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addiction is wrong | Johann Hari

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Price A Neuroscientists Journey

“ Perhaps nowhere has a voice been more resonant in a single place than in Dr. Carl Hart ’ s profoundly impacting new memoir, High Price. ”

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(Ebony.com) “In his new book High Price: A Neuroscientist ’ s Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society , Carl Hart blows apart the most common myths about drugs and their impact on society. ”

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High Price is a brilliantly written memoir that will challenge everything you think you know about race, drugs, crime, and even academia. Dr. Carl Hart began life in inner-city Miami, one of eight siblings raised by his

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Hart Publisher: New York: Harper
Perennial, 2014. 352p. Reviewer:
Robert Costello | May 2016

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High Price is the harrowing and
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Carl Hart, a leading researcher in the field of drug addiction, who grew up in one of Miami ' s toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives.

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everything you know about drugs and
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His new book HIGH PRICE: A
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(Harper/HarperCollins Publishers;
\$26.99/ \$34.99 Can.; Hardcover;
ISBN 13: 9780062015884; On-sale:
June 11, 2013), is based on 22 years
of research as a groundbreaking
neuropsychopharmacologist about the
study and science of drug addiction,
but it is also a provocative and eye-

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opening memoir where he recalls his
journey of self-discovery, how he
avoided a life ...

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and addiction--and how we can effect

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High Price: How A Neuroscientist's
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Challenging Society's Perception on

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Drugs... Host Dr. Maurice Pickard
talks with Dr. Hart, author of the book
High Price, about the relationship
between drugs and pleasure, choice,
and motivation, both in the brain and
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research sheds new light on ...

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Dr. Hart ' s new book, High Price: A
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You Know About Drugs and Society, is
a fascinating memoir that recounts Dr.
Hart ' s life, from growing up in a

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poor community in South Florida to becoming the first tenured African American professor in the sciences at Columbia University.

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Society and Color Blind Society. Dr.
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You Know About Drugs That and Society, is
a story of the most unlikely African
American man to become a
neuroscientist. He grew up in poverty
in a violent dislocated family in the
toughest neighborhoods of Miami.

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High Price is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami's toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value

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of school, studying just enough to
keep him on the basketball team.

Today, he is a cutting-edge
neuroscientist—Columbia

University ' s first tenured African
American professor in the
sciences—whose landmark,
controversial research is redefining

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our understanding of addiction. In this
provocative and eye-opening memoir,
Dr. Carl Hart recalls his journey of self-
discovery, how he escaped a life of
crime and drugs and avoided
becoming one of the crack addicts he
now studies. Interweaving past and
present, Hart goes beyond the hype as

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he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.

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A provocative and eye-opening memoir, High Price will change the way we think about addiction, poverty, and race, as well as our policies on drugs. As Columbia University's first tenured African American professor in the sciences, groundbreaking neuroscientist Carl

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Hart has redefined our understanding of addiction. His controversial landmark research goes beyond the hype of the antidrug movement to shed new light on common ideas about race, poverty, and drugs, and to explain why current policies are failing. In High Price, Hart recalls his

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personal story—and though he escaped neighborhoods that were entrenched in systemic poverty, he has not turned his back on them. But balancing his former street life with his achievements today has not been easy—a struggle he reflects on publicly for the first time here.

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A pioneering neuroscientist shares his story of growing up in one of Miami's toughest neighborhoods and how it led him to his groundbreaking work in drug addiction. As a youth, Carl Hart didn't realize the value of school; he studied just enough to stay on the

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basketball team. At the same time, he was immersed in street life. Today he is a cutting-edge neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of

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addiction. In this provocative and eye-opening memoir, he recalls his journey of self-discovery and weaves his past and present. Hart goes beyond the hype of the antidrug movement as he examines the relationship among drugs, pleasure, choice, and motivation, both in the

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Brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.

Though Hart escaped neighborhoods that were dominated by entrenched poverty and the knot of problems associated with it, he has not turned

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his back on his roots. Determined to make a difference, he tirelessly applies his scientific research to help save real lives. But balancing his former street life with his achievements today has not been easy—a struggle he reflects on publicly for the first time. A powerful

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Self Discovery That
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story of hope and change, of a scientist who has dedicated his life to helping others, High Price will alter the way we think about poverty, race, and addiction—and how we can effect change.

A gripping, ultimately triumphant

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memoir that's also the most
comprehensive and comprehensible
study of the neuroscience of addiction
written for the general public. FROM
THE INTRODUCTION: "We are prone
to a cycle of craving what we don't
have, finding it, using it up or losing it,
and then craving it all the more. This

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cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and

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contentment, our safety, and even our lives?" The answer, says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous

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Substances, from LSD to heroin. His
narrative moves back and forth
between the often dark, compellingly
recounted story of his relationship
with drugs and a revelatory analysis
of what was going on in his brain. He
shows how drugs speak to the brain -
which is designed to seek rewards and

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soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical

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supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience -his field for the last 12 years. This is the story of his journey, seen from the inside out.

