Craving For Ecstasy The Consciousness And Chemistry Of Escape

Craving for Ecstasy and Natural Highs-Harvey B. Milkman 2009-06-17 "This book is extremely useful for a broad range of readers. This book reflects the extensive scientific and clinical expertise of the authors and is compelling reading for anyone interested in addictive behaviors. It is one of the rare books that from page one immediately engrosses, educates and broadens your perspective." —Alex Blaszczynski, The University of Sydney, International Journal of Mental Health Addiction "Psychologist Harvey Milkman and chemist Stanley Sunderwirth explore why our relentless search for pleasure sometimes leads to dangerous addictions and show us healthy ways to achieve happiness." —SCIENTIFIC AMERICAN MIND "Harvey B. Milkman and Stanley Sunderwirth have written a tour de force. Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration . . . is a beautifully written and organized book . . . a thrill ride through the most innovative and insightful perspectives that science and clinical experience have to offer . . . hip and artistic, reflecting a deep understanding of addiction . . . a major contribution to the field; it is must reading." —Howard J. Shaffer, PhD, CAS Editor, Psychology of Addictive Behaviors, Associate Professor, Harvard Medical School Director, Division on Addictions, Cambridge Health Alliance "Reading this book is in itself and ecstatic experience! . . . a fascinating journey that explores the benefits and risks of pleasure and the universal desire to feel good . . . It's quite a trip." —G. Alan Marlatt, PhD, University of Washington People from all walks of life often lose themselves in pursuing counterfeit pleasures—cigarettes, alcohol, drugs, thrill seeking, sex, food, gambling, and on-line fantasies to name just a few. How does the pursuit of pleasure result in compulsion and loss of control? Craving for Ecstasy and Natural Highs addresses this fundamental question and then explores positive ways to achieve lasting happiness and fulfillment. Readers will gain important insight on how to improve their own quality of life and will learn how to offer support to clients, students, family, and friends whose lives may be compromised by addiction. Students of addictive behaviors and anyone interested in discovering healthy means to satisfy the drive to alter consciousness will find this book compelling. View Harvey Milkman's appearance on local Denver TV where he talks about addiction and his book at http://www.kdvr.com/videobeta/watch/?watch=dafef79e-c409-4159-82b4-194ecd3b9929&src=front Be sure to follow Harvey Milkman's blog on Psychology Today at http://www.psychologytoday.com/blog/better-dope/200909/better-dope-natural-highs-the-cutting-edge-mood-alteration Reviews of previous work: "The chemistry and psychology of addiction are described with considerable insight. . . . These authors know their stuff and make a compelling case." —The Los Angeles Times "The authors provide a valuable service by placing into perspective a large array of behaviors that could be considered addictive." —JAMA SAGE offers treatment and training programs for mental health providers that you can easily incorporate into your existing programs. Visit www.sagepub.com/satreatments to learn more about these treatment and training programs.
Craving for Ecstasy - Harvey B. Milkman 1987 (Publisher-supplied data) Alcohol, tobacco, sex, food...escape the pleasure trap and regain control of your life! The chemistry and psychology of addiction are described with considerable insight. These authors know their stuff, and they make a compelling case...All in all, Craving for Ecstasy is a challenging, well-considered analysis. Los Angeles Times Milkman and Sunderwirth offer a new and different perspective from which to understand a very complex and confusing pattern of human behavior. Their ideas are vibrant, provocative, stimulating, and written for a public that is demanding a better explanation. Howard J. Shaffer, director, Center for Addiction Studies, Department of Psychiatry, Harvard Medical School and The Cambridge Hospital Addictive behavior goes far beyond the compulsive use of drugs and alcohol. It is possible to become addicted to what may seem a harmless pleasure such as sex, jogging, watching television, or eating. In this powerful book?written in easy-to-understand language?two scientific researchers, Harvey Milkman and Stanley Sunderwirth, explain the biology, chemistry, and psychology of the universal desire for pleasure and escape. For example, they reveal how the brain produces mind-altering substances and what the skydiver has in common with the heroin addict. But, most importantly, with the use of a self-assessment test and an invaluable guide for treatment, the authors show what steps you can take to regain control of your life.

