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People of the Lie

A Life Without Consequences is a semi-biographical novel from emerging author Steve Elliott. His novel traces the fate of Paul, a boy whose mother has died and who runs away from a violent father. The book follows Paul from living on the streets of Chicago to passing through juvenile institutions and a state system that is primarily programmed for failure. There, he meets Tanya and they fall in love but

they are young and are separated after a failed attempt to escape the institution. Paul battles through the violent system all the while battling his own rapidly budding adolescence. But as he turns sixteen he starts to come to terms with his own path, not as an adult, but as a scared child. Paul's emotions that we think of as anger are actually the determination to take control of his future. As he starts to overcome the system that has housed him, we see him developing a voice and a future of his own, but one day Tanya reappears in his life and the real decisions have to be made. While the characters are fictional, they do not have to be they are representative of many and we realize the fragility of childhood and the burden on the children who have nowhere else to go.

Baseball Junkie

A detailed history of the use of amphetamines follows the rise, fall, and surprising resurgence of the popular drug in America since they were marketed as the original antidepressant in the 1930s.

Drug Muggers

Running on Ritalin

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With frizzy orange hair, a plus-sized body, sarcastic demeanor, and "unique learning profile," Danielle Levine doesn't fit in even at her alternative high school. While navigating her doomed social life, she writes scathing, self-aware, and sometimes downright raunchy essays for English class. As a result of her unfiltered writing style, she is forced to see the school psychologist and enroll in a "social skills" class. But when she meets Daniel, another social misfit who is obsessed with the cult classic film *The Big Lebowski*, Danielle's resolve to keep everyone at arm's length starts to crumble.

The Last Normal Child

Academic writing is a conversation — a collaborative exchange of ideas to pursue new knowledge. From *Inquiry to Academic Writing: A Text and Reader* demystifies cross-curricular thinking and writing by breaking it down into a series of comprehensible habits and skills that students can learn in order to join in. The extensive thematic reader opens up thought-provoking conversations being held throughout the academy and in the culture at large. Read the preface.

Young Money

"An award-winning videogame writer offers a rare behind-the-scenes look inside

the gaming industry, and expands on how games are transformed from mere toys into meaningful, artistic experiences"--

Girl at the End of the World

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows

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the real woman behind all the pop-culture cliché's — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans," "sexual napalm..." and more. Open Book is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

On Speed

Takes a humorous look at expectations versus reality in pop culture, sports, and media, exploring such topics as pop culture's obsession with time travel and what Kurt Cobain and David Koresh have in common.

Open Book

The noted psychiatrist who brought us *Running on Ritalin* reveals intriguing cases from his practice that illustrate the current ethical, political and cultural issues behind the explosion in psychotropic medication use with our children, an increasing number of whom are as young as 8.

Healing ADD

"A Touchstone book." Includes bibliographical references.

The Opiate Cure

From the New York Times bestselling author and former beauty editor Cat Marnell, a “vivid, maddening, heartbreaking, very funny, chaotic” (The New York Times) memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for the Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell “treads a knife edge between glamorizing her own despair and rendering it with savage honesty....with the skill of a pulp novelist” (The New York Times Book

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Review) what it is like to live in the wild, chaotic, often sinister world of a young female addict who can't say no. Combining “all the intoxicating intrigue of a thriller and yet all the sobering pathos of a gifted writer’s true-life journey to recover her former health, happiness, ambitions, and identity” (Harper’s Bazaar), *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

Blitzed

Blake Taylor's mother first suspected he had ADHD when he, at only three years of age, tried to push his infant sister in her carrier off the kitchen table. As time went by, Blake developed a reputation for being hyperactive and impulsive. He launched rockets (accidentally) into neighbor's swimming pools and set off alarms in museums. Blake was diagnosed formally with ADHD when he was five years old. In *ADHD and Me*, he tells about the next twelve years as he learns to live with both the good and bad sides of life with ADHD.