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AND THE MORAL OF THE STORY IS . .

. I saw a Korean woman walking along the road carrying a bundle of sticks on her back. I thought to myself, “Life is like that. ” We all carry around bundles of stories starting from our childhoods and going through the rest of our lives. Some of

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the stories we have forgotten and others we will never forget. Some of these stories have influenced our lives. Others have had little effect on us. In this book I have pulled from my bundle of stories to share fifty-two of them with an added moral for each one. I have heard many people who

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would stand and tell their stories, hoping it would help someone else along life ' s journey. I hope you will find these stories interesting and the moral of each one helpful. Carl Hart has served as chaplain, pastor, teacher and administrator. He served as the first Director of Chaplaincy for the

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Department of Corrections in the state of Tennessee. For sixteen years he was on the staff of the North American Mission Board of the Southern Baptist Convention, serving the last nine of those years as Director of the Division. He then served as Director of the Chaplaincy

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Department for Allied Systems, Ltd.
His work through the years has taken him and his wife to many parts of the world. He holds a Master of Divinity Degree from Southeastern Theological Seminary and a Doctor of Divinity Degree from Union University.

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High Price by Carl Hart is a groundbreaking work on neuroscience and addiction As a youth, Carl Hart didn't see the value of school, studying just enough to keep him on the basketball team. At the same time, he was immersed in street life, dealing drugs and committing

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petty larceny. Today, he is a cutting-edge neuroscientist whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, he recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided

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becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty,

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and drugs and explain why current policies are failing. But while Hart escaped the ghetto, he has not turned his back on it. Determined to make a difference, he tirelessly applies his science to help save real lives. But balancing his former street life with his achievements today has not been

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easy-a struggle he reflects on publicly for the first time. Homocide (the inspiration for The Wire) meets Oliver Sacks' The Man Who Mistook His Wife for A Hat, this book applies neuroscience to crime, addiction and the most urgent and destructive issues of our times. Carl Hart is an Associate

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Professor in the Departments of Psychology and Psychiatry at Columbia University. He is also a Research Scientist in the Division of Substance Abuse at the New York State Psychiatric Institute. He and his work are featured in Eugene Jarecki's acclaimed documentary *The House I*

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Live In. The film examines the war on drugs and highlights some of the research that Hart includes in High Price. He lives in New York City.

Drugs, Addiction, and the Brain explores the molecular, cellular, and neurocircuitry systems in the brain

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that are responsible for drug addiction. Common neurobiological elements are emphasized that provide novel insights into how the brain mediates the acute rewarding effects of drugs of abuse and how it changes during the transition from initial drug use to compulsive drug use and

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addiction. The book provides a detailed overview of the pathophysiology of the disease. The information provided will be useful for neuroscientists in the field of addiction, drug abuse treatment providers, and undergraduate and postgraduate students who are

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interested in learning the diverse effects of drugs of abuse on the brain. Full-color circuitry diagrams of brain regions implicated in each stage of the addiction cycle Actual data figures from original sources illustrating key concepts and findings Introduction to basic neuropharmacology terms and

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Introduction to numerous
animal models used to study diverse
aspects of drug use. Thorough review
of extant work on the neurobiology of
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“ Hart ’ s argument that we need to
drastically revise our current view of

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illegal drugs is both powerful and timely . . . when it comes to the legacy of this country ' s war on drugs, we should all share his outrage. ” —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows

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from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational

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drugs on the human mind and body.

Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In *Drug Use for Grown-Ups*, he draws on decades of research and his own

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personal experience to argue definitively that the criminalization and demonization of drug use--not drugs themselves--have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He

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came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not

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support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and Black and brown bodies behind

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bars. Drug Use for Grown-Ups will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. Drug Use for Grown-Ups offers a radically different vision:

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when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step.

A NEW YORK TIMES BESTSELLER

From a renowned behavioral

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neuroscientist and recovering addict,
a rare page-turning work of science
that draws on personal insights to
reveal how drugs work, the dangerous
hold they can take on the brain, and
the surprising way to combat today's
epidemic of addiction. Judith Grisel
was a daily drug user and college

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dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by

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captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use.

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Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen

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addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that

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take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose.

She describes what drove her to addiction, what helped her recover, and her belief that a “cure” for addiction will not be found in our

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individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

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The New York Times Bestseller What
Challenges Everything You
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if everything you think you know
about addiction is wrong? Johann
Hari's journey into the heart of the
war on drugs led him to ask this
question--and to write the book that
gave rise to his viral TED talk, viewed

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more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in

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his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the

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great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. Chasing the Scream is the story of a life-changing journey that

Access Free High Price A Neuroscientists Journey Of Self Discovery That transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection. Society

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