

Quitting Crystal Meth What To Expect What To Do A Handbook For The First Year Of Recovery From Crystal Methamphetamine

A practical guide to understanding and overcoming addiction to cocaine and meth.

In the vein of Nic Sheff's "Tweak" and Tori Spelling's "sTori Telling, UnSweetined" reveals the former "Full House" star's harrowing journey from her role as America's sweetheart on a popular television show to her struggle with substance abuse. color photo insert.

Examines crystal meth, including how it works, its effects, and its addictive properties.

THE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET 'It was like being in a car with the gas pedal slammed down to the floor and nothing to do but hold on and pretend to have some semblance of control. But control was something I'd lost a long time ago.' Nic Sheff was drunk for the first time at age 11. In the years that followed, he would regularly smoke pot, do cocaine and ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer to convince him otherwise. In a voice that is raw and honest, Nic spares no detail in telling us the compelling true story of his relapse and the road to recovery. He paints an extraordinary picture for us of a person at odds with his past, with his family, with his substances, and with himself. Tweak is a raw, harrowing, and ultimately hopeful tale of the road from relapse to recovery and complements his father's parallel memoir, Beautiful Boy. Praise for Nic Sheff:- 'Difficult to read and impossible to put down.'Chicago Tribune 'Nic Sheff's wrenching tale is told with electrifying honesty and insight.'

Armistead Maupin

Drug addiction is a complex illness. It is characterized by intense and, at times, uncontrollable drug craving, along with compulsive drug seeking and use that persist even in the face of devastating consequences. This update of the National Institute on Drug Abuse's Principles of Drug Addiction Treatment is intended to address addiction to a wide variety of drugs, including nicotine, alcohol, and illicit and prescription drugs. It is designed to serve as a resource for healthcare providers, family members, and other stakeholders trying to address the myriad problems faced by patients in need of treatment for drug abuse or addiction. Addiction affects multiple brain circuits, including those involved in reward and motivation, learning and memory, and inhibitory control over behavior. That is why addiction is a brain disease. Some individuals are more vulnerable than others to becoming addicted, depending on the interplay between genetic makeup,

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age of exposure to drugs, and other environmental influences. While a person initially chooses to take drugs, over time the effects of prolonged exposure on brain functioning compromise that ability to choose, and seeking and consuming the drug become compulsive, often eluding a person's self-control or willpower. But addiction is more than just compulsive drug taking-it can also produce far reaching health and social consequences. For example, drug abuse and addiction increase a person's risk for a variety of other mental and physical illnesses related to a drug-abusing lifestyle or the toxic effects of the drugs themselves. Additionally, the dysfunctional behaviors that result from drug abuse can interfere with a person's normal functioning in the family, the workplace, and the broader community. Because drug abuse and addiction have so many dimensions and disrupt so many aspects of an individual's life, treatment is not simple. Effective treatment programs typically incorporate many components, each directed to a particular aspect of the illness and its consequences. Addiction treatment must help the individual stop using drugs, maintain a drug-free lifestyle, and achieve productive functioning in the family, at work, and in society. Because addiction is a disease, most people cannot simply stop using drugs for a few days and be cured. Patients typically require long-term or repeated episodes of care to achieve the ultimate goal of sustained abstinence and recovery of their lives. Indeed, scientific research and clinical practice demonstrate the value of continuing care in treating addiction, with a variety of approaches having been tested and integrated in residential and community settings.

This book is written for all those lost souls who are stuck in the darkness of Meth addiction. Meth Addiction is one of the major leading problems in this society and is an issue many people are struggling with. This book sheds light on Crystal Meth addiction and contain numerous unknown facts about this drug. By reading this book you will learn useful and lifesaving information about this addiction. If you are an abuser, you will learn about the extensive damage this drug does to the body. In the difficult times of your life you might think that this drug is the solution to your problems, but in actuality it only adds more problems. Have you been trying to quit or finding it hard to make up your mind to quit? Do you want to learn more about this drug? Do you want to know how this drug works and damages your brain? Do you want to know how you can you help a loved one who is using? This book provides tips, information, facts about the addiction, how to better cope, along with advice on treatments, and the best methods for the road to total recovery. By reading this book you find crucial information about crystal meth addiction:Some important information you will find in this book:* History of Crystal Meth* Why it is so Addictive?* Its impact on mind and body* Facts about Meth Addiction* The stages of Meth Experiences