The Procrastination Equation

Attention Deficit Disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Now, using breakthrough diagnostic techniques, Dr. Daniel Amen

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has discovered that there are six distinct types of ADD, each requiring a different treatment. With recommendations for prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, how to get well.

American Overdose

Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics, challenges, and options for treatment.

The \$100 Startup

In the spring of 2007, a brilliant computer programmer named Hans Reiser stands accused of murdering his estranged wife, Nina. Despite a mountain of circumstantial evidence against him, he proclaims his innocence. The case takes a twist when Nina's former lover, and Hans's former best friend, Sean Sturgeon, confesses to eight unrelated murders that no one has ever heard of. At the time of Sturgeon's confession, Stephen Elliot is paralyzed by writer's block, in the thrall of

Adderall dependency, and despondent over the state of his romantic life. But he is fascinated by Sturgeon, whose path he has often crossed in San Francisco's underground S&M scene. What kind of person, he wonders, confesses to a murder he likely did not commit? One answer is, perhaps, a man like Elliott's own father. So begins a riveting journey through a neon landscape of false confessions, self-medication, and torturous sex. Set against the backdrop of a nation at war, in the declining years of the Silicon Valley tech boom and the dawn of Paris Hilton's celebrity, *The Adderall Diaries* is at once a gripping account of a murder trial and a scorching investigation of the self. Tough, tender, and unflinchingly honest, it is the breakout book by one of the most daring writers of his generation.

Another Bullshit Night in Suck City: A Memoir

In a book as provocative and newsworthy as *Listening to Prozac* and *Driven to Distraction*, a physician speaks out on America's epidemic level of diagnoses for attention deficit disorder, and on the drug that has become almost a symbol of our times: Ritalin. In 1997 alone, nearly five million people in the United States were prescribed Ritalin--most of them young children diagnosed with attention deficit disorder. Use of this drug, which is a stimulant related to amphetamine, has increased by 700 percent since 1990. And this phenomenon appears to be uniquely American: 90 percent of the world's Ritalin is used here. Is this a cause for alarm--or simply the case of an effective treatment meeting a newly discovered

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need? Important medical advance--or drug of abuse, as some critics claim? Lawrence Diller has written the definitive book about this crucial debate--evenhanded, wide-ranging, and intimate in its knowledge of families, schools, and the pressures of our speeded-up society. As a pediatrician and family therapist, he has evaluated hundreds of children, adolescents, and adults for ADD, and he offers crucial information and treatment options for anyone struggling with this problem. Running on Ritalin also throws a spotlight on some of our most fundamental values and goals. What does Ritalin say about the old conundrums of nature vs. nurture, free will vs. responsibility? Is ADD a disability that entitles us to special treatment? If our best is not good enough, can we find motivation and success in a pill? Is there still a place for childhood in the performance-driven America of the late nineties? From the Hardcover edition.

From Inquiry to Academic Writing: A Text and Reader

"A stunningly beautiful new memoir . . . a near-perfect work of literature."
—Stephen Elliot, San Francisco Chronicle
Nick Flynn met his father when he was working as a caseworker in a homeless shelter in Boston. As a teenager he'd received letters from this stranger father, a self-proclaimed poet and con man doing time in federal prison for bank robbery. Another Bullshit Night in Suck City tells the story of the trajectory that led Nick and his father onto the streets, into that shelter, and finally to each other.

Eating the Dinosaur

An accessible journalistic exploration of the culture of modern psychiatry analyzes early crossover efforts between the fields of neuroscience and psychoanalysis to outline new understandings in how humans think, feel, and behave.

ADHD Does not Exist

Draws on recent scientific breakthroughs to explain the mechanisms underlying dyslexia, offering parents age-specific, grade-by-grade instructions on how to help their children.

Adhd and Me

Shares advice for transitioning away from unfulfilling jobs to embark on adventurous, meaningful careers, outlining recommendations for starting a personal business with a minimum of time and investment while turning ideas into higher income levels. 60,000 first printing.

