

# The Sober Truth Debunking The Bad Science Behind 1

**Heavy Drinking** Herbert Fingarette.1989-06-21 Heavy Drinking informs the general public for the first time how recent research has discredited almost every widely held belief about alcoholism, including the very concept of alcoholism as a single disease with a unique cause. Herbert Fingarette presents constructive approaches to heavy drinking, including new methods of helping heavy drinkers and social policies for preventing heavy drinking and the harms associated with it.

**The Sober Truth** Lance Dodes,Zachary Dodes.2015-03-17 A powerful exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction treatment model came to dominate America. “A humane, science-based, global view of addiction . . . an essential, bracing critique of the rehab industry and its ideological foundations that we have much to learn from.” —Gabor Maté M.D., author of *In The Realm of Hungry Ghosts* Alcoholics Anonymous has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program’s overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Drawing from thirty-five years of clinical practice and firsthand accounts submitted by addicts, Dr. Dodes explores the entire story of AA’s rise—from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. A powerful response to the monopoly of the 12-step program and the myth that they are a universal solution to addiction, *The Sober Truth* offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

**Craving** Omar Manejwala.2013-03-22 *Craving*

**The Madness of Crowds** Douglas Murray.2019-09-17 THE SUNDAY TIMES BESTSELLER Updated with a new afterword An excellent take on the lunacy affecting much of the world today. Douglas is one of the bright lights that could lead us out of the darkness. - Joe Rogan Douglas Murray fights the good fight for freedom of speech ... A truthful look at today's most divisive issues - Jordan B. Peterson Are we living through the great derangement of our times? In *The Madness of Crowds* Douglas Murray investigates the dangers of 'woke' culture and the rise of identity politics. In lively, razor-sharp prose he examines the most controversial issues of our moment: sexuality, gender, technology and race, with interludes on the Marxist foundations of 'wokeness', the impact of tech and how, in an increasingly online culture, we must relearn the ability to forgive. One of the few writers who dares to counter the prevailing view and question the dramatic changes in our society - from gender reassignment for children to the impact of transgender rights on women - Murray's penetrating book, now published with a new afterword taking account of the book's reception and responding to the worldwide Black Lives Matter protests, clears a path of sanity through the fog of our modern predicament.

**Handbook of Alcoholism Treatment Approaches** Reid K. Hester,William R. Miller.2003 The accomplished author team of Reid Hester and William Miller provides a comprehensive, results-based guide to alcohol treatment methods. Along with the contributions of notable practitioners if the field, this text serves as an aid to graduate students and professionals. The authors stress the necessity of choosing different treatment protocols based on scientific research and a client's needs. This text also offers an up-to-date review of the treatment outcome literature, which illustrates that there are a number of treatments that are consistently supported by research. The subsequent chapters provide mini-treatment manuals for approaches with the most scientific support, with sections on matching clients to particular treatment and descriptions on how to utilize each particular treatment plan. The authors have consolidated the information necessary to develop individualized, multidimensional treatment that can meet the needs of a diverse client population.--Back cover.

**Her Best-Kept Secret** Gabrielle Glaser.2013-07-02 Looks at the cultural factors contributing to a rise in alcoholism among today's women and compares today's practices to those of earlier generations while noting the current ineffectiveness of AA and other mainstream treatments.