Written for a broad audience of medical and behavioral healthcare professionals, *The Definitive Guide to Addiction Interventions: A Collective Strategy* introduces clinicians to best practices in addiction interventions and bridges the gap

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between the theory and practice of successful intervention. Synthesizing decades of fieldwork, Louise Stanger explores the framework for successful invitations to change, what they look like in action, and how to adjust approach by population, and Lee Weber serves as editor. The authors summarize and compare intervention models in use today and explain the use of family mapping and individual portraiture as clinical tools. The text also teaches clinicians to troubleshoot common situations as they help move clients toward positive life decisions. Practical, ready-to-use clinical tools follow the text in downloadable worksheet form.

"Quitting Crystal Meth: What to Expect & What to Do is divided along the five stages of meth recovery, Additional chapters look at "Crystal Meth Anonymous Meetings – What It's All About" and "What About Relapse?" Upbeat and positive, Quitting Crystal Meth: What to Expect & What to Do approaches the reader with respect and the disease of addiction with dignity." -- publisher website.

A REVOLUTIONARY NEW APPROACH TO ADDICTION RECOVERY FROM AN ADDICTION EXPERT Rewired is a new, breakthrough approach to fighting addiction and self-damaging behavior by acknowledging our personal power to bring ourselves back from the brink. Centered on the concept of self-actualization, Rewired will guide you towards not only physical sobriety, but a mental, emotional, and spiritual sobriety by learning to identify key principles within yourself, including authenticity, honesty, gratitude, and understanding a need for solitude. Rewired addresses the whole self; just as addiction affects every part of one's life, so too must its treatment. By helping us to build a healthy space to support our own recovery, we can rewrite the negative behaviors that result in addiction. Usable in conjunction with or in place of 12-step programs, Rewired allows for a more holistic approach, helping to create a personalized treatment plan that is right for you. Each section in Rewired includes: - Personal anecdotes from the author's own struggles with alcoholism and addiction - Inspiring true success stories of patients overcoming their addictions - Questions to engage you into finding what is missing from your recovery - Positive affirmations and intentions to guide and motivate With all the variables, both physical and emotional, that play into overcoming addiction, Rewired enables us to stay strong and positive as we progress on the path to recovery. Rewired teaches patience and compassion, the two cornerstones of a new, humanist approach to curing addiction. Remember, addicts are not broken people that need to be fixed—they just have a few crossed wires.

Crystal meth is reported to be one of the most abused substances in the world. And although it isn't always easy to tell who is addicted to meth at first glance, given the statistics, it is very likely that you know someone who is. Crystal meth users are actually able to go about seemingly normal lives: They can maintain successful careers, or get decent enough grades to stay in school - at least until they get too deep into the addiction and it becomes too late. Now, if you are certain that you someone you love is abusing crystal meth, you may already realize that it's not going to be an easy journey to get them to overcome their addiction. This book is going to help you understand what your loved one is going through, and how to properly support them and help them

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get over the addiction. I will explain how to confirm whether or not someone is addicted to meth, and then what to do and - just as important - what not to do when talking to and relating to a user. You'll also learn when and how to get outside help, and exactly how to help a recovering addict avoid situations that could lead him back to the habit. Helping a loved one overcome an addiction is not an easy task, but it is a necessary one, and it all starts with knowing what to do.

These guidelines have been developed to enable professionals to assist women who are pregnant, or have recently had a child, and who use alcohol or drugs or who have a substance use disorder, to achieve healthy outcomes for themselves and their fetus or infant. They have been developed in response to requests from organizations, institutions and individuals for technical guidance on the identification and management of alcohol, and other substance use and substance use disorders in pregnant women. They were developed in tandem with the WHO recommendations for the prevention and management of tobacco use and second-hand smoke exposure in pregnancy.

This unique book contains the key elements of Allen Carr's universally acclaimed Easyway method of quitting smoking - the only proven way of stopping smoking for good. Follow the Easyway method and you will see through the smokescreen of lies and misinformation which are at the heart of society's ideas and beliefs about smoking. You will be...