Adderall Blues

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A dark lament reflecting the macabre aspects of today's world follows the experiences of a man who navigates Manhattan's art and literary scenes before touring Taipei, where he confronts family origins, suffers a breakup and pursues an internet affair that culminates in a gaudy Vegas wedding. Original.

The Art of Non-conformity

THE OPIATE CURE tells the stories of painful people whose mental illness were relieved when they were given opiates for their pain. This improbable outcome has occurred in those with bipolar depression and mania, attention deficit disorder, obsessive compulsive disorder, and narcolepsy. These several diseases are now linked together, constituting the bipolar spectrum. Linked also to bipolar spectrum is chronic pain in its many forms, including migraine. This book will clearly demonstrate that bipolar spectrum is uniquely responsive to opiate therapy. The Opiate Cure offers new insights and, more importantly, hope.

Adult ADHD-Focused Couple Therapy

The Adderall Empire

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I was raised in a homegrown, fundamentalist Christian group—which is just a shorthand way of saying I’m classically trained in apocalyptic stockpiling, street preaching, and the King James Version of the Bible. I know hundreds of obscure nineteenth-century hymns by heart and have such razor sharp “modesty vision” that I can spot a miniskirt a mile away. Verily, verily I say unto thee, none of these highly specialized skills ever got me a job, but at least I’m all set for the end of the world. Selah. A story of mind control, the Apocalypse, and modest attire. Elizabeth Esther grew up in love with Jesus but in fear of daily spankings (to “break her will”). Trained in her family-run church to confess sins real and imagined, she knew her parents loved her and God probably hated her. Not until she was grown and married did she find the courage to attempt the unthinkable. To leave. In her memoir, readers will recognize questions every believer faces: When is spiritual zeal a gift, and when is it a trap? What happens when a pastor holds unchecked sway over his followers? And how can we leave behind the harm inflicted in the name of God without losing God in the process? By turns hilarious and heartbreaking, *Girl at the End of the World* is a story of the lingering effects of spiritual abuse and the growing hope that God can still be good when His people fail. Includes reading group discussion guide and interview with the author

The Adderall Diaries

A surprising new look at the rise of ADHD in America, arguing for a better paradigm

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for diagnosing and treating our children In 1987, only 3 percent of American children were diagnosed with attention-deficit/hyperactivity disorder, also known as ADHD. By 2000, that number jumped to 7 percent, and in 2014 the number rose to an alarming 11 percent. To combat the disorder, two thirds of these children, some as young as three years old, are prescribed powerful stimulant drugs like Ritalin and Adderall to help them cope with symptoms. Meanwhile, ADHD rates have remained relatively low in other countries such as France, Finland, and the United Kingdom, and Japan, where the number of children diagnosed with and medicated for ADHD is a measly 1 percent or less. Alarmed by this trend, family therapist Marilyn Wedge set out to understand how ADHD became an American epidemic. If ADHD were a true biological disorder of the brain, why was the rate of diagnosis so much higher in America than it was abroad? Was a child's inattention or hyperactivity indicative of a genetic defect, or was it merely the expression of normal behavior or a reaction to stress? Most important, were there alternative treatments that could help children thrive without resorting to powerful prescription drugs? In an effort to answer these questions, Wedge published an article in *Psychology Today* entitled "Why French Kids Don't Have ADHD" in which she argued that different approaches to therapy, parenting, diet, and education may explain why rates of ADHD are so much lower in other countries. In *A Disease Called Childhood*, Wedge examines how myriad factors have come together, resulting in a generation addicted to stimulant drugs, and a medical system that encourages diagnosis instead of seeking other solutions. Writing with empathy and

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dogged determination to help parents and children struggling with an ADHD diagnosis, Wedge draws on her decades of experience, as well as up-to-date research, to offer a new perspective on ADHD. Instead of focusing only on treating symptoms, she looks at the various potential causes of hyperactivity and inattention in children and examines behavioral and environmental, as opposed to strictly biological, treatments that have been proven to help. In the process, Wedge offers parents, teachers, doctors, and therapists a new paradigm for child mental health--and a better, happier, and less medicated future for American children