**Alcoholics Anonymous** Charles Bufe.1997-12-01 This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

**Civilized to Death** Christopher Ryan.2020-08-11 The New York Times bestselling coauthor of *Sex at Dawn* explores the ways in which “progress” has perverted the way we live—how we eat, learn, feel, mate, parent, communicate, work, and die—in this “engaging, extensively documented, well-organized, and thought-provoking” (Booklist) book. Most of us have instinctive evidence the world is ending—balmy December days, face-to-face conversation replaced with heads-to-screens zomboidism, a world at constant war, a political system in disarray. We hear some myths and lies so frequently that they feel like truths: Civilization is humankind’s greatest accomplishment. Progress is undeniable. Count your blessings. You’re lucky to be alive here and now. Well, maybe we are and maybe we aren’t. *Civilized to Death* counters the idea that progress is inherently good, arguing that the “progress” defining our age is analogous to an advancing disease. Prehistoric life, of course, was not without serious dangers and disadvantages. Many babies died in infancy. A broken bone, infected wound, snakebite, or difficult pregnancy could be life-threatening. But ultimately, Christopher Ryan questions, were these pre-civilized dangers more murderous than modern scourges, such as car accidents, cancers, cardiovascular disease, and a technologically prolonged dying process? *Civilized to Death* “will make you see our so-called progress in a whole new light” (Book Riot) and adds to the timely conversation that “the way we have been living is no longer sustainable, at least as long as we want to the earth to outlive us” (Psychology Today). Ryan makes the claim that we should start looking backwards to find our way into a better future.

**I Have Landed** Stephen Jay Gould.2011-10 Gould’s final essay collection is based on his remarkable series for *Natural History* magazine—exactly 300 consecutive essays, with never a month missed, published from 1974 to 2001. Both an intellectually thrilling journey into the nature of scientific discovery and the most personal book he ever published.

**Triumphs of Experience** George E. Vaillant.2012-10-30 At a time when many people around the world are living into their tenth decade, the longest longitudinal study of human development ever undertaken offers some welcome news for the new old age: our lives continue to evolve in our later years, and often become more fulfilling than before. Begun in 1938, the Grant Study of Adult Development charted the physical and emotional health of over 200 men, starting with their undergraduate days. The now-classic *Adaptation to Life* reported on the men’s lives up to age 55 and helped us understand adult maturation. Now George Vaillant follows the men into their nineties, documenting for the first time what it is like to flourish far beyond conventional retirement. Reporting on all aspects of male life, including relationships, politics and religion, coping strategies, and alcohol use (its abuse being by far the greatest disruptor of health and happiness for the study’s subjects), *Triumphs of Experience* shares a number of surprising findings. For example, the people who do well in old age did not necessarily do so well in midlife, and vice versa. While the study confirms that recovery from a lousy childhood is possible, memories of a happy childhood are a lifelong source of strength.

Marriages bring much more contentment after age 70, and physical aging after 80 is determined less by heredity than by habits formed prior to age 50. The credit for growing old with grace and vitality, it seems, goes more to ourselves than to our stellar genetic makeup.

**The Unexpected Joy of the Ordinary** Catherine Gray.2019-12-26 \*\*From the Sunday Times Bestselling Author\*\* Life-affirming - THE TELEGRAPH Wonderful - INDEPENDENT She made it her mission to learn how to be default happy rather than default disgruntled - RADIO 4 - WOMAN'S HOUR Take a leaf out of Gray's book and be kinder to yourself by appreciating life just as it is - IRISH TIMES This book came to me in an hour of need - during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand - SADIE FROST Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomenons conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all.

**The Sober Truth** Lance Dodes,Zachary Dodes.2014-03-25 An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

**Breaking Addiction** Lance M. Dodes, M.D..2011-03-01 "Dr. Dodes's approach runs directly counter to the paralyzing, but standard, message of 'powerlessness'—a message that reinforces the sense of helplessness that is at the root of addicts' life predicaments! Many psychiatrists recognize that this is where we must head, but Dr. Dodes is one with the guts to shine a beacon—in the right direction." —Stanton Peele, PhD, author of *7 Tools to Beat Addiction* and *The Life Process Program of Treatment* The follow-up to his groundbreaking volume *The Heart of Addiction*, Dr. Lance Dodes's *Breaking Addiction* is a step-by-step guide to beating addiction of any kind—from drugs and gambling to alcoholism, overeating, and sex addiction. By recognizing and understanding the emotional forces underlying addictive behaviors, Dr. Dodes says any dangerous, life-destroying obsession can be overcome. Including special bonus sections for both families and health-care professionals, *Breaking Addiction* is the new handbook for those suffering from addiction—a valuable resource that addresses addiction's root causes and serves as an alternative to Alcoholics Anonymous and similar recovery programs.