Routledge Library Editions: Radio - Various Authors 2021-03-01 In four volumes, this set analyses some key aspects of radio broadcasting. From the earliest days of radio and the impact of religious broadcasting, to the development of audience research, from the cultural importance of radio, to the modern strategies evolved for radio programming, the works collected here form a remarkable research tool into the analysis of radio.

Contemporary Radio Programming Strategies - David T. MacFarland 2016-10-14 This book, first published in 1990, offers an in-depth analysis of the ‘fundamental beliefs’ of radio. This refers to the common understanding of what the radio enterprise is – and should be – about: entertainment and information. A major thrust of this book is to arrive at a set of fundamental beliefs about the values and the realities of the radio business in regard to entertainment programming – a set of beliefs that may or may not be right, or forever, but that might at least provide a basis for developing programming strategies. Most other books on radio programming describe the formats and programming that already exist. This one starts with a clean sheet of paper and the question ‘What do listeners really want from radio?’

Craving for Ecstasy - Harvey Milkman 1998-07-31 Alcohol, tobacco, sex, food...escape the pleasure trap and regain control of your life! The chemistry and psychology of addiction are described with considerable insight. These authors know their stuff, and they make a compelling case...All in all, Craving for Ecstasy is a challenging, well-considered analysis. Los Angeles Times Milkman and Sunderwirth offer a new and different perspective from which to understand a very complex and confusing pattern of human behavior. Their ideas are vibrant, provocative, stimulating, and written for a public that is demanding a better explanation. Howard J. Shaffer, director, Center for Addiction Studies, Department of.
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Caring for People God's Way-Tim Clinton 2009-09-21 Caring for People God's Way presents Christian counseling in a systematic, step-by-step manner that outlines the process as practically as possible. It then applies the process to the most common issues faced by Christian counselors: personal and emotional issues, trauma, grief, loss, and suicide.

Ancient Sins . . . Modern Addictions-R. Scott Sullender 2013-07-05 There is a virtual epidemic of addiction in the United States, both traditional addictions to drugs and alcohol but also newer addictions, like sex, gambling, rage, work, and food/eating. Some authorities have labeled addictions the number one mental health problem in America. We are spending millions of dollars annually trying to prevent, understand, and treat this epidemic--and yet by any measure of success we are losing this "war." In this cultural context Dr. Sullender invites us to look again at the spiritually based scheme of the Seven Deadly Sins, which originated at the dawn of Western civilization. He suggests that what our spiritual forebears meant by "deadly" is best captured in the modern concept of "addiction." Based on this thesis, this book explores what is addictive about the sins of pride, envy, anger, greed, gluttony, sloth, and lust, and suggests that these sins are all obsessive, and as such become the mental component in the addictive cycle. Each chapter concludes by offering some spiritual resources, practices, and insights that can help us win the battle against addiction, which is ultimately won or lost on a mental or spiritual plane.

Media, Children, and the Family-Dolf Zillmann 2013-11-05 This book brings together a group of scholars to share findings and insights on the effects of media on children and family. Their contributions reflect not only widely divergent political orientations and value systems, but also three distinct domains of inquiry into human motivation and behavior -- social scientific, psychodynamic (or psychoanalytical), and clinical practice. Each of these three domains is privy to important evidence and insights that need to transcend
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epistemological and methodological boundaries if understanding of the subject is to improve dramatically. In keeping with this notion, the editors asked the authors to go beyond a summary of findings, and lend additional distinction to the book by applying the "binoculars" of their particular perspective and offering suggestions as to the implications of their findings. One of the goals of the conference that resulted in this book was consensus building in the area of media and family. From examining the findings and insights of a diverse group of scholars, it seems that consensus building in several areas is a distinct possibility. Addressing the concerns of educators about the influence of the mass media of communication -- entertainment programs in particular -- on children and the welfare of the nuclear family, this volume projects directions for superior programming, especially for educational television. The influence of sex and violence on children and adults is given much attention, and the development of moral judgment and sexual expectations, among other things, is explored. The critical analysis of media effects includes examination of positive contributions of the media, such as the search for missing children and exemplary educational programs.