Getting Through Amphetamine Withdrawal

A comprehensive portrait of a uniquely American epidemic--devastating in its findings and damning in its conclusions The opioid epidemic has been described as "one of the greatest mistakes of modern medicine." But calling it a mistake is a generous rewriting of the history of greed, corruption, and indifference that pushed the US into consuming more than 80 percent of the world's opioid painkillers. Journeying through lives and communities wrecked by the epidemic, Chris McGreal reveals not only how Big Pharma hooked Americans on powerfully addictive drugs, but the corrupting of medicine and public institutions that let the opioid makers get away with it. The starting point for McGreal's deeply reported investigation is the miners promised that opioid painkillers would restore their wrecked bodies, but

who became targets of "drug dealers in white coats." A few heroic physicians warned of impending disaster. But *American Overdose* exposes the powerful forces they were up against, including the pharmaceutical industry's coopting of the Food and Drug Administration and Congress in the drive to push painkillers--resulting in the resurgence of heroin cartels in the American heartland. McGreal tells the story, in terms both broad and intimate, of people hit by a catastrophe they never saw coming. Years in the making, its ruinous consequences will stretch years into the future.

A Disease Called Childhood

DON'T WAIT TO READ THIS BOOK: The world's leading expert on procrastination uses his groundbreaking research to offer understanding on a matter that bedevils us all. Writing with humour, humanity and solid scientific information reminiscent of *Stumbling on Happiness* and *Freakonomics*, Piers Steel explains why we knowingly and willingly put off a course of action despite recognizing we'll be worse off for it. For those who surf the Web instead of finishing overdue assignments, who always say diets start tomorrow, who stay up late watching TV to put off going to sleep, *The Procrastination Equation* explains why we do what we do — or in this case don't — and why in Western societies we're in the midst of an escalating procrastination epidemic. Dr. Piers Steel takes on the myths and misunderstandings behind procrastination and motivation — showing us how

procrastination affects our lives, health, careers and happiness and what we can do about it. With accessible prose and the benefits of new scientific research, he provides insight into why we procrastinate even though the result is that we are less happy, healthy, even wealthy. Who procrastinates and why? How many ways, big and small, do we procrastinate? How can we stop doing it? The reasons are part cultural, part psychological, part biological. And, with a million new ways to distract ourselves in the digitized world — all of which feed on our built-in impulsiveness — more of us are potentially damaging ourselves by putting things off. But Steel not only analyzes the factors that weigh us down but the things that motivate us — including understanding the value of procrastination.

How to Murder Your Life

More than 1 in 7 American children get diagnosed with ADHD - three times what experts have said is appropriate - meaning that millions of kids are misdiagnosed and taking medications such as Adderall or Concerta for a psychiatric condition they probably do not have. The numbers rise every year. And still, many experts and drug companies deny any cause for concern. In fact, they say that adults and the rest of the world should embrace ADHD and that its medications will transform their lives.

Significant Zero

Through his own life story, the author shows how working-memory training can change the life of a person with ADHD and provides readers with information about alternatives to drugs.

Happy Baby

Now in his mid-thirties, Theo, an orphan survivor of the Chicago foster care system, who is plagued by dark memories of physical and sexual abuse, returns to Chicago to find an old girlfriend from his troubled youth. Reprint. 15,000 first printing.

A Life Without Consequences

Encourages one to create an ideal life through hard work, drawing on the author's own story and the experiences of others to prove that this life plan can really work.