**Area 51** Annie Jacobsen.2011-05-17 This compellingly hard-hitting bestseller from a Pulitzer Prize finalist gives readers the complete untold story of the top-secret military base for the first time (New York Times). It is the most famous military installation in the world. And it doesn't exist. Located a mere seventy-five miles outside of Las Vegas in Nevada's desert, the base has never been acknowledged by the U.S. government — but Area 51 has captivated imaginations for decades. Myths and hypotheses about Area 51 have long abounded, thanks to the intense secrecy enveloping it. Some claim it is home to aliens, underground tunnel systems, and nuclear facilities. Others believe that the lunar landing itself was filmed there. The prevalence of these rumors stems from the fact that no credible insider has ever divulged the truth about his time inside the base. Until now. Annie Jacobsen had exclusive access to nineteen men who served the base proudly and secretly for decades and are now aged 75-92, and unprecedented access to fifty-five additional military and intelligence personnel, scientists, pilots, and engineers linked to the secret base, thirty-two of whom lived and worked there for extended periods. In *Area 51*, Jacobsen shows us what has really gone on in the Nevada desert, from testing nuclear weapons to building super-secret, supersonic jets to pursuing the War on Terror. This is the first book based on interviews with eye witnesses to Area 51 history, which makes it the seminal work on the subject. Filled with formerly classified information that has never been accurately decoded for the public, *Area 51* weaves the mysterious activities of the top-secret base into a gripping narrative, showing that facts are often more fantastic than fiction, especially when the distinction is almost impossible to make.

**On Pills and Needles** Rick Van Warner.2018-01-16 When Rick Van Warner found himself searching abandoned buildings and dangerous streets looking for his missing son, he had no idea that the synthetic, pill-form heroin that had snared his teen was already killing so many. In the years of pain and heartache that followed as he tried to save his son from opioid addiction, Van Warner discovered what the American public is just now becoming aware of: opioids prescribed for even minor pain relief are so addictive that even a few days of use can create dependency. *On Pills and Needles* is a memoir that also serves as a wake-up call and crash course in opioid addiction. Through his harrowing personal story, Van Warner exposes the common causes of opioid addiction, effective and ineffective ways it has been treated, and how families can walk alongside loved ones who are dealing with the daily realities of addiction.

**Redirect** Timothy D. Wilson.2011-09-08 What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing -- the scientifically based approach described in *Redirect* -- can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, *Redirect* demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives. There are few academics who write with as much grace and wisdom as Timothy Wilson. *Redirect* is a masterpiece. -- Malcolm Gladwell

**The Heart of Addiction** Lance M. Dodes.2002-12-24 Nobody has had an answer for why people with addictions continue to repeat them -- until now. For more than twenty years, distinguished psychiatrist Dr. Lance Dodes has been successfully helping people master their addictions -- alcoholism, compulsive gambling, smoking, sexual addiction, and more with a radical approach. Dr. Dodes describes how all addictions have, at their

heart, unrecognized emotional factors that explain: Why we feel the impulse Why we feel it when we do What alternatives (really) work in that critical moment In this refreshing book filled with compelling case studies, Dr. Dodes debunks several such widely accepted myths as: Addictions are fundamentally a physical problem. People with addictions are different from other people. You have to hit bottom before you can get well. You are wasting your time if you ask why you have an addiction.