Neuropathology of Drug Addictions and Substance Misuse Volume 1-Victor R. Preedy

The Self Psychology of Addiction and its Treatment-Richard B. Ulman

In the time of Freud, the typical psychoanalytic patient was afflicted with neurotic disorders; however, the modern-day psychotherapy patient often suffers instead from a variety of addictive disorders. As the treatment of neurotic disorders based on unconscious conflicts cannot be applied to treatment of addictive disorders, psychoanalysis has been unable to keep pace with the changes in the type of patient seeking help. To address the shift and...
respond to contemporary patients’ needs, Ulman and Paul present a thorough discussion of addiction that studies and analyzes treatment options. Their honest and unique work provides new ideas that will help gain access to the fantasy worlds of addicted patients. The Self Psychology of Addiction and Its Treatment emphasizes clinical approaches in the treatment of challenging narcissistic patients struggling with the five major forms of addiction. Ulman and Paul focus on six specific case studies that are illustrative of the five forms of addiction. They use the representative subjects to develop a self psychological model that helps to answer the pertinent questions regarding the origins and pathway of addiction. This comprehensive book links addiction and trauma in an original manner that creates a greater understanding of addiction and its foundations than any clinical or theoretical model to date.

**Intoxicated Identities**-Timothy J. Mitchell 2004 Annotation

In *Intoxicated Identities*, Tim Mitchell provides a novel and well-grounded framework for understanding subjective drinking experiences from the Aztecs to the present day in areas as diverse as Chiapas, Chihuahua, Oaxaca, Mexico City, Texas and California. Power drinking plays a crucial role in Mexican religion, politics, fine arts and ritual spousal abuse. Mexico ranks number one in deaths from cirrhosis, and Mexican Americans are twice as likely to be arrested for drunken driving as blacks or whites. With methods and concepts derived from an extraordinary range of disciplines, Mitchell explains how Mexican culture reinforces heavy drinking. He analyzes supply (nationalistic marketing strategies) but emphasizes demand (psychocultural motivations unique to Mexico). He chronicles the joys and sorrows of a borrachera, or drinking binge, and explores this altered state of consciousness on its own terms, not from any temperance or anti-alcohol perspective.

**Indian Psychology**-Jadunath Sinha 1999-05 First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

**Catholic World**- 1896

**New Catholic World**- 1896

**Right Time, Right Place, Right Move, Right Now!**-Perry W. Buffington 1992 45 ways to survive and succeed in personal life, business, & life in general.

**Alcoholism and Other Drug Problems**-James E. Royce 1996 Alcoholism and Other Drug Problems offers a balanced and comprehensive account of the nature, causes, prevention, and treatment of the nation's number one public health problem. This edition of Royce's award-winning text, Alcohol Problems and Alcoholism, has been extensively updated throughout by Royce and his coauthor David Scratchley, with new chapters on drugs other than alcohol to reflect the most recent research in the field. Part I, "Alcohol and Other..."
Drugs," examines the nature and impact of alcohol as a drug and discusses historical and contemporary cultural attitudes toward drinking in America. A new chapter on the effects that other drugs can have on the user and on the family, and treatment methods, has been added to this section. Part II, "Addiction," describes the patterns and symptoms of this complicated phenomenon. The authors also use new data to illustrate the impact that addiction can have on special groups such as children, minorities, and the elderly. Part III, "Prevention and Intervention," looks at the various techniques that have succeeded or failed in curbing drug abuse. Finally, Part IV, "Treatment and Rehabilitation," surveys the range of available treatment approaches with chapters on various twelve-step programs and new information on drugs and the law.

