



# Unbroken Brain: A Revolutionary New Way of Understanding Addiction

By Maia Szalavitz

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**Unbroken Brain: A Revolutionary New Way of Understanding Addiction** By Maia Szalavitz

## A NEW YORK TIMES BESTSELLER

More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment.

Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality," The New York Times Bestseller, *Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no "addictive personality" or single treatment that works for all.

Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction.

Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows including Fresh Air with Terry Gross and The Brian Lehrer show.



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### Editorial Review

#### Review

"Maia Szalavitz is one of the bravest, smartest writers about addiction anywhere. Everything she writes should be read carefully - I guarantee you'll have a lot to think about, and you'll know far more than at the start."

– **Johann Hari, New York Times bestselling author of *Chasing the Scream***

"Maia Szalavitz is one of our most incisive thinkers about neuroscience in general and addiction in particular and her writing is astonishingly clear and compelling. In the timely, important, and insightful *Unbroken Brain*, Szalavitz seamlessly interweaves her moving personal story with her investigation into what addiction is (and isn't) and how we can most effectively prevent and treat it." --**David Sheff, New York Times bestselling author of *Clean and Beautiful Boy***

"Through the lens of her own gripping story of addiction – supported with empirical evidence – Szalavitz persuasively shows that addiction is a disorder of learning, *not* one characterized by progressive brain dysfunction." --**Carl Hart, Ph.D., author of the Pen/Faulkner award-winning *High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society***

"Of the countless writers out there who's focus is addiction, no one can begin to touch the brilliance of Maia Szalavitz. She is by far my favorite addiction writer, perhaps one of my favorite writers ever. Her passion and exceptional writing talent combined with her exhaustive research, create a book that will inspire, educate, enrage, and entertain. I can only promise one thing: if you read this book, you will never be the same again."

--**Kristen Johnston, actress, author of the New York Times bestselling memoir *Guts*, addiction advocate, founder of SLAM, NYC**

"As more professionals realize that addiction isn't really a disease, our challenge is to determine exactly what it is. Szalavitz catalogs the latest scientific knowledge of the biological, environmental and social causes of addiction and explains precisely how they interact over development. The theory is articulate and tight, yet made accessible and compelling through the author's harrowing autobiography. *Unbroken Brain* provides the most comprehensive and readable explanation of addiction I've yet to see." --**Marc Lewis, author of *The Biology of Desire***

"... a new way of looking at drug addiction that offers a fresh approach to managing it. [Salavitz] writes frankly about her background .... In a heartfelt manner, she exposes her own fears and pain ... A dense blending of self-exposure, surprising statistics, and solid science reporting that presents addiction as a misunderstood coping mechanism, a problem whose true nature is not yet recognized by policymakers or the public." --**Kirkus**

"Szalavitz makes a novel and even beautiful proposal. Addiction, she hypothesizes, is a developmental disorder. Specifically, it is a learning disorder." - *npr.org*

"Journalist Szalavitz offers a multifaceted, ground-up renovation of the concept of addiction--both its causes

and its cures." - **PW**

"Anyone who has battled addiction or seen it harm a loved one will gain insights from "Unbroken Brain," and if it influences policymakers, too, everyone will benefit." - **Associated Press**

"Ms. Szalavitz deftly threads her life story through the book to illustrate the dynamics that put people at risk of addiction." - **The Wall Street Journal**

"Szalavitz makes a novel and even beautiful proposal. Addiction, she hypothesizes, is a developmental disorder. Specifically, it is a learning disorder. . . . [Szalavitz] explores problems with the criminalization of drugs, the place of racism in our culture's treatment of drugs and addiction, and she looks closely and illuminatingly at different treatment methods. There's a lot of news you can use in this book if you or someone you love is an addict." - **npr.org**

#### About the Author

New York Times Bestselling author MAIA SZALAVITZ is one of the premier American journalists covering addiction and drugs. She is co-author of *Born for Love* and *The Boy Who Was Raised as a Dog*, both with Dr. Bruce D. Perry. Her book, *Help at Any Cost* is the first book-length exposé of the "tough love" business that dominates addiction treatment. She writes for *TIME.com*, the *New York Times*, *New York Magazine*, *VICE*, *Scientific American*, *Elle*, *Psychology Today*, and *The Guardian* among others.

#### Users Review

##### From reader reviews:

###### **Paul Norris:**

Reading a e-book tends to be new life style on this era globalization. With examining you can get a lot of information that could give you benefit in your life. Having book everyone in this world could share their idea. Books can also inspire a lot of people. A lot of author can inspire their reader with their story or even their experience. Not only the storyline that share in the ebooks. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their skill in writing, they also doing some investigation before they write with their book. One of them is this Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

###### **James Brown:**

People live in this new moment of lifestyle always make an effort to and must have the time or they will get lots of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to you actually of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative within spending your spare time, often the book you have read is actually Unbroken Brain: A Revolutionary New Way of Understanding Addiction.

**Lou Whisenhunt:**

This Unbroken Brain: A Revolutionary New Way of Understanding Addiction is great book for you because the content which can be full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it information accurately using great plan word or we can say no rambling sentences in it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but tricky core information with lovely delivering sentences. Having Unbroken Brain: A Revolutionary New Way of Understanding Addiction in your hand like having the world in your arm, details in it is not ridiculous a single. We can say that no e-book that offer you world with ten or fifteen minute right but this e-book already do that. So , it is good reading book. Heya Mr. and Mrs. busy do you still doubt that?

**Anna Humphrey:**

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