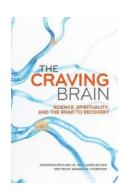
THE CRAVING BRAIN: SCIENCE, SPIRITUALITY AND THE ROAD TO RECOVERY

Is it possible to overcome the powerlessness of addiction? Joining forces to answer this age-old question, coauthors Anderson Spickard Jr., a doctor with over forty years' experience in addiction medicine, and James B., a recovering addict, candidly describe the harsh challenges and clearly outline the necessary steps toward healing and recovery. Combining firsthand accounts and simplified medical insights, The Craving Brain addresses how adolescent binge...



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Reader's Opinions

This is a must read for anyone who suffers from or know someone with an addiction. The book explains so much but is written so we all can understand.

I found The Craving Brain: Science, Spirituality and the Road to Recovery to have good clear information on the addictive brain and how addiction affects addicted individuals. We hear stories from addicted individuals while explaining how their addiction affects them and their brain. There is good information on treatment and how to...