When Good Things Become Addictions-Grant Martin 1991-09

Mysticism: A Study in Nature and Development of Spiritual Consciousness-Evelyn Underhill 1960

Readings- 1986

New Horizons in the Neuroscience of Consciousness-Elaine K. Perry 2010 A fascinating cornucopia of new ideas, based on fundamentals of neurobiology, psychology, psychiatry and therapy, this book extends boundaries of current concepts of consciousness. Its eclectic mix will simulate and challenge not only neuroscientists and psychologists but entice others interested in exploring consciousness. Contributions from top researchers in consciousness and related fields project diverse ideas, focused mainly on conscious nonconscious interactions: 1. Paving the way for new research on basic scientific - physiological, pharmacological or neurochemical - mechanisms underpinning conscious experience (bottom up approach); 2. Providing directions on how psychological processes are involved in consciousness (top down approach); 3. Indicating how including consciousness could lead to new understanding of mental disorders such as schizophrenia, depression, dementia, and addiction; 4. More provocatively, but still based on scientific evidence, exploring consciousness beyond conventional boundaries, indicating the potential for radical new thinking or quantum leaps in neuroscientific theories of consciousness. (Series B)"

Drugs and Drug Policy-Clayton J. Mosher 2007 "...the authors provide a detailed review of existing drug policy in the United States and an excellent and thorough review of the effects of both legal and illegal substances. One of the book’s outstanding features is its comprehensive coverage of policy regarding legal and non legal drugs...this book is also extremely thought provoking and challenges readers to consider the foundation of their own perspectives on drugs and drug policies." —PSYCRITIQUES Drugs and Drug Policy: The Control of Consciousness Alteration provides a cross-national perspective on the regulation of drug use by examining and critiquing drug policies in the United States and abroad in terms of their scope, goals, and effectiveness. In this engaging text, authors Clayton J.
Mosher and Scott Akins discuss the physiological, psychological, and behavioral effects of legal and illicit drugs; the patterns and correlates of use; and theories of the “causes” of drug use.

**The Baby King Must Die!**-Robert W. Fuller 2007-12 Fuller's insightful book provides addicts, counselors, and laypeople with deeper insight into the already complicated lives of addicts whose selfish brains produce the erratic behaviors that cannot be turned off with demands, threats, or pleadings. (Motivation)

**Cosmopolitan**- 1989-10

**The Behavior Therapist**- 1988

**Conscious Breathing** Joy Manne, Ph.D. 2004-08-13 Conscious Breathing presents contemporary Breathwork methods in a comprehensive, structured way for modern readers. Emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation, author Joy Manne shows how Breathwork can be applied to transpersonal, existential, past life, chakra, Kundalini, shamanic, and other experiences. Using detailed examples, case histories, and exercises, Conscious Breathing covers basic grounding and awareness, advanced breath and body-centered explorations, and explorations of biblical and religious teachings.

**The Dialogue of the Seraphic Virgin Catherine of Siena**-Saint Catherine of Siena 1907 “I am persuaded,” said Claude Bernard, “that the day will come, when the man of science, the philosopher and the poet will all understand each other.” Whatever we may think of this prophecy, we most of us feel that the one-sided absolutism of the past, whether religious or scientific, is no longer possible. The inevitable vehemence of the reaction against bigotry and superstition has, in a measure, spent itself, and the best minds of the present, influenced by the spirit of Socrates’ claim to wisdom, are cautiously and tentatively feeling their way to a nicer adjustment of the scales of thought. Aeterna Press

** Consorting with the Shadow: Phantasms and the Dark Side of Female Consciousness**-Alison Armstrong 2019-04-22 Incorporating essays, short stories, film and book analyses, Consorting with the Shadow examines the psychological bond between women and the archetypal creatures of imagination, the vampires, shape-shifters, and other monsters we fear, love, and wish to emulate.

