebombed its stores? Why did Americans suddenly become willing to pay \$4.50 for a cup of coffee? And why did the world follow? Taylor Clark provides an objective, meticulously reported look at how Starbucks manipulates psyches and social habits to snare loyal customers, and why many of the things we think we know about the coffee chain are false.

Magic Molecules Susan Aldridge 1998-09-28 All of us are drug users, in the broadest sense of the word. Drugs can be medicines, they can be used for pleasure, and they can also be used to protect our long-term health. It is important that we are well-informed about the drugs we use - how they work, their benefits, and their risks. This book is a unique guide for the general science reader to the drugs of everyday life - from the main types of medicine through to recreational drugs and food supplements. It looks at how drugs interact with their targets in the body, where they come from, how they are developed and what drugs to expect in the future. All the major pharmaceutical medicines are reviewed - painkillers, antibiotics, anti-cancer drugs, anti-depressants, heart drugs, tranquilizers and hormones. However this book is much more than a consumer handbook - it also conveys the fascinating science of drug discovery in an easily accessible way.

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.

Narcotic Culture Frank Dikötter 2004 China was turned into a nation of opium addicts by the pernicious forces of imperialist trade. This study systematically questions this assertion on the basis of abundant archives from China, Europe and the US, showing that opium had few harmful effects on either health or longevity.

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.

Lexikon der populären Ernährungsirrtümer Udo Pollmer 2018-04-03 Zu viel, zu süß, zu fett, zu salzig - die Verbote der gesunden Ernährung machen die Lust aufs Essen nicht selten zum Frust. Dabei beruhen viele dieser Ernährungsweisheiten auf Mißverständnissen, Fehlinterpretationen und Halbwahrheiten, sagen Udo Pollmer und Susanne Warmuth. In der um viele Stichworte aktualisierten Neuauflage ihres Bestsellers werfen sie einen kritischen Blick auf unsere lieb gewonnenen

Ernährungsrituale, untersuchen den Wahrheitsgehalt von Kampagnen der Nahrungsmittelindustrie und nehmen zahlreiche andere Fehlinformationen aufs Korn: von A wie Alkohol bis Z wie Zucker.

"Eighteenth-Century Coffee-House Culture, vol 4 " Markman Ellis 2017-07-05 Helps scholars and students form an understanding of the contribution made by the coffee-house to British and even American history and culture. This book attempts to make an intervention in debates about the nature of the public sphere and the culture of politeness. It is intended for historians and scholars of literature, science, and medicine.

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

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.

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.

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 Drug Problem Martin H. Levinson 2002 This comprehensive volume offers a dynamic new approach to understanding and solving the drug problem. This text applies the techniques and formulations of general semantics to investigate and make recommendations about various aspects of drug abuse. General semantics, a process problem-solving approach based on the primacy of the scientific method and importance of language as a shaper of thoughts and perceptions, has a proven record of success in problem-solving across a wide variety of disciplines and fields.

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.

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.

Der alltägliche Kick Stephen Braun 2013-11-11

Uncommon Grounds Mark Pendergrast 2019-07-09 The definitive history of the world's most popular drug Uncommon Grounds tells the story of coffee from its discovery on a hill in ancient Abyssinia to the advent of Starbucks. Mark Pendergrast reviews the dramatic changes in coffee culture over the past decade, from the disastrous "Coffee Crisis" that caused global prices to plummet to the rise of the Fair Trade movement and the "third-wave" of quality-obsessed coffee connoisseurs. As the scope of coffee culture continues to expand, Uncommon Grounds remains more than ever a brilliantly entertaining guide to the currents of one of the world's favorite beverages.

The Body of Faith Robert C. Fuller 2013-06-01 The postmodern view that human experience is constructed by language and culture has informed historical narratives for decades. Yet newly emerging information about the biological body now makes it possible to supplement traditional scholarly models with insights about the bodily sources of human thought and experience. The Body of Faith is the first account of American religious history to highlight the biological body. Robert C. Fuller brings a crucial new perspective to the study of American religion, showing that knowledge about the biological body deeply enriches how we explain dramatic episodes in American religious life. Fuller shows that the body's genetically evolved systems—pain responses, sexual passion, and emotions like shame and fear—have persistently shaped the ways that Americans forge relationships with nature, to society, and to God. The first new work to appear in the Chicago History of American Religion series in decades, The Body of Faith offers a truly interdisciplinary framework for explaining the richness, diversity, and endless creativity of American religious life.

Men's Health 2008-03 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

Eighteenth-Century Coffee-House Culture Markman Ellis 2017-07-05 Helps scholars and students form an understanding of the contribution made by the coffee-house to British and even American history and culture. This book attempts to make an intervention in debates about the nature of the public sphere and the culture of politeness. It is intended for historians and scholars of literature, science, and medicine.

Molecules at an Exhibition John Emsley 1999-10-07 What is it in chocolate that makes us feel good when we eat it? What's the molecule that turns men on? What's the secret of Coca-Cola? In this fascinating book, John Emsley takes us on a guided tour through a rogue's gallery of molecules, some harmful some pleasant, showing how they affect our lives. There are eight galleries in all, full of individual portraits on molecules that are to be found on a daily basis in the home, the environment, and in our bodies—from caffeine to teflon, nicotine to zinc. Find out how Mozart met his death, how Hitler could have saved the Third Reich from defeat, and many more interesting snippets in this highly entertaining, and often surprising book. 'A broad audience, regardless of whether it has a background in chemistry, will enjoy browsing and reading it.' Nature 'a fine example of popular science writing at its best. It is educational, interesting, may prove inspirational and therefore deserves to find a very wide readership.' THES 'highly readable and entertaining' New Scientist **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.

