



The Selfish Brain: Learning from Addiction

Robert L DuPont M.D.

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These are some of the questions that this thorough, thoughtful, and well-reasoned book answers--in clear, comprehensible terms. From the basics of brain chemistry to the workings of particular drugs such as alcohol, tobacco, marijuana, cocaine, and heroin, *The Selfish Brain* explains how individuals and communities become trapped in destructive habits--and how various treatments and approaches lead to recovery and whole, healthy lives.

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