**The Road to Reality** Roger Penrose.2021-06-09 **\*\*WINNER OF THE 2020 NOBEL PRIZE IN PHYSICS\*\*** The Road to Reality is the most important and ambitious work of science for a generation. It provides nothing less than a comprehensive account of the physical universe and the essentials of its underlying mathematical theory. It assumes no particular specialist knowledge on the part of the reader, so that, for example, the early chapters give us the vital mathematical background to the physical theories explored later in the book. Roger Penrose's purpose is to describe as clearly as possible our present understanding of the universe and to convey a feeling for its deep beauty and philosophical implications, as well as its intricate logical interconnections. The Road to Reality is rarely less than challenging, but the book is leavened by vivid descriptive passages, as well as hundreds of hand-drawn diagrams. In a single work of colossal scope one of the world's greatest scientists has given us a complete and unrivalled guide to the glories of the universe that we all inhabit. 'Roger Penrose is the most important physicist to work in relativity theory except for Einstein. He is one of the very few people I've met in my life who, without reservation, I call a genius' Lee Smolin  
**Alcoholics Anonymous Comes of Age** Alcoholics Anonymous World Services, Inc..2014-10-09 A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. A wealth of personal accounts and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence. Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters of *Alcoholics Anonymous Comes of Age*, early friends of A.A., including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs. For those interested in the history of A.A. and how it has withstood the test of time, *Alcoholics Anonymous Comes of Age* offers on the growth of this ground-breaking movement. *Alcoholics Anonymous Comes of Age* has been approved by the General Service Conference.

**The Myth of Normal** Gabor Maté, MD.2022-09-13 The instant New York Times bestseller By the acclaimed author of *In the Realm of Hungry Ghosts*, a groundbreaking investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health? Over four decades of clinical experience, Maté has come to recognize the prevailing understanding of “normal” as false, neglecting the roles that trauma and stress, and the pressures of modern-day living, exert on our bodies and our minds at the expense of good health. For all our expertise and technological sophistication, Western medicine often fails to treat the whole person, ignoring how today’s culture stresses the body, burdens the immune system, and undermines emotional balance. Now Maté brings his perspective to the great untangling of common myths about what makes us sick, connects the dots between the maladies of individuals and the declining soundness of society—and offers a compassionate guide for health and healing. Cowritten with his son Daniel, *The Myth Of Normal* is Maté’s most ambitious and urgent book yet.

**God's Debris** Scott Adams.2004-09 In *God's Debris*, best-selling author and creator of *Dilbert* Scott Adams fashioned a thought-provoking exploration of life's great mysteries (everything from quantum physics and God to psychic phenomena and dating) that quickly captured the attention and imaginations of readers everywhere. The intriguing story of a deliveryman who meets the world's smartest person and learns the secret of reality is threaded with a variety of hypnosis techniques that Adams, a certified hypnotist, used to induce a feeling of euphoric enlightenment in readers to mirror the main character's feelings as he discovers the true nature of the universe.Launched to coincide with the hardcover publication of its sequel, *The Religion War* (see opposite page), this first paperback edition of *God's Debris* will soon make the leap to a broader audience. As Adams designed it, the book will make your brain spin around inside your skull and drive readers toward *The Religion War* as they seek to confirm or deny the dizzying impressions and chaotic memories of reading *God's Debris*.The book provides one of the most compelling visions of reality ever experienced on the printed page. Along the way, readers will enjoy the Thought Experiment: Trying to discover what's wrong with the sage's explanation of reality. This is a book, as Adams says, to be shared and savored with smart friends.

**Inside Rehab** Anne M. Fletcher.2013-12-31 An essential guide to finding the right recovery program from the New York Times–bestselling author of *Sober for Good* Drawing on extensive research, including visits to fifteen addiction treatment programs and interviews with more than two hundred clients and professionals in the field, trusted health and medical writer Anne M. Fletcher offers indispensable advice for people seeking quality care for themselves or a loved one. She reveals the ways in which our addiction treatment industry is broken, highlights what is working, and shares insights about how the experience could be more effective. Fletcher sheds light on the science-based practices that should form the basis of treatment, spotlights programs and professionals using those practices, and provides a much-needed guide to different types of treatment and finding quality care when it’s needed.