Drunks, Drugs & Debits Doug Thorburn 2000 How to identify the

addicts in your life and their negative impact.

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

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.

Caffeine Amy Francis 2016-01-07 Caffeine consumption has become commonplace amongst young adults in recent years, with many teens, up to 80 percent, eagerly reaching for coffee or energy drinks on a regular basis. Caffeinated substances are legal, widely used by society, and often touted as having health benefits, yet many teenagers fail to realize that caffeine is also a drug. When misused it can lead to dependency or abuse. This informative anthology examines the various degrees of caffeine use, outlining a variety of perspectives on topics such as caffeine and cognitive performance, caffeine as an addictive substance, and the complexities of caffeine regulation.

The Encyclopedia of Psychoactive Plants Christian Rätsch 2005-04-25 The most comprehensive guide to the botany, history, distribution, and cultivation of all known psychoactive plants • Examines 414 psychoactive plants and related substances • Explores how using psychoactive plants in a culturally sanctioned context can produce important insights into the nature of reality • Contains 797 color photographs and 645 black-and-white illustrations In the traditions of every culture, plants have been highly valued for their nourishing, healing, and transformative properties. The most powerful plants--those known to transport the human mind into other dimensions of consciousness--have traditionally been regarded as sacred. In The Encyclopedia of Psychoactive Plants Christian Rätsch details the botany, history, distribution, cultivation, and preparation and dosage of more than 400 psychoactive plants. He discusses their ritual and medicinal usage, cultural artifacts made from these plants, and works of art that either represent or have been inspired by them. The author begins with 168 of the most well-known psychoactives--such as cannabis, datura, and papaver--then presents 133 lesser known substances as well as additional plants known as "legal highs," plants known only from mythological contexts and literature, and plant products that include substances such as ayahuasca, incense, and soma. The text is lavishly illustrated with 797 color photographs--many of which are from the author's extensive fieldwork around the world--showing the people, ceremonies, and art related to the ritual use of the world's sacred psychoactives.

Buzz Stephen Braun 1996

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.

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

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.

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.

Insomniac Gayle Greene 2008-03-10 I can't work, I can't think, I can't connect with anyone anymore. . . . I mope through a day's work and haven't had a promotion in years. . . . It's like I'm being sucked dry, eaten away, swallowed up, coming unglued. . . . These are voices of a few of the tens of millions who suffer from chronic insomnia. In this revelatory book, Gayle Greene offers a uniquely comprehensive account of this devastating and little-understood condition. She has traveled the world in a quest for answers, interviewing neurologists, sleep researchers, doctors, psychotherapists, and insomniacs of all sorts. What comes of her extraordinary journey is an up-to-date account of what is known about insomnia, providing the information every insomniac needs to know to make intelligent choices among medications and therapies. *Insomniac* is at once a field guide through the hidden terrain inhabited by insomniacs and a book of consolations for anyone who has struggled with this affliction that has long been trivialized and neglected.

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.

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.

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

Intoxicating Minds Ciaran Regan 2001-07-17 Why do smokers claim that the first cigarette of the day is the best? What is the biological basis behind some heavy drinkers' belief that the "hair-of-the-dog" method alleviates the effects of a hangover? Why does marijuana seem to affect one's problem-solving capacity? *Intoxicating Minds* is, in the author's words, "a grand excavation of drug myth." Neither extolling nor condemning drug use, it is a story of scientific and artistic achievement, war and greed, empires and religions, and lessons for the future. Ciaran Regan looks at each class of drugs, describing the historical evolution of their use, explaining how they work within the brain's neurophysiology, and outlining the basic pharmacology of those substances. From a consideration of the effect of stimulants, such as caffeine and nicotine, and the reasons and consequences of their sudden popularity in the seventeenth century, the book moves to a discussion of more modern stimulants, such as cocaine and ecstasy. In addition, Regan explains how we process memory, the nature of thought disorders, and therapies for treating depression and schizophrenia. Regan then considers psychedelic drugs and their perceived mystical properties and traces the history of placebos to ancient civilizations. Finally, *Intoxicating Minds* considers the physical consequences of our co-evolution with drugs—how they have altered our very being—and offers a glimpse of the brave new world of drug therapies.

Verkatert Shaughnessy Bishop-Stall 2019-08-19 Wer kennt das nicht: Nachts fällt man in seliger Trunkenheit ins Bett, doch statt eines friedlichen Morgens erwartet einen der existenzielle Horror. Der Kopf hat Denken durch Schmerz ersetzt, der Magen verweigert jegliche Nahrungsaufnahme. Seit wir Menschen den Verlockungen des Alkohols erlegen sind, plagt uns der Kater, und dennoch gibt es bis heute kaum wissenschaftliche Erkenntnisse über ihn. Shaughnessy Bishop-Stall riskiert Leib und Leber im Kampf gegen diese Geißel der Menschheit: In England bezwingt er zehn Pints in zehn Pubs, in den österreichischen Alpen stellt er seine Trinkfestigkeit im Bierzelt unter Beweis. Denn natürlich muss man für einen kräftigen Kater sorgen, wenn man die regionstypischen Heilmittel auf die Probe stellen will. Und von diesen sind der Löffel Olivenöl und ein Kräuterheubad die konventionelleren Methoden. Aber er nimmt den Leser nicht nur mit auf einen Flug im Kampfjet über der Wüste von Las Vegas, um seinem Kater den Garaus zu machen. Er beleuchtet auch Geschichte und Kultur des Katers, von den alten Griechen über die Kreuzritter und die Soldaten in den Schützengräben des Ersten Weltkriegs bis hin zu Hemingway oder in die Popkultur.