

Ebook free The slow fix solve problems work smarter and live better in a world addicted to speed carl honore (2023)

Speed The Slow Fix The Speed Culture Speed On Speed Speed-speed-speedfreak Narcotics Addiction and Drug Abuse Narcotics Addiction and Drug Abuse Speed A Fatal Addiction On Time: Finding Your Pace in a World Addicted to Fast Speed and Your Brain Counseling Addicted Women Memory Systems of the Addicted Brain: The Underestimated Role of Drug-Induced Cognitive Biases in Addiction and Its Treatment A Lifetimes Addiction to Racing Cars Principles of Addiction Slow Cities Management of the Addicted Patient in Primary Care The Wiley-Blackwell Handbook of Addiction Psychopharmacology Sally's Candy Addiction Synthesis Addiction by Design Comprehensive Narcotic Addiction and Drug Abuse Care and Control Act of 1969 Comprehensive Narcotic Addiction and Drug Abuse Care and Control Act of 1969 addicted.pregnant.poor Distracted Doctoring Sally's Baking Addiction Sally's Cookie Addiction Annotated Bibliography of Papers from the Addiction Research Center, 1935-75 Methamphetamine Addiction Overcoming Internet Addiction For Dummies Addiction Children of Addiction Neurobiological Biomarkers for Developing Novel Treatments of Substance and Non-Substance Addiction Habits: Remaking Addiction Addiction Issues in Addiction and Eating Disorders: 2013 Edition Diary of a Drug Addict ONDCP's Fiscal Year 2010 National Drug Control Budget and the Priorities, Objectives, and Policies of the Office of National Drug Control Policy Under the New Administration Methamphetamine: Unsafe Speed

Speed

2014-01-07

more better slower feeling rushed out of control and overwhelmed feeling like you can't keep up and can't stop it's not just you from the need to be constantly connected and the changing definition of work hours to unrealistic expectations of instant gratification our bodies and brains are being harmed by habits that as with any kind of addiction promise short term satisfaction while doing long term damage as a psychologist and addiction expert who practices in silicon valley stephanie brown sees firsthand the impact of ever faster technology and the culture it has spawned she knows it's affecting us mentally physically and spiritually in this groundbreaking book she explores how our beliefs and behaviors are being shaped by the seemingly limitless new world we've entered in recent years and why faster doesn't always equal better dr brown offers a step by step plan for breaking out of the speed trap with practical guidelines she shows us how to ease up on the gas pedal and reconnect with ourselves learning to accept and value our limitations as human beings reduce our stress levels and free ourselves from our counterproductive obsession with speed

The Slow Fix

2013-12-17

in the tradition of his internationally bestselling in praise of slow and drawing on examples from the most progressive and successful leaders in business politics science and society carl honoré brilliantly illuminates why the best way to face our problems might just be to take our time addicted as we might be to the quick fix pills crash diets or just diverting attention from things about to go wrong the quick fix never really works trying to solve problems in a hurry sticking on a plaster when surgery is needed might deliver temporary relief but only at the price of storing up worse trouble for later for those looking for a fix that sticks the slow fix will help us produce solutions in life and work that endure

The Speed Culture

1975

describes the popular rationals for and social forces motivating amphetamine use in america and the often physically and psychologically damaging effects of the drugs

Speed

2014

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

On Speed

2009-11

whizz goey pink champagne base the recreational and pharmacological use of speed from amphetamine sulphate to crystal meth is a cultural habit which has existed since the early 1900s although considered a cheap and somewhat filthy habit amphetamines have tempted an array of celebrities including elvis presley truman capote the beatles jack kerouac johnny cash jfk and adolf hitler all were at some point to be blunt speedfreaks speed speed speedfreaks only traces will go with you and the
2023-03-02 **2/12** teaching tales of milton h erickson

criminal use of amphetamine and its unholy growth

Speed-speed-speedfreak

2010

examines causes behind drug abuse and narcotic addiction to stress magnitude of problem explains rehabilitation education research treatment and prevention programs designed to cope with growing crisis in drug trafficking