**Down, Out, and Under Arrest** Forrest Stuart.2016-08-02 Forrest Stuart gives us a new framework for understanding life in criminalized communities throughout America. The idea of community policing and of stop-and-frisk and broken windows is just part of the picture, which includes people on both sides of the issue of keeping order in Skid Row communities. Stuart s is a dramatic demonstration of how to understand the daily realities of America s most truly disadvantaged, an understanding that requires a sharp focus on the pervasive role and impact of the police. Policing zero tolerance models in particularis reshaping urban poverty and marginalization in 21st-century America. Stuart immersed himself for several years in the notorious homeless capital of America, which is to say, Skid Row in Los Angeles. It has the largest concentration of standing police forces anywhere in the United States. On their side, the police practice what Stuart calls therapeutic policing a form of virtual social work that is designed to cure the poor of individual pathologies. On the side of the homeless, Stuart finds a cunning set of techniques for evading police contact, which he dubs cop wisdom and which the poor use for intensifying resistance to roustings by the police. The police are tasked with day-to-day management of the growing numbers of citizens falling through the holes in the threadbare social safety net. We see daily patrol practices and routines that amount to hyper-policing in skid row districts. The continuous threat of punishment aims to steer homeless individuals away from self-destructive behaviors while providing incentives to drug recovery, employment, and life skills (in nearby meta-shelters). Minority upheavals now underway across America underscore the divide between cops and the urban poor (almost all of whom are black or Latino). Stuart joins Alice Goffman in revealing the underlying, and often tragic, dynamics.

**Clean** David Sheff.2013 Combines personal stories and experiences with cutting edge research to describe a new way of treating substance addiction as well as accompanying mental illnesses.

**Search For The Real Self** James F. Masterson.2011-09-13 From the authoritative expert in personality disorders, *Search for the Real Self* is a thorough dissection of how one’s real self is developed, how it relates to the outer world, and how personality disorders are understood and treated in our modern society. Personality disorders—borderline, narcissistic, and schizoid—have become the classic psychological disorders of our age. Outwardly successful, charming and powerful, personality-disordered individuals have long confounded their colleagues, family, lovers and employees—as well as mental health professionals. The author helps the reader understand them. After describing how the healthy real self develops and functions, he explains what can go wrong. Drawing on case histories, he shows how the false self behaves in relationships and on the job,

and then delineates appropriate treatments, offering real hope for cure.

**Alcoholics Anonymous** Alcoholics Anonymous World Services, Bill W., 1986 The basic text for Alcoholics Anonymous.

**Bad Astronomy** Philip C. Plait, 2002-10-08 Advance praise for Philip Plait's *Bad Astronomy* is just plain good! Philip Plait clears up every misconception on astronomy and space you never knew you suffered from. --Stephen Maran, Author of *Astronomy for Dummies* and editor of *The Astronomy and Astrophysics Encyclopedia* Thank the cosmos for the bundle of star stuff named Philip Plait, who is the world's leading consumer advocate for quality science in space and on Earth. This important contribution to science will rest firmly on my reference library shelf, ready for easy access the next time an astrologer calls. --Dr. Michael Shermer, Publisher of *Skeptic* magazine, monthly columnist for *Scientific American*, and author of *The Borderlands of Science* Philip Plait has given us a readable, erudite, informative, useful, and entertaining book. *Bad Astronomy* is Good Science. Very good science... --James The Amazing Randi, President, James Randi Educational Foundation, and author of *An Encyclopedia of Claims, Frauds, and Hoaxes of the Occult and Supernatural* *Bad Astronomy* is a fun read. Plait is wonderfully witty and educational as he debunks the myths, legends, and 'conspiracies' that abound in our society. 'The Truth Is Out There' and it's in this book. I loved it! --Mike Mullane, Space Shuttle astronaut and author of *Do Your Ears Pop in Space?*