In 1996, Scott was nineteen and lost in adulthood with an endless job and no future ambitions. Teenage Degenerate is his story about drug addiction, music and growing up. Over the course of ten months, he quickly descends into the dark and dangerous world of crystal methamphetamine. Scott experiments with crystal meth in a dark, deserted parking lot in the suburbs of Denver, Colorado and soon after his crew of misfits will do almost anything for their next high. One by one, family and friends disappear, and he is left alone with a decision to continue fighting or give up. This is his struggle to reclaim a normal life and the search for something real. Teenage Degenerate is a book about meth that is a brutally truthful, humorous and heartbreaking journey that explores the depths of addiction.

In his follow-up to his bestselling memoir *Tweak: Growing Up On Methamphetamines*, Nic Sheff reveals a brutally honest account of a young person's struggles with relapse and rehab. In his bestselling memoir *Tweak*, Nic Sheff took readers on an emotionally gripping roller-coaster ride through his days as an addict. In this powerful follow-up about his continued efforts to stay clean, Nic writes candidly about eye-opening stays at rehab centers, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction. By candidly revealing his own failures and small personal triumphs, Nic inspires readers to maintain hope and to remember that they are not alone in their battles. A group reading guide is included. Nic Sheff's *Tweak*, *We All Fall Down*, and his father's memoir about him (*Beautiful Boy*) are the basis of the film *Beautiful Boy* starring Steve Carell and Timothée Chalamet.

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Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics,

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challenges, and options for treatment.

Traces the efforts of a small Iowa community to counter the pervasiveness of crystal methamphetamine, in an account that offers insight into the drug's appeal while chronicling the author's numerous visits with the town's doctor, the local prosecutor and a long-time addict. Reprint. A best-selling book.

This book is an anthology of my past 2 years of poem writing. It includes some of my well known poems as well as those that are lesser known, all from my website thepoeticunderground.tumblr.com.

How To Quit Crystal Meth When you stop using crystal meth, you will likely experience withdrawal symptoms. The withdrawal symptoms and side effects from crystal meth addiction are not typically life-threatening. However, some individuals may experience profound bouts of depression when quitting meth, placing them at increased risk of committing suicide. Medically managed detoxification and addiction treatment in a recovery center can help minimize uncomfortable side effects, reducing the urge to relapse and preventing injury to yourself. **Crystal Meth Withdrawal Symptoms-Depression-Inability to feel pleasure-Fatigue-Insomnia-Nightmares-Reduced heart rate-Cravings-Suicidal thoughts-Increased appetite** You need to learn how to manage these withdrawal symptoms so you can quit meth effectively. This is the best guide to quitting meth and it's helped dozens of patients quit meth successfully.

Free Yourself from Addiction Quitting drugs may be the best thing you can do for yourself and your loved ones. But it can also be the toughest challenge of your life. This book can help. Jerry Dorsman, author of the acclaimed *How to Quit Drinking Without AA* and a respected therapist who specializes in addiction recovery, has helped thousands of people quit drugs and get on with their lives. In *How to Quit Drugs for Good*, Dorsman helps you find the best approach to beating any drug habit—from barbiturates and prescription drugs to marijuana, cocaine, and heroin. Through a series of self-discovery exercises, worksheets, and checklists, you will learn how to:

- Determine if you have a drug problem
- Examine your individual reasons for using drugs
- Decide when and how you want to quit
- Develop your own treatment plan
- Choose the techniques that will work for you
- Create your own success
- And much, much more!

A myth-shattering look at drug abuse and addiction treatment, based on cutting-edge research **Addiction is a preventable, treatable disease, not a moral failing.** As with other illnesses, the approaches most likely to work are based on science — not on faith, tradition, contrition, or wishful thinking. These facts are the foundation of *Clean*. The existing addiction treatments, including Twelve Step programs and rehabs, have helped some, but they have failed to help many more. To discover why, David Sheff spent time with scores of scientists, doctors, counselors, and addicts and their families, and explored the latest research in psychology, neuroscience, and medicine. In *Clean*, he reveals how addiction really works, and how we can combat it. “A guide for those affected by addiction, but also a manifesto . . . for America as