Narcotics Addiction and Drug Abuse

1969

discusses the effects and dangers of speed and its damaging physiological effects on the mind and body

Narcotics Addiction and Drug Abuse

1969

not only for petrolheads a fatal addiction tells the story of two families with widely different backgrounds passion on and off the race tracks is fueled by the addiction to speed the influence of beautiful and powerful women in their lives bring unexpected and tragic consequences stakes are high success and racing glory are all that matter

Speed

2008-01-15

why has time sped up why is there never enough how can you make it yours again on time reveals why time sped up why there never seems to be enough and how to make it yours again

A Fatal Addiction

2018-10

discusses the nature effects and dangers of the drug methamphetamine commonly known as speed as well as treatment for addiction to it

On Time: Finding Your Pace in a World Addicted to Fast

2017-06-01

the result of the combined efforts of staff at a substance abuse treatment center this book provides practical hands on guidance for working with addicted women with staff and client training exercises at the end of each chapter this comprehensive guide places particular emphasis on the women and their special needs and concerns special issues and populations addressed include pregnancy and substance abuse designing treatment programs homeless women and substance abuse in the workplace

Speed and Your Brain

2000-01-01

drug addiction may be viewed as a form of learning during which strong associations linking actions to drug seeking are expressed as persistent stimulus response habits thereby maintaining a vulnerability to relapse disrupting cue drug memory could be an efficient strategy to reduce the strength of cues in motivating drug taking behavior upon reactivation these memories undergo a reconsolidation process that can be blocked pharmacologically providing an opportunity to prevent the powerful control of drug cues on behavior this conceptually elegant approach still calls for more experimental data however an increasing body of evidence suggests that drug taking not only accelerates habit forming but has long lasting effects on interactions between memory systems eventually leading to a functional imbalance the dorsal part of the striatum plays a critical role in habit procedural learning whereas the hippocampal memory system encodes relationships between events and their later flexible use both humans and rodents studies support the view that the hippocampus and the dorsal striatum interact in either a cooperative or competitive manner during learning the prefrontal cortex being involved in the selection of an appropriate learning strategy chronic drug consumption biases normal interactions between these memory systems for instance drug experienced rodents tend to use preferentially striatum dependent learning strategies in navigational tasks these persistent effects seem to occur at cellular neurophysiological and behavioral levels to promote specific striatal dependent forms of learning to the detriment of spatial declarative hippocampal dependent and more flexible types of memory whether cue sensitive and response learners in contrast to spatial learners could be prone to drug addiction is an intriguing hypothesis which clearly deserves to be further explored a loss of flexibility may be uncovered also by imposing changing rules on the subject such as requiring an attentional shift between different perceptual features of a complex stimulus as in the attentional set shifting task which was recently adapted to rodents working memory is at risk during transition phases although it remains to be determined whether withdrawal induced alterations are observed also during protracted abstinence drug induced cognitive biases thus lead to cognitive rigidity which could play a critical yet overlooked role in different phases of addiction acquisition extinction withdrawal and relapse they are also likely to preclude the clinical efficiency of treatments therefore the aim of this research topic is to provide an overview of the current work investigating the long term impact of drug use on learning and memory processes how multiple memory systems modulate drug seeking behavior as well as how drug induced cognitive biases could contribute to the persistence of addictive behaviors

Counseling Addicted Women

1999-11-18

driving racing cars has been my passion since childhood this need for thrills excitement and satisfaction of controlling a powerful machine is a bug that has never left me this mainly photographic record gives some idea of the twists and turns my life has taken by chasing my racing dreams

Memory Systems of the Addicted Brain: The Underestimated Role of Drug-Induced Cognitive Biases in Addiction and Its Treatment