**The Book of Animal Ignorance** John Mitchinson, John Lloyd, 2008-09-02 Fast on the heels of the New York Times bestseller *The Book of General Ignorance* comes *The Book of Animal Ignorance*, a fun, fact-filled bestiary that is sure to delight animal lovers everywhere. Arranged alphabetically from aardvark to worm, here are one hundred of the most interesting members of the animal kingdom explained, dissected, and illustrated, with the trademark wit and wisdom of John Lloyd and John Mitchinson. Did you know, for instance, that • when a young albatross takes wing, it may stay aloft for ten years • vampire bat saliva—unsurprisingly, when you think about it—is the source of the world's most powerful blood thinning drug, appropriately called draculin • bombardier beetles fire a boiling chemical spray out of their rears at 300 pulses per second • a bald eagle's feathers weigh twice as much as its bones • a giant tortoise recently died at the documented age of 255 • octopuses are dexterous enough to unscrew tops from jars • spider silk is so light that a strand long enough to circle the world would weigh as much as a bar of soap? So meet the water bears that can live in suspension for hundreds of years, the parasite carried by your cat that makes men grumpy and women promiscuous, and the woodlouse that drinks through its bottom. Marvel at elephants that walk on tiptoe, pigs that shine in the dark, and woodpeckers that have ears on the ends of their tongues. If you still think a pangolin is a musical instrument, that hyenas are dogs, or that sheep are pointless and stupid, *The Book of Animal Ignorance* has arrived just in time.

**Toward a Phenomenology of Addiction: Embodiment, Technology, Transcendence** Frank Schalow, 2017-10-11 This book addresses an epidemic that has developed on a global scale, and, which under the heading of "addiction," presents a new narrative about the travails of the human predicament. The book introduces phenomenological motifs, such as desire, embodiment, and temporality, to uncover the existential roots of addiction, and develops Martin Heidegger's insights into technology to uncover the challenge of becoming a self within the impulsiveness and depersonalization of our digital age. By charting a new path of philosophical inquiry, the book allows a pervasive, cultural phenomenon, ordinarily reserved to psychology, to speak as a referendum about the danger which technology poses to us on a daily basis. In this regard, addiction ceases to be merely a clinical malady, and instead becomes a "signpost" to exposing a hidden danger posed by the assimilation of our culture within a technological framework.

**The Blank Slate** Steven Pinker, 2003-08-26 A brilliant inquiry into the origins of human nature from the author of *Rationality, The Better Angels of Our Nature, and Enlightenment Now*. Sweeping, erudite, sharply argued, and fun to read..also highly persuasive. --Time Finalist for the Pulitzer Prize Updated with a new afterword One of the world's leading experts on language and the mind explores the idea of human nature and its moral, emotional, and political colorings. With characteristic wit, lucidity, and insight, Pinker argues that the dogma that the mind has no innate traits—a doctrine held by many intellectuals during the past century—denies our common humanity and our individual preferences, replaces objective analyses of social problems with feel-good slogans, and distorts our understanding of politics, violence, parenting, and the arts. Injecting calm and rationality into debates that are notorious for ax-grinding and mud-slinging, Pinker shows the importance of an honest acknowledgment of human nature based on science and common sense.

**Juvenile Delinquency** Robert McNamara, 2020-11-25 Focusing on today's students, this comprehensive juvenile delinquency text debunks myths, engages students to learn key theories, and provides compelling applications that students will find relevant and useful.

**The Death of Expertise** Tom Nichols, 2024 In the early 1990s, a small group of AIDS denialists, including a University of California professor named Peter Duesberg, argued against virtually the entire medical establishment's consensus that the human immunodeficiency virus (HIV) was the cause of Acquired Immune Deficiency Syndrome. Science thrives on such counterintuitive challenges, but there was no evidence for Duesberg's beliefs, which turned out to be baseless. Once researchers found HIV, doctors and public health officials were able to save countless lives through measures aimed at preventing its transmission--

**Understanding the High-Functioning Alcoholic** Sarah A. Benton, 2009-02-27 With a focus on recovery and treatment, this volume identifies the characteristics, behaviors, and experiences of the high-functioning alcoholic and highlights the struggles of those who cannot control their drinking even as they succeed in other areas of their lives.