**Mona Lisa Darkening**-Sunny 2009-01-06 On the vernal equinox, Mona Lisa is taken against her will to NetherHell, the cursed realm of the damned. In this place, she will be torn from both within and without by desire, love, and ecstasy. And when her first love...
crosses the boundaries of the world to rescue her, she must choose her own destiny?before others choose it for her.

**Natural Highs**-Hyla Cass 2003-06-02 What does it take to make you feel “high”? Do you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day? Unfortunately, the quick fixes we have become accustomed to don’t work long-term, and often contribute further to the underlying problems of fatigue, depression, brain fog, and anxiety. In Natural Highs, two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements, herbs, and simple mind-body therapies that will help to increase energy, sharpen the mind, elevate mood, relax the body, and beat stress. Their remarkable research shows how to formulate the perfect "brainfood" to improve how we think and feel, resulting in a greater sense of connection and joy in everyday life-the natural high.

**The Evolution of Love**-Emil Lucka 2020-11-17 “Love is a theme which at all times and in all countries has been of primary interest to men and women, and therefore this book, which throws an illuminating ray of light in many a dark place still wrapped in mystery and silence, not only impresses the psychologist, but also fascinates the general reader with its wealth of interesting detail and charm of expression.”-Ellie Schleussner In The Evolution of Love (1922) the Austrian Poet-Philosopher Emil Lucka reveals his conception of the development of love and sex. In his revolutionary presentation of ideas, the author blends history, psychology, and philosophy to speculate that love is not a fundamental predisposition, but evolved through historical changes. There are three distinct stages of the development of love that Lucka explores in this important work; Metaphysical Eroticism, the first, is the exploration of emotional climaxes and the sexual instinct. Moving from prehistoric man through the ideals of Greek love, and to the spread of Christianity, he lays his foundation through the lens of history. The second stage is Love, which he again demonstrates its development through history, specifically the birth of European civilization. The third stage is the unity of sexual impulse and love, the evolution of the spiritual love of man for woman based on personality. Finally, Lucka delves into erotic aberrations, exploring perversities of sex and love through the progress of history. In Lucka’s conclusion, he looks at the realm of the spirit in the context of Ernst Heackel’s biogenetic law. With an eye-catching new cover, and professionally typeset manuscript, this edition of The Evolution of Love is both modern and readable.

**Psychology and Life**-Richard J Gerrig 2015-05-20 Bringing the science of psychology to life! The 2nd Australasian edition of Psychology and Life emphasises the science of psychology, with a special focus on applying that science to students’ everyday lives. As a result, the features of Psychology and Life support a central theme: psychology as a science, with a focus on applying that science to real life experiences. Australasian research, examples and statistics help make the theory even more relevant for today’s students. Psychology and Life 2e provides a rigorous, research-centred survey of the discipline while offering students special features and learning aids that will make the science of psychology relevant, spark their interest and excite their imaginations.
Classrooms Under the Influence-Richard R. Powell 1994 More than seven million adolescents under the age of 18 live in homes where one or both parents is an alcoholic. This document presents a three-part discussion of adolescent children of alcoholics' (AdCOA) issues relative to school classrooms. Part I discusses characteristics and behaviors of AdCOAs. The characteristics of dysfunctional families in general and alcoholic families in particular are provided as context for facilitating the identification process. Normal and abnormal behaviors of adolescents are considered as a context for recognizing AdCOA behaviors. Because AdCOAs and other dysfunctional adolescents more often become substance abusers in school and later in life, a discussion is offered of school behaviors of students who abuse substances. Part II provides a five-step classroom intervention model that educators can use to identify and interrupt the dysfunctional survival skills AdCOAs use at school. The model provides a useful way that teachers and administrators can build a database to support students suspected of being AdCOAs. Part III includes a discussion of strategies for helping AdCOAs in classrooms. From the various strategies available, the following techniques have been selected: listening and caring, using AdCOAs' personal and academic strengths, and reflection. It is noted that these strategies help AdCOAs build healthy self-concepts. A number of forms and a list of resources and references are appended. (NB)