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it confronts its drug problem. [Sheff] has performed a vital service by compiling sensible advice on a subject for which sensible advice is in short supply.” — New York Times Book Review “As a journalist, father, and clear-eyed chronicler of addiction, David Sheff is without peer.” — Sanjay Gupta, M.D., chief medical correspondent, CNN

The definitive book on the impact of methamphetamine on individuals, communities, and society by two of America's leading addiction and criminal justice experts. In recent years, the media have inundated us with coverage of the horrors that befall methamphetamine users, and the fires, explosions, and toxic waste created by meth labs that threaten the well-being of innocent people. In *Methamphetamine: Its History, Pharmacology, and Treatment*, the first book in Hazelden's Library of Addictive Drugs series, Ralph Weisheit and William L. White examine the nature and extent of meth use in the United States, from meth's early reputation as a "wonder drug" to the current perception that it is a "scourge" of society. In separating fact from fiction, Weisheit and White provide context for understanding the meth problem by tracing its history and the varying patterns of use over time, then offer an in-depth look at: the latest scientific findings on the drug's effects on individuals the myths and realities of the drug's impact on the mind the national and international implications of methamphetamine production the drug's impact on rural communities, including a case study of two counties in the Midwest issues in addiction and treatment of meth. Thoroughly researched and highly readable, *Methamphetamine* offers a comprehensive understanding of medical, social, and political issues concerning this highly impactful drug. Written for professionals and serious lay readers by nationally recognized experts, the books in the Library of Addictive Drugs series feature in-depth, comprehensive, and up-to-date information on the most commonly abused mood-altering substances. This book focuses on the similarities and differences between substance and non-substance addictions. It discusses in detail the mechanisms, diagnosis and treatment of substance and non-substance addictions, and addresses selected prospects that will shape future studies on addiction. Addiction is a global problem that costs millions of lives tremendous damage year after year. There are mainly two types of addiction: substance addiction (e.g., nicotine, alcohol, cannabis, heroin, stimulants, etc.) and non-substance addiction (e.g., gambling, computer gaming, Internet, etc.). Based on existing evidence, both types of addiction produce negative impacts on individuals' physical, mental, social and financial well-being, and share certain common mechanisms, which involve a dysfunction of the neural reward system and specific gene transcription factors. However, there are also key differences between these two types of addiction. Covering these aspects systematically, the book will provide researchers and graduate students alike a better understanding of drug and behavioral addictions.

One question that anyone who has witnessed addiction up close inevitably asks is, "Why can't they just stop?" For decades the question has confounded addicts, their families, and the doctors and specialists trying to help them. Now it

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can finally be answered. Thanks to major leaps in the scientific understanding of addiction, an entirely new portrait of this frightening disease has come into focus. The new science tells us that addicts, in part, are unable to quit using drugs or alcohol because chemical changes in their brains prevent them from doing so. In this penetrating look at how addiction works, editors John Hoffman and Susan Froemke (producers of the HBO documentary series ADDICTION) have turned more than two years of research and reporting into a vitally important guide for any family faced with the disease. New imaging technology has enabled scientists to peer inside the addicted brain and observe in real time what craving for drugs and alcohol looks like chemically. It is now possible to literally see the ways that substances like cocaine, heroin, and alcohol alter the brain's "Stop!" and "Go!" decision-making processes. Better scientific understanding has yielded innovations in behavioral therapies, while new medications that can be prescribed by family doctors have been clinically proven to reduce craving in alcoholics and opiate addicts. The result? As *Addiction: Why Can't They Just Stop?* reports in riveting detail, there is new hope for anyone struggling with addiction. The stories about scientists, doctors, researchers, and families that face addiction gathered in this book testify to the fact that the tide has turned. Yes, recovery remains an imperfect process. It must be tailored to the needs of the individual; it may take years to achieve remission. But, armed with the new science-based understanding of the disease, experts have created treatments that are ever more precise and effective—making recovery a realistic goal for all addicts. The evidence is in. The battle against the addiction epidemic can—and should—be won.