2018-06-08

principles of addiction provides a solid understanding of the definitional and diagnostic differences between use abuse and disorder it describes in great detail the characteristics of these syndromes and various etiological models the book s three main sections examine the nature of addiction including the

epidemiology symptoms and course alcohol and drug use among adolescents and college students and detailed descriptions of a wide variety of addictive behaviors and disorders encompassing not only drugs and alcohol but caffeine food gambling exercise sex work social networking and many other areas this volume is especially important in providing a basic introduction to the field as well as an in depth review of our current understanding of the nature and process of addictive behaviors principles of addiction is one of three volumes comprising the 2 500 page series comprehensive addictive behaviors and disorders this series provides the most complete collection of current knowledge on addictive behaviors and disorders to date in short it is the definitive reference work on addictions each article provides glossary full references suggested readings and a list of web resources edited and authored by the leaders in the field around the globe the broadest most expert coverage available encompasses types of addiction as well as personality and environmental influences on addiction

A Lifetimes Addiction to Racing Cars

2017-09-26

slow cities conquering our speed addiction for health and sustainability demonstrates counterintuitively that reducing the speed of travel within cities saves time for residents and creates more sustainable liveable prosperous and healthy environments this book examines the ways individuals and societies became dependent on transport modes that required investment in speed using research from multiple disciplinary perspectives the book demonstrates ways in which human economic and environmental health are improved with a slowing of city transport it identifies effective methods strategies and policies for decreasing the speed of motorised traffic and encouraging a modal shift to walking cycling and public transport this book also offers a holistic assessment of the impact of speed on daily behaviours and life choices and shows how a move to slow down will perhaps surprisingly increase accessibility to the city services and activities that support healthy sustainable lives and cities includes cases from cities in north and south america europe asia africa and australasia uses evidence based research to support arguments about the benefits of slowing city transport adopts a broad view of health including the health of individuals neighbourhoods and communities as well as economic health and environmental health includes text boxes diagrams and photos illustrating the slowing of transport in cities throughout the world and a list of references including both academic sources and valuable websites

Principles of Addiction

2013-05-17

this book enables the physician to exhibit greater knowledge of all aspects of substance addiction and equips the reader to better manage these types of patients in the office setting the introductory section gives background and rationale for acquiring the requisite knowledge and skills the majority of the book focuses on providing insight and developing practical skills that can be readily implemented in an office based setting it contains case presentations and provides a crucial understanding of why and when to refer the final portion of the book offers clinical pearls that further aid the reader in treating this difficult patient population

Slow Cities

2020-06-18

much of our scientific effort in tackling the multifactorial nature of addiction has taken place within individual disciplines however it has become increasingly clear that the complexity of addiction requires an integrated approach this handbook is timely and exceptional intelligently combining the

latest research approaches and applying them to understanding and tackling the prodigious public health burden of addiction an authoritative resource it establishes a comprehensive framework that will guide the field in the next era of addiction research john f kelly phd president elect society of addiction psychology american psychological association associate professor in psychiatry harvard medical school director addiction recovery management service massachusetts general hospital the wiley blackwell handbook of addiction psychopharmacology presents a comprehensive guide to contemporary research approaches to the study of drug addiction in adults with a focus on empirically relevant research methods and nuanced methodologies it provides practical tools to enable strong psychopharmacological practices contributions from experts in diverse domains offer reviews of the most current experimental methodologies make recommendations for best practices and identify future directions for the field topics covered include core methods for assessing drug effects distal and proximal determinants of drug use and insights from cognitive neuroscience compiled by a team of widely published researchers in substance addiction the wiley blackwell handbook of addiction psychopharmacology is an authoritative state of the art collection of modern research approaches to the scientific study of drug addiction its multidisciplinary approach makes it a comprehensive and invaluable resource for all those in this field

