

THE THIRTEENTH STEP: ADDICTION IN THE AGE OF BRAIN SCIENCE BY MARKUS HEILIG

the **THIRTEENTH STEP**

ADDICTION IN THE AGE OF BRAIN SCIENCE



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Review

Heilig makes the science of addiction accessible to both lay and professional audiences alike with an engaging conversational tone laced with humor and illustrative vignettes. He draws the reader in and effectively consolidates complex concepts. I applaud his efforts to bring the plight of the addicted to the attention of others and for his calling upon the field to do its very best to help. (Valerie J. Slaymaker, Hazelden Graduate School of Addiction Studies)

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Markus Heilig sums up what he has learned during his twenty years as a physician and researcher in the treatment of alcohol and other addictive disorders.... An informative and compassionate chronicle. (Kirkus Reviews)

Poignantly written and personal, yet presents the current science of addiction in a clear and engaging way. Markus Heilig's exploration of addiction science is beautifully written and is a must-read for anyone who wants to understand why addictive behaviors and bad habits are difficult to give up, and how to do it. Heilig has masterfully laid out his own clinical experiences and concisely presented the science of addiction. His book brings to life the countless devastating effects of addiction that affect individuals across all strata of society while attacking the stigma of addiction and shows the importance of neuroscience in understanding and treating it. (Rajita Sinha, chief, psychology section, Yale Medical School)

Heilig is one of the wisest, smartest, most insightful people I know. And what Heilig is, so is this book. A fantastic journey across one of the most complex and misunderstood problems of our time. (Pier Vincenzo Piazza, director, Neurocentre Magendie)

Recommended for anyone who suffers from addiction or who knows someone who does; undergraduate and graduate students, scholars, and researchers studying medicine, particularly addiction and neurology, and psychology; and anyone who has an interest in learning more about the subject. (Library Journal)

What makes this book especially compelling is the author's ability to smoothly transition between dealing with addictions at the human clinical level and at the more abstract level of scientific research. Heilig admirably tries to extract the most meaningful takeaway points from sometimes-dense scientific findings.... Highly recommended. (Choice)

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About the Author

Markus Heilig is a physician scientist and one of the most highly cited addiction researchers of his generation. For the past decade, he has led one of the largest research programs on addictive disorders in the world at the National Institute on Alcohol Abuse and Alcoholism at the National Institutes of Health. He is a fellow of the American College of Neuropsychopharmacology and is an editor of leading scientific journals in the field.

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The past thirty years have witnessed a revolution in the science of addiction, yet we still rely on outdated methods of treatment. Expensive new programs for managing addiction are also flourishing, but since they are not based in science, they offer little benefit to people who cannot afford to lose money or faith in their recovery.

Clarifying the cutting-edge science of addiction for both practitioners and general readers, *The Thirteenth Step* pairs stories of real patients with explanations of key concepts relating to their illness. A police chief who disappears on the job illustrates the process through which a drug can trigger the brain circuits mediating relapse. One person's effort to find a burrito shack in a foreign city illuminates the reward prediction error signaled by the brain chemical dopamine. With these examples and more, this volume paints a vivid, readable portrait of drug seeking, escalation, and other aspects of addiction and suggests science-based treatments that promise to improve troubling relapse rates. Merging science and human experience, *The Thirteenth Step* offers compassionate, valuable answers to anyone who hopes for a better handle on a confounding disease.

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Features

- *The Thirteenth Step* Addiction in the Age of Brain Science

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8 of 8 people found the following review helpful.

An Excellent Read

By Carlton Haggard

As a treatment professional, I found this book to be an excellent read about the science of addiction and evidenced-based treatments available. Heilig's chapters on molecular culprits and pills for addiction are superb. The entire book does an excellent job of reviewing the history of treatments for addiction, as well as the history of evidenced-based medical treatments for alcohol use disorders. He handles a discussion of AA with aplomb, and with the pragmatic view of a scientist. Overall, an excellent read for anyone interested in

the science of addiction, the pharmaceutical treatments that are currently available, as well as a review of other treatment options from the perspective of a person of evidenced-based science.

5 of 5 people found the following review helpful.

Very Well Done!

By C. Rider

This book deserves a serious review from scholar/practioner in Addiction work. I am a social scientist doing research for family members. For my purpose, I could not ask for more from a resource. Well written, cogent and very useful for the casual reader trying to assist family members. Bravo.

0 of 0 people found the following review helpful.

Best book I've read on the subject

By lisahg

Best book I've read on the subject. And that is saying something, because I have read several dozen since addiction visited the life of a close family member.

If you want a good grounding in the research, the status of clinical help available, and the many factors that are associated with addiction, read this book. It's written at a relatively sophisticated level, but it is not dry or boring.

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