Drug use and abuse continues to thrive in contemporary society worldwide and the instance and damage caused by addiction increases along with availability. *The Effects of Drug Abuse on the Human Nervous System* presents objective, state-of-the-art information on the impact of drug abuse on the human nervous system, with each chapter offering a specific focus on nicotine, alcohol, marijuana, cocaine, methamphetamine, MDMA, sedative-hypnotics, and designer drugs. Other chapters provide a context for drug use, with overviews of use and consequences, epidemiology and risk factors, genetics of use and treatment success, and strategies to screen populations and provide appropriate interventions. The book offers meaningful, relevant and timely information for scientists, health-care professionals and treatment providers. A comprehensive reference on the effects of drug addiction on the human nervous system Focuses on core drug addiction issues from nicotine, cocaine, methamphetamine, alcohol, and other commonly abused drugs Includes foundational science chapters on the biology of addiction Details challenges in diagnosis and treatment options Fawcett provides a practical resource for recovery from methamphetamine and the restoration of healthy sex and intimacy. He outlines a path toward healing, describing the phases of physical, emotional, and sexual recovery and provides a broad range of supportive tools from managing triggers to mindfulness.

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"There are precious few things in this life of which I am certain. One is the love I have for my son, Andy... The other thing of which I am certain is this: no one wants to be an addict." - from the book. Here's what readers have to say: "Kim's writing style is clear, lucid, revealing, and on a par with the best of skilled non-fiction authors - Thor Heyerdahl, Thomas Thompson, even James Michener or my favorite, Jan de Hartog, and she is able to make the reader relive her addictions - all of them - to the point that I HAD to put the book down several times and "de-tox" myself, or at least breathe normally, before I could return to it. I've never felt so much inside the skin of someone who is going through the horror of addiction as when reading this biography." "Kim has cleansed her soul by once again facing the demons of her past, and I can only imagine how much strength it took for her to reopen her wounds and recount them one by one." "Crystal Clean is a book I couldn't put down about an amazing woman who was once completely immersed in the world of crystal meth. If you didn't know that she made it through the other side (because she is telling her own story), you might not believe she will come out of it alive. Kim lays out her life story, with memories that help show her state of mind as she started using different drugs and then meth. But it's not a "woe is me" story, and she doesn't dwell on the bad things that contributed to her mental state. It is ultimately a story about how a mother's love can overcome the terrible odds associated with this addiction." "This is a well-written, entertaining book. The author's style is light even when when the subject is not. It would have been easy to simply write about the misery that must come with Meth addiction. Instead, the author gives insight into her background and motivations. You can't help but root for the author as she describes her descent into drug addiction "hell," even though she is responsible for all her choices." "Being a mom of a special needs son (only child) and struggling to be everything to that child, while barely hanging on yourself is such a familiar story to me." "While reading this book, it hit home so much I had to stop reading it for moments at a time. So real and writing was so descriptive, I had to separate her feelings from my own in some regard. Thank you for opening up to your readers and trusting us with your story. I picture you kind of like a female "Rocky" winning in the end. Can't help but root for you and Andy!" "What an insightful and bravely written book. What Kim has shared is an amazingly helpful understanding to anyone who has been touched by the outreaching fingers of meth addiction and mental illness. And to those who haven't, a good reminder that not everyone or everything is as it may seem." "A beautiful memoir about one mom's struggle with her lot in life and how she chose to deal with it using illegal drugs. It's told in a brave, clear manner with no careful wording. I loved reading more about Andy and was absolutely rooting for Wollenburg through it all." "At first, you don't understand Kim. Then you love her." "Kim illustrates with graphic detail and genuine emotion the pain of addiction as well as the sometimes circuitous path to recovery. This book is extremely well written. I wish I lived next door to this courageous mother, daughter, and woman of worth." "CRYSTAL CLEAN: A mother's struggle with meth addiction and recovery is an honest