Management of the Addicted Patient in Primary Care

2008-08-26

sally s candy addiction is jam packed with 75 brand new homemade sweets complete with easy to follow recipes and stunning photography oh how sweet it is if you re a sugar lover and have always wanted to learn the secret to making homemade taffy truffles fudge marshmallows and more then look no further food blogger and baking addict sally mckenney author of sally s baking addiction and sally s cooking addiction takes a trip into candy land with the mission to make candy making easy for everyone sally gets you started by reviewing the tools ingredients and basic knowledge you ll need to make amazing candy she then gives fully illustrated step by step recipes for a range of different types of candy including classics like candy apples and popcorn balls chocolate covered treats like strawberry buttercreams and peanut butter buckeyes truffles in flavors such as nutella and lemon cream pie a variety of caramels toffees and brittles candied nuts and other sweet treats oh so fabulous fudge in fluffernutter swirl cranberry pistachio cookies n cream and more find candy perfecting tricks and make ahead tips throughout plus a whole chapter dedicated to baked desserts that incorporate popular candies including whoppers chocolate chip cookies brown butter caramel rolo brownies and butterfinger scotcheroos sally s top tip for making candy have fun it s candy

The Wiley-Blackwell Handbook of Addiction Psychopharmacology

2013-01-02

recent decades have seen a dramatic shift away from social forms of gambling played around roulette wheels and card tables to solitary gambling at electronic terminals slot machines revamped by ever more compelling digital and video technology have unseated traditional casino games as the gambling industry s revenue mainstay addiction by design takes readers into the intriguing world of machine gambling an increasingly popular and absorbing form of play that blurs the line between human and machine compulsion and control risk and reward drawing on fifteen years of field research in las vegas anthropologist natasha dow schüll shows how the mechanical rhythm of electronic gambling pulls players into a trancelike state they call the machine zone in which daily worries social demands and even bodily awareness fade away once in the zone gambling addicts play not to win but simply to keep playing for as long as possible even at the cost of physical and economic exhaustion in continuous machine play gamblers seek to lose themselves while the gambling industry seeks profit schüll

describes the strategic calculations behind game algorithms and machine ergonomics casino architecture and ambience management player tracking and cash access systems all designed to meet the market s desire for maximum time on device her account moves from casino floors into gamblers everyday lives from gambling industry conventions and gamblers anonymous meetings to regulatory debates over whether addiction to gambling machines stems from the consumer the product or the interplay between the two addiction by design is a compelling inquiry into the intensifying traffic between people and machines of chance offering clues to some of the broader anxieties and predicaments of contemporary life at stake in schüll s account of the intensifying traffic between people and machines of chance is a blurring of the line between design and experience profit and loss control and compulsion

Sally's Candy Addiction

2015-08-10

considers s 2608 and related s 1816 s 2637 h r 14096 and h r 9312 to revise federal marihuana narcotic and hazardous substance statutes to reorganize federal agencies drug prohibition responsibility to permit scientific research on prohibited drugs to establish drug education programs and to reduce federal marihuana criminal penalties focuses on need for further research on prohibited drugs and the legal status of marihuana

Synthesis

2001

for the addicted pregnant and poor women living in daily rent hotels in san francisco s mission district life is marked by battles against drug cravings housing debt and potential violence in this stunning ethnography kelly ray knight presents these women in all their complex humanity and asks what kinds of futures are possible for them given their seemingly hopeless situation during her four years of fieldwork knight documented women s struggles as they traveled from the street to the clinic jail and family court and back to the hotels she approaches addicted pregnancy as an everyday phenomenon in these women s lives and describes how they must navigate the tension between pregnancy s demands to stay clean and the pull of addiction and poverty toward drug use and sex work by creating the space for addicted women s own narratives and examining addicted pregnancy from medical policy and social science perspectives knight forces us to confront and reconsider the ways we think about addiction trauma health criminality and responsibility

Addiction by Design

2014-05-11

examining room computers require doctors to record detailed data about their patients yet reduce the time clinicians can spend listening attentively to the very people they are trying to help this book presents original essays by distinguished experts in their fields addressing this critical problem and making an urgent case for reform because while electronic technology has revolutionized the practice of medicine it also poses a unique challenge to health care smartphones in the hands of doctors and nurses have become dangerously seductive devices that can endanger their patients distracted doctoring is written for anesthesiologists and surgeons as well as general practitioners nurses and health care administrators and students chapters include electronic challenges to patient safety and care distraction disengagement and the purpose of medicine and managing distractions through advocacy education and change