Alan Watts - In the Academy-Alan Watts 2017-04-25 Explores language and mysticism, Buddhism and Zen, Christianity, comparative religion, psychedelics, and psychology and psychotherapy. To commemorate the 2015 centenary of the birth of Alan Watts (1915–1973), Peter J. Columbus and Donadrian L. Rice have assembled a much-needed collection of Watts’s scholarly essays and lectures. Compiled from professional journals, monographs, scholarly books, conferences, and symposia proceedings, the volume sheds valuable light on the developmental arc of Watts’s thinking about language and mysticism, Buddhism and Zen, Christianity, comparative religion, psychedelics, and psychology and psychotherapy. This definitive collection challenges Watts’s reputation as a “popularizer” or “philosophical entertainer,” revealing his concerns to be much more expansive and transdisciplinary than is suggested by the parochial “Zen Buddhist” label commonly affixed to his writings. The editors’ authoritative introduction elucidates contemporary perspectives on Watts’s life and work, and supports a bold rethinking of his contributions to psychology, philosophy, and religion. “This excellent volume is important in establishing Watts as perhaps the most important Western thinker and writer on Eastern religions and philosophy, as well as comparative religions, of the twentieth century.” — John W. Traphagan, author of Rethinking Autonomy: A Critique of Principilism in Biomedical Ethics

After the Ecstasy, the Laundry-Jack Kornfield 2001 One of the nation's leading Buddhist teachers and author of A Path with Heart and Buddha's Little Instruction Book uses moving stories to reveal the secret of discovering wisdom while pursuing personal spirituality. Reprint.

York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences. When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, How to Change Your Mind is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

The Sikh Review- 2008

Can't Find My Way Home-Martin Torgoff 2004-05-13 Can't Find My Way Home is a history of illicit drug use in America in the second half of the twentieth century and a personal journey through the drug experience. It's the remarkable story of how America got high, the epic tale of how the American Century transformed into the Great Stoned Age. Martin Torgoff begins with the avant-garde worlds of bebop jazz and the emerging Beat writers, who embraced the consciousness-altering properties of marijuana and other underground drugs. These musicians and writers midwifed the age of marijuana in the 1960s even as Timothy Leary and Richard Alpert (later Ram Dass) discovered the power of LSD, ushering in the psychedelic era. While President John Kennedy proclaimed a New Frontier and NASA journeyed to the moon, millions of young Americans began discovering their own new frontiers on a voyage to inner space. What had been the province of a fringe avant-garde only a decade earlier became a mass movement that affected and altered mainstream America. And so America sped through the century, dropping acid and eating magic mushrooms at home, shooting heroin and ingesting amphetamines in Vietnam, snorting cocaine in the disco era, smoking crack cocaine in the devastated inner cities of the 1980s, discovering MDMA (Ecstasy) in the rave culture of the 1990s. Can't Find My Way Home tells this extraordinary story by weaving together first-person accounts and historical background into a narrative vast in scope yet rich in intimate detail. Among those who describe their experiments with consciousness are Allen Ginsberg, Timothy Leary, Robert Stone, Wavy Gravy, Grace Slick, Oliver Stone, Peter Coyote, David Crosby, and many others.
from Haight Ashbury to Studio 54 to housing projects and rave warehouses. But Can't Find My Way Home does not neglect the recovery movement, the war on drugs, and the ongoing debate over drug policy. And even as Martin Torgoff tells the story of his own addiction and recovery, he neither romanticizes nor demonizes drugs. If he finds them less dangerous than the moral crusaders say they are, he also finds them less benign than advocates insist. Illegal drugs changed the cultural landscape of America, and they continue to shape our country, with enormous consequences. This ambitious, fascinating book is the story of how that happened.

**Starseekers**-Colin Wilson 1980

**Early Writings**-Jiddu Krishnamurti 1978 Collected speeches and writings of a Hindu spiritual leader.
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