Addiction: Why Cant They Just Stop?

Excellent Book!! Highly Recommended!!

This companion book to the HBO documentary of the same name sheds light on the hidden American epidemic of addiction. Blending compelling personal narratives with statistics and expert opinion, all gleaned from over two years of research and reporting, ADDICTION offers a comprehensive and provocative look at the impact of chemical dependency on addicts, their loved ones, society, and the economy. Breaking the stigma that addicts are simply weak and immoral, it delves into new brain research proving that drugs and alcohol change the chemical composition of addicts brains, making it veritably impossible for them to quit. The nations top experts persuasively argue that the time has come for the blame to stop and the healing to begin.

ADDICTION also features material not included in the documentary: testimonials, original graphics and images, additional elaboration on theories and treatments of addiction, and more. Featuring a foreword by Sheila Nevins, the president of Documentary and Family Programming at HBO, an afterward by the best-selling author Susan Cheever, and the writing of David Sheff, this book is essential reading for anyone who has been impacted by what is now realized to be a very real and widespread disease.

My Personal Review:
Wow, this book is so jam packed with information on just about every addiction out there. It touches every addiction from many different angles. It is good to know that Science is progressing in finding ways to help the addicts to recover better. I learned so much about alcoholism and how it really affects the brain. It explains everything so good that anyone can understand Why they cant just quit. I recommend this book to anyone.

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