Comprehensive Narcotic Addiction and Drug Abuse Care and Control Act of 1969

1969

updated with a brand new selection of desserts and treats the sally s baking addictioncookbook is fully illustrated and offers more than 80 scrumptious recipes for indulging your sweet tooth featuring a chapter of healthier dessert options including some vegan and gluten free recipes it s no secret that sally mckenney loves to bake her popular blog sally s baking addiction has become a trusted source for fellow dessert lovers who are also eager to bake from scratch sally s famous recipes include award winning salted caramel dark chocolate cookies no bake peanut butter banana pie delectable dark chocolate butterscotch cupcakes and yummy marshmallow swirl s mores fudge find tried and true sweet recipes for all kinds of delicious breads muffins breakfasts brownies bars cakes pies crisps candy sweet snacks cookies cupcakes healthier choices with tons of simple easy to follow recipes you get all of the sweet with none of the fuss

Comprehensive Narcotic Addiction and Drug Abuse Care and Control Act of 1969

1969

bake exquisite cookies bars and doughs perfectly every time with sally s cookie addiction the long awaited follow up to food blogger sally mckenney s popular cookbook sally s baking addiction are you ready to sink your teeth into brown butter toffee chocolate chip cookies how about peanut butter nutella swirl cookies or pumpkin spice sugar cookies featuring a mouthwatering selection of cookies cookie bars cookie dough dips slice and bakes no bakes and more sally s cookie addiction features dozens of delicious flavors including chocolate butterscotch peanut butter sugar coconut lemon s more and oatmeal oh my a world of baking wonder awaits you and all the lucky people you ll share these treats with the best part in sally s cookie addiction sally will tell you how to make each and every cookie in the book ahead of time so if you want to start preparing for the holidays or if you just like keeping cookie dough in your freezer for those critical cookie emergencies this is your source for family favorites including crispy edged chocolate chip cookies giant m m s cookies and cookie cutter sugar cookies holiday cookies including gingerbread cookies cranberry spice rugelach and easy cinnamon snowballs shortbread and slice and bakes including shortbread jam thumbprints and maple walnut slice and bake cookies a host of sprinkle topped and sprinkle filled delights including pinata cookie surprises and giant funfetti cookie pizza enticing recipes to satisfy every craving whether for rich chocolate satisfying nuts chewy oatmeal or fun flavors complete with tips on how to bake the perfect cookie and gorgeous photography sally s cookie addiction is the only cookie book you need on your shelf prepare for your kitchen to be the most popular room in the house while the smells of warm chocolate chunk skillet cookies lemon crème sandwich cookies and soft baked sugar cookie bars emanate from the oven hungry for more learn to create even more irresistible sweets with sally s baking addiction and sally s candy addiction

addicted.pregnant.poor

2015-10-05

separating myth from fact this authoritative work reviews the breadth of current knowledge about methamphetamine addiction and describes the most promising available treatment approaches leading experts present state of the art information on the effects of methamphetamine on the brain body mental health and behavior psychosocial and pharmacological treatment strategies will critically

2023-03-02

8/12

teaching tales of milton h erickson

evaluated including approaches to treating dually diagnosed clients written in a concise accessible style the volume emphasizes that recovery is possible despite the significant challenges the drug poses the authors identify key avenues for collaboration among clinical public health and other professionals