**Quit Like a Woman** Holly Whitaker, 2019-12-31 NEW YORK TIMES BESTSELLER • "An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself."—Glennon Doyle, #1 New York Times bestselling author of *Untamed* "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

**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.

Spoon-Fed Tim Spector. 2020-08-27 THE #1 SUNDAY TIMES BESTSELLER FROM THE LEADING GUT-HEALTH EXPERT, FOUNDER OF ZOE AND AUTHOR OF FOOD FOR LIFE \* As seen on ITV's LORRAINE and heard on THE DIARY OF A CEO \* This ground-breaking exploration debunks food myths, from what we should be eating for breakfast to whether we should really avoid ultra-processed foods. Is breakfast really the most important meal of the day? Is there any point in counting calories? Is there any evidence that coffee is bad for us? Through his pioneering research, Professor Tim Spector busts these and many other myths about food. Spoon-Fed explores the scandalous lack of good science behind many diet plans, official recommendations, miracle cures and ultra-processed foods, and encourages us to rethink our whole relationship with food - not just for our health as individuals, but for the future of the planet. 'Hugely enjoyable' Michael Mosley 'Illuminating and so incredibly timely' Yotam Ottolenghi 'This book should be available on prescription' Felicity Cloake 'Will actually help you decide what to add to your next grocery shop' Bee Wilson, Guardian \* Tim Spector's new book Food for Life: Your Guide to the New Science of Eating Well is out in paperback 4th January 2024\*

**Outpatient Treatment of Alcoholism** Jeffery M. Brandsma, Maxie C. Maultsby, Richard J. Welsh. 1980

**Don't Swallow Your Gum!** Dr. Aaron E. Carroll, MD, MS, Dr. Rachel C. Vreeman, MD. 2009-05-26 People have more access to medical information than ever before, and yet we still believe facts about our bodies and health that are just plain wrong. DON'T SWALLOW YOUR GUM! takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about our bodies. Entries dispel the following myths and more: - You need to drink 8 glasses of water a day - Chewing gum stays in your stomach for seven years - You can catch poison ivy from someone who has it - If you drop food on the floor and pick it up within five seconds, it's safe to eat - Strangers have poisoned kids' Halloween candy With the perfect blend of authoritative research and a breezy, accessible tone, DON'T SWALLOW YOUR GUM is full of enlightening, practical, and quirky facts that will debunk some of the most perennial misconceptions we believe about our health and well-being.

The Evil Hours David J. Morris. 2015-01-20 "An essential book" on PTSD, an all-too-common condition in both military veterans and civilians (The New York Times Book Review). Post-traumatic stress disorder afflicts as many as 30 percent of those who have experienced twenty-first-century combat—but it is not confined to soldiers. Countless ordinary Americans also suffer from PTSD, following incidences of abuse, crime, natural disasters, accidents, or other trauma—yet in many cases their symptoms are still shrouded in mystery, secrecy, and shame. This "compulsively readable" study takes an in-depth look at the subject (Los Angeles Times). Written by a war correspondent and former Marine with firsthand experience of this disorder, and drawing on interviews with individuals living with PTSD, it forays into the scientific, literary, and cultural history of the illness. Using a rich blend of reporting and memoir, The Evil Hours is a moving work that will speak not only to those with the condition and to their loved ones, but also to all of us struggling to make sense of an anxious and uncertain time.

Whispering the Secrets of Language: An Mental Quest through **The Sober Truth Debunking The Bad Science Behind 1**

In a digitally-driven earth where monitors reign supreme and quick connection drowns out the subtleties of language, the profound strategies and mental nuances hidden within words frequently get unheard. Yet, nestled within the pages of **The Sober Truth Debunking The Bad Science Behind 1** a charming fictional value sporting with raw emotions, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this charming opus invites viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each word. Within the emotional depths of this poignant evaluation, we can embark upon a sincere exploration of the book is core subjects, dissect their charming writing model, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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