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and transparent look at the world of meth addiction and recovery. As a reader, I was swallowed up into this world of addiction, pain, anger, and fear. Many times I wanted out -- I wanted to skip to the end of the book and be assured that this young woman was going to be okay. I applaud the author for her obvious courage in sharing her story and exposing her pain and allowing herself to be so vulnerable. The author's writing is superb -- strong imagery and an authentic voice. From the New York Times bestselling author of *Dreamland*, a searing follow-up that explores the terrifying next stages of the opioid epidemic and the quiet yet ardent stories of community repair. Sam Quinones traveled from Mexico to main streets across the U.S. to create *Dreamland*, a groundbreaking portrait of the opioid epidemic that awakened the nation. As the nation struggled to put back the pieces, Quinones was among the first to see the dangers that lay ahead: synthetic drugs and a new generation of kingpins whose product could be made in Magic Bullet blenders. In fentanyl, traffickers landed a painkiller a hundred times more powerful than morphine. They laced it into cocaine, meth, and counterfeit pills to cause tens of thousands of deaths-at the same time as Mexican traffickers made methamphetamine cheaper and more potent than ever, creating, Sam argues, swaths of mental illness and a surge in homelessness across the United States. Quinones hit the road to investigate these new threats, discovering how addiction is exacerbated by consumer-product corporations. "In a time when drug traffickers act like corporations and corporations like traffickers," he writes, "our best defense, perhaps our only defense, lies in bolstering community." Amid a landscape of despair, Quinones found hope in those embracing the forgotten and ignored, illuminating the striking truth that we are only as strong as our most vulnerable. Weaving analysis of the drug trade into stories of humble communities, *The Least of Us* delivers an unexpected and awe-inspiring response to the call that shocked the nation in Sam Quinones's award-winning *Dreamland*.

Quitting Meth Revision

A Very Fine House is an intimate memoir of a mother's Norman Rockwell family turned upside down by her daughter's descent into meth addiction and crime. Bright and beautiful, Annie is an unlikely candidate for meth. Living fast and hard on the streets of Bend, Oregon, she commits crimes against herself, the community, and her own family. The author chronicles her child's addiction in a way that other writers have not written about addiction. What begins as an obsession to save her daughter, and a rage against God for allowing drugs to devour her college-age girl, transforms into release in a life changing letting-go-and-letting-God moment. The reader is first introduced to the Stoeffen family and Barbara's dream for its idyllic future. Kinks in the perfect life appear. When Annie's alcoholism, drug use, and criminality ensue, Barbara fights to save her. There is all-consuming grief and the devastating loss of not just her daughter, but her dream for her own life as well. Barbara eventually finds support and a new way of thinking. While she continues the battle to

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save her daughter, she ultimately finds the courage to save herself. The conclusion deals with Annie's recovery—and Barbara's. Both experience a spiritual awakening and are transformed. A new and better dream for Barbara's life is born.

THE #1 Drug Guide for nurses & other clinicians...always dependable, always up to date! Look for these outstanding features: Completely updated nursing-focused drug monographs featuring 3,500 generic, brand-name, and combination drugs in an easy A-to-Z format NEW 32 brand-new FDA-approved drugs in this edition, including the COVID-19 drug remdesivir—tabbed and conveniently grouped in a handy “NEW DRUGS” section for easy retrieval NEW Thousands of clinical updates—new dosages and indications, Black Box warnings, genetic-related information, adverse reactions, nursing considerations, clinical alerts, and patient teaching information Special focus on U.S. and Canadian drug safety issues and concerns Photoguide insert with images of 439 commonly prescribed tablets and capsules

In *Overcoming Crystal Methamphetamine Addiction*, one of the few books to address the topic for a general audience, Dr. Steven Lee, MD, a psychiatrist who specializes in crystal meth addiction, offers a complete guide to the drug, its effects, and how to overcome it. Based on extensive scientific and social research and drawing from his professional experience, he covers everything from the definition and history of crystal meth to the physical and psychological effects; from dealing with the addictive personality to helping a friend or family member cope with it. He focuses on understanding rather than outright condemnation of the drug, and empathetically covers all of the crucial questions: What is crystal meth? How is it made? How does it affect the body? How do you know if you're addicted to it? How do you stop using it? What if you don't want to stop? If you are going to use CM anyway, how can you minimize the damage? What if you quit but slipped and used again?

"This study ..., conducted by the Criminal Justice Research Division of the San Diego Association of Governments (SANDAG), used the Arrestee Drug Abuse Monitoring (ADAM) program to document methamphetamine use and its consequences among arrestees ... in five cities: Los Angeles, San Diego, and San Jose in California; Phoenix, Arizona, and Portland, Oregon"--P. ix-x.

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