Overcoming Dyslexia

Adderall Blues is a catalyst for change in the educational system. This first person account of ADHD is among the only books to offer a non-clinical perspective of

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ADHD where we can all understand on a deeper level the blessing and the curse that is Attention Deficit Hyperactivity Disorder. Seen through the eyes of one of literatures' most outlandish characters, a greater connection with those afflicted with the pathologically wondering mind society loves to label is felt and processed from an altogether different perspective. Observe as our main character trips over himself endlessly while succeeding uniquely in his own fashion. Does Brian conquer his supposed "disorder," and transcend the label, or fall into the self-esteem trap that so many others have succumbed to? Prepare to be entertained and most importantly, enlightened.

ADHD Nation

Unpleasant, uncomfortable, and unexplained side effects? Drug Muggers is your side effect solution. Prescription and over-the-counter drugs help millions of people with devastating diseases and chronic conditions. But in the process, these medications can also deplete the body's natural stores of vitamins, minerals, and hormones—the very nutrients you need to keep energy levels high, fend off infections, and be healthy. Pharmacist Suzy Cohen calls these medications "drug muggers," and she says it's essential to replenish what a drug mugger steals from your body in order to feel your best and avoid side effects. Not understanding the drug-mugging effect may lead to new "diseases" and possibly catastrophic health consequences. You'll discover:

- How to relieve uncomfortable or potentially

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serious side effects • How to remain compliant with your medication and still feel well • Which foods and drinks to avoid if you take certain medications • How to install a nutrient security system with vitamins, minerals, and food choices Plus! • Improve your energy levels • Learn which minerals you need if you take heartburn medicine • Improve digestion and relieve constipation with a simple nutrient • Discover the antioxidant you must have to save your heart • Get your hair and nails to grow faster by replenishing nutrients • Find out which vitamins and minerals are the purest and highest quality • Learn which vitamins outperform medications in some cases Drug Muggers is an eye-opener! It reveals why you may be feeling so poorly and how to improve your well-being with affordable nutrients that are sold over the counter. You can (and will) improve the way you feel—whether or not you take medicine!

Taking Charge of Adult ADHD

In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with

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attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific research and real-life stories from his numerous patients, *ADHD Does not Exist* synthesizes Dr. Saul's findings, and offers and clear advice for everyone seeking answers.

Drug Dealer, MD

Becoming a young Wall Street banker is like pledging the world's most lucrative and soul-crushing fraternity. Every year, thousands of eager college graduates are hired by the world's financial giants, where they're taught the secrets of making obscene amounts of money-- as well as how to dress, talk, date, drink, and schmooze like real financiers. *YOUNG MONEY Inside the Hidden World of Wall Street's Post-Crash Recruits* **YOUNG MONEY** is the inside story of this well-guarded

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world. Kevin Roose, New York magazine business writer and author of the critically acclaimed *The Unlikely Disciple*, spent more than three years shadowing eight entry-level workers at Goldman Sachs, Bank of America Merrill Lynch, and other leading investment firms. Roose chronicled their triumphs and disappointments, their million-dollar trades and runaway Excel spreadsheets, and got an unprecedented (and unauthorized) glimpse of the financial world's initiation process. Roose's young bankers are exposed to the exhausting workloads, huge bonuses, and recreational drugs that have always characterized Wall Street life. But they experience something new, too: an industry forever changed by the massive financial collapse of 2008. And as they get their Wall Street educations, they face hard questions about morality, prestige, and the value of their work. *YOUNG MONEY* is more than an exposé of excess; it's the story of how the financial crisis changed a generation-and remade Wall Street from the bottom up.

Is it You, Me, Or Adult A.D.D.?

Since ADHD became a well-known condition, decades ago, much of the research and clinical discourse has focused on youth. In recent years, attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life, including driving safety, financial management, education and employment, and interpersonal difficulties. Adult ADHD-Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range

of challenges that ADHD can create within a most important and delicate relationship: the intimate couple. With the help of contributors who are experts in their specialties, Pera and Robin provide the clinician with a step-by-step, nuts-and-bolts approach to help couples enhance their relationship and improve domestic cooperation. This comprehensive guide includes psychoeducation, medication guidelines, cognitive interventions, co-parenting techniques, habit change and communication strategies, and ADHD-specific clinical suggestions around sexuality, money, and cyber-addictions. More than twenty detailed case studies provide real-life examples of ways to implement the interventions.