Distracted Doctoring

2017-07-31

a guidebook to beating internet addiction and screen overuse and for living a fuller life there s no escaping it we live in a digital world we work play socialize and learn online and the internet provides many amazing opportunities unfortunately because of our basic biology we re all susceptible to overuse and addiction to screens video games social media porn and even scrolling online taps into that pleasurable dopamine reward system so when is it time to log off or put the phone down and get help overcoming internet addiction for dummies gives you the information resources and the self assessment tools you need to discover how much is too much along with practical suggestions on what to do about it learn how to take back control of your time and attention or help your kids or loved ones get control of theirs this comprehensive user friendly overview of internet addiction is full of helpful and proven methods to help foster a healthy balanced and sustainable life with screens discover the basic biology of addiction including why children and teens are especially susceptible become aware of the cognitive psychological and physical effects excess internet and screen use learn how social media video gaming and internet pornography could be getting in the way of real time living find out why smartphones are not smart for you to use all the time understand the science of how and why you can become addicted to your screens so you can unplug more easily and use your time for what matters most empower yourself and your children to build a positive relationship with the internet and digital technology this book can help you and your loved ones plug back into life and show you where you can find information resources support and treatment overcoming internet addiction is about taking back control of your time and attention and learning to manage your screen use so it doesn t manage you

Sally's Baking Addiction

2016-11-09

billions of dollars have been expended on educating the public about the dangers of drug and alcohol addiction despite these massive expenditures the powerful vortex of addiction continues why irving cohen md looks at the profile of the addict the nature of addiction the pharmacologic nature of the drugs and explains the roller coaster syndrome that can trap innocent people addiction the high low trap offers a unique perspective for both the addict and society on how to approach this problem

Sally's Cookie Addiction

2017-09-19

this book contains important and original research on the effects of addiction to drugs and or alcohol amongst children it looks mainly at the biological and psychological reaction to addiction in the young

Annotated Bibliography of Papers from the Addiction Research Center, 1935-75

1978

what is addiction what does it say about us our social arrangements and our political preoccupations where is it going as an idea and what is at stake in its ongoing production drawing on ethnographic

research interviews and media and policy texts this book traces the remaking of addiction in contemporary western societies

Methamphetamine Addiction

2009-05-04

discusses addiction its causes the types of things people get addicted to available treatments and recovery programs

Overcoming Internet Addiction For Dummies

2021-08-11

issues in addiction and eating disorders 2013 edition is a scholarly editions book that delivers timely authoritative and comprehensive information about gambling research the editors have built issues in addiction and eating disorders 2013 edition on the vast information databases of scholarly news you can expect the information about gambling research in this book to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant the content of issues in addiction and eating disorders 2013 edition has been produced by the world's leading scientists engineers analysts research institutions and companies all of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at scholarly editions and available exclusively from us you now have a source you can cite with authority confidence and credibility more information is available at scholarly editions com

Addiction

1995

i m introducing a new genre by way of the diary education fiction drug education runs all through the book the purpose of the book is to educate the more people who know about the world of drugs and drug addicts the better that is why the book is education fiction and not just a simple diary because the book is education fiction the overall writing of the diary is on the academic and sometimes even scholarly side still it is fiction and it has to be more academic and scholarly since its real purpose is to inform and educate and help drug users and addicts and also their families the book is also for professionals

Children of Addiction

2002-05-03

meth speed chalk glass yaba ice whatever you call it methamphetamine has become one of the most abused and dangerous drugs in the world it can be made in home labs from easily obtained ingredients and its use crosses economic and social barriers urban or rural communities it doesn't matter methamphetamine is everywhere in methamphetamine unsafe speed you'll learn how methamphetamine was developed how its use has spread and how it is used for limited medical purposes you'll also learn about methamphetamine abuse who becomes an abuser what are the symptoms of meth abuse how can addiction be overcome what are the legal consequences of meth abuse this book offers answers to all these questions

Neurobiological Biomarkers for Developing Novel Treatments of Substance and Non-Substance Addiction

2021-12-03

Habits: Remaking Addiction

2014-04-25

Addiction

2006

Issues in Addiction and Eating Disorders: 2013 Edition

2013-05-01

Diary of a Drug Addict

2022-12-15

ONDCP's Fiscal Year 2010 National Drug Control Budget and the Priorities, Objectives, and Policies of the Office of National Drug Control Policy Under the New Administration

2011

Methamphetamine: Unsafe Speed

2014-09-02

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