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that recounts Dr.
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poor community in
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neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives.

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grew up in poverty
in a violent
dislocated family in
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Young Carl didn't
see the value of
school, studying
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basketball team.

Today, he is a cutting-edge neuroscientist—Columbia

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sciences—whose landmark,

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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

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will change the way
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our policies on
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American professor
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Hart has redefined
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race, poverty, and drugs, and to explain why current policies are failing.

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But balancing his

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former street life
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first time here.

A pioneering
neuroscientist
shares his story of
growing up in one
of Miami's toughest
neighborhoods and

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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 basketball team. At the same time, he was immersed in street life. Today he is a cutting-edge

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neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, he

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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 brain and in society. His

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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,

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he has not turned 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

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hope and change, of
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AND THE MORAL
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... 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

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going through the rest of our lives. Some of 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

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fifty-two of them
with an added moral
for each one. I have
heard many people
who 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.

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Carl Hart has served as chaplain, pastor, teacher and administrator. He served as the first Director of Chaplaincy for the Department of Corrections in the state of Tennessee. For sixteen years he was on the staff of the North American Mission

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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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His work through
the years has taken
him and his wife to

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many parts of the
world. He holds a
Master of Divinity
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Seminary and a
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Degree from Union
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A gripping,
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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

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then craving it all the more. This 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

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great cost to what we do have, thereby risking our peace and 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

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neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with

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shows how drugs
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which is designed
to seek rewards
and soothe pain - in
its own language.
He shows in detail
the neural
mechanics of a
variety of powerful

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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
supplies for the life
of a graduate
student, eventually

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becoming a
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professor of
developmental
psychology, and
then of
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years. This is the
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the inside out.

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work on
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the same time, he
was immersed in
street life, dealing
drugs and

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committing 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,

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how he escaped a
life of crime and
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becoming one of the
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now studies.

Interweaving past
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between drugs and
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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. But while Hart escaped the ghetto, he has not turned his back on it. Determined to

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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 easy—a struggle he reflects on publicly for the first time.

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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
Professor in the
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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

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House I 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.

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brain that are
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elements are
emphasized that
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insights into how
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effects of drugs of
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changes during the

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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 from their being illegal, and a

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

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called recreational 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

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Neuroscientist
draws on decades
of research and his
own 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

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structural racism.
Dr. Hart did not
always have this
view. He 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

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aimed at proving
that drug use
caused bad
outcomes. But one
problem kept
cropping up: the
evidence from his
research did not
support his
hypothesis. From
inside the
massively well-
funded research
arm of the

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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 bars. Drug Use for Grown-Ups will be

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vision: 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

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a renowned

behavioral

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

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combat today's
epidemic of
addiction. Judith
Grisel was a daily
drug user and
college dropout
when she began to
consider that her
addiction might
have a cure, one
that she herself
could perhaps
discover by
studying the brain.

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Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular

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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. Yet they have their appeal, and Grisel draws on anecdotes both comic and

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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
addicted, drug

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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

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the changes that
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,

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and her belief that a
“cure” for addiction
will not be found in
our 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

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and offers crucial
new insight into
how we can solve
the epidemic of
abuse.

Everything You
The New York
Know About
Times Bestseller

What if everything
you think you know
about addiction is
wrong? Johann

Hari's journey into
the heart of the war

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on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the documentary series *The Fix*. One

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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 his
family. Confused,
not knowing what to
do, he set out and
traveled over
30,000 miles over

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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 great jazz singer, being stalked and killed by a racist

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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
transformed the

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addiction debate
internationally -- and
showed the world
that the opposite of
addiction is
connection.
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