Fast Minds

Presents a new program to help understand attention-deficit hyperactivity disorder and how to make its traits and symptoms work positively to manage time, harness mental energy, and create supportive environments.

Taipei

New York Times Bestseller “[A] fascinating, engrossing, often dark history of drug use in the Third Reich.” — Washington Post The Nazi regime preached an ideology of physical, mental, and moral purity. Yet as Norman Ohler reveals in this gripping

new history, the Third Reich was saturated with drugs: cocaine, opiates, and, most of all, methamphetamines, which were consumed by everyone from factory workers to housewives to German soldiers. In fact, troops were encouraged, and in some cases ordered, to take rations of a form of crystal meth—the elevated energy and feelings of invincibility associated with the high even help to account for the breakneck invasion that sealed the fall of France in 1940, as well as other German military victories. Hitler himself became increasingly dependent on injections of a cocktail of drugs—ultimately including Eukodal, a cousin of heroin—administered by his personal doctor. Thoroughly researched and rivetingly readable, *Blitzed* throws light on a history that, until now, has remained in the shadows. “Delightfully nuts.” — *The New Yorker* NORMAN OHLER is an award-winning German novelist, screenwriter, and journalist. He is the author of the novels *Die Quotenmaschine* (the world’s first hypertext novel), *Mitte*, and *Stadt des Goldes* (translated into English as *Ponte City*). He was cowriter of the script for Wim Wenders’s film *Palermo Shooting*. He lives in Berlin.

OCD, The Dude, and Me

For adults with ADHD, problems with attention, planning, problem solving, and controlling emotions can make daily life an uphill battle. Fortunately, effective help is out there. No one is a better guide to how to get the best care—and what sufferers can do for themselves—than renowned ADHD researcher/clinician Russell

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A. Barkley. Dr. Barkley provides step-by-step strategies for managing symptoms and reducing their harmful impact. Readers get hands-on self-assessment tools and skills-building exercises, plus clear answers to frequently asked questions about medications and other treatments. Specific techniques are presented for overcoming challenges in critical areas where people with the disorder often struggle—work, finances, relationships, and more. Finally, an authoritative one-stop resource for adults with ADHD who are ready to take back their lives. See also Dr. Barkley's bestselling resource on childhood ADHD, *Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents*.

In the Mind Fields

Three out of four people addicted to heroin probably started on a prescription opioid, according to the director of the Centers for Disease Control and Prevention. In the United States alone, 16,000 people die each year as a result of prescription opioid overdose. But perhaps the most frightening aspect of the prescription drug epidemic is that it's built on well-meaning doctors treating patients with real problems. In *Drug Dealer, MD*, Dr. Anna Lembke uncovers the unseen forces driving opioid addiction nationwide. Combining case studies from her own practice with vital statistics drawn from public policy, cultural anthropology, and neuroscience, she explores the complex relationship between doctors and patients, the science of addiction, and the barriers to successfully addressing drug

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dependence and addiction. Even when addiction is recognized by doctors and their patients, she argues, many doctors don't know how to treat it, connections to treatment are lacking, and insurance companies won't pay for rehab. Full of extensive interviews—with health care providers, pharmacists, social workers, hospital administrators, insurance company executives, journalists, economists, advocates, and patients and their families—*Drug Dealer, MD*, is for anyone whose life has been touched in some way by addiction to prescription drugs. Dr. Lembke gives voice to the millions of Americans struggling with prescription drugs while singling out the real culprits behind the rise in opioid addiction: cultural narratives that promote pills as quick fixes, pharmaceutical corporations in cahoots with organized medicine, and a new medical bureaucracy focused on the bottom line that favors pills, procedures, and patient satisfaction over wellness. Dr. Lembke concludes that the prescription drug epidemic is a symptom of a faltering health care system, the solution for which lies in rethinking how health care is delivered.

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