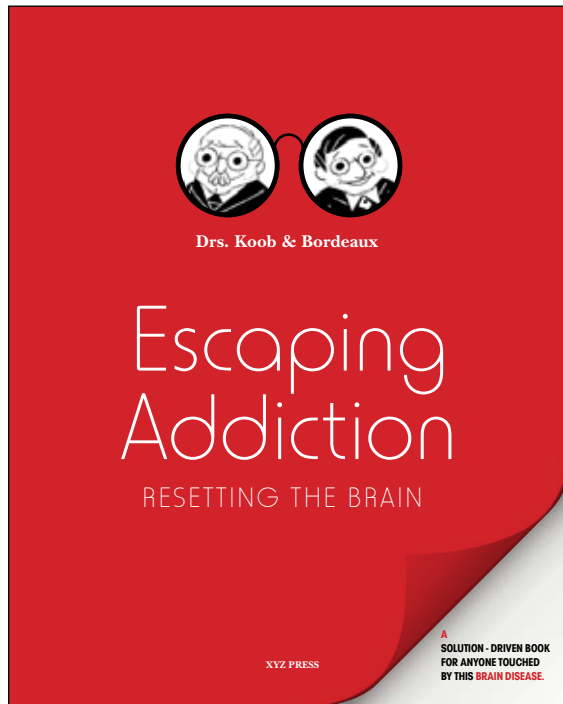


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ESCAPING ADDICTION
Resetting the brain
 By Dr. Koob & Dr. Bordeaux

Everything you need to know about addiction in order to prevent or treat it better.

304 pages

September 2021

Éditions de l'Homme

> Original English manuscript available

At a time when we are witnessing the legalization of cannabis, the opioid crisis, and the ravages of methamphetamine, it is important to remind ourselves that addiction is not a lack of willpower, nor a moral weakness, but rather a disease of the brain. Addiction, as opposed to dependency, causes victims to lose control and sows chaos in every sphere of their lives and the lives of those around them. Using input from world-renowned experts in the field of addiction, as well as clinical studies, this book explains in clear terms what the latest brain research has demonstrated: when you're "hooked", you no longer consume a substance to feel good, but so as not to feel bad. With its playful illustrations and simple graphics, this book helps us better understand the neurobiology of addiction, and how this disease changes the brain. Written equally for psychologists and for addiction workers, patients, their families and their loved ones, this book offers hope and shows how the steep path to recovery can become less perilous when everyone involved understands the science behind this chronic disease.

Strong points

- A contemporary topic on the cutting edge of current research, presented by world-renowned experts in the field.
- A vital, optimistic and realistic book that alleviates the guilt patients feel and provides a glimpse of more effective and better targeted treatments.
- An indispensable book for all addiction workers and healthcare professionals but written in sufficiently plain language to be a valuable resource for patients' families.

Patrick Bordeaux is a Clinical Associate Professor and child psychiatrist in the Department of Psychiatry and Neuroscience at Université Laval in Quebec City. He is a very active lecturer internationally and is accredited by the American Board of Addiction Medicine (ABAM).

George F. Koob is Director of the prestigious National Institute on Alcohol Abuse and Alcoholism (NIAAA) in the United States. An expert on the neurobiology of emotions, he is a researcher recognized worldwide for his substantial contribution to understanding the effects of stress on the brain and its role in drug addiction and alcoholism.

Mélanie Baillairgé is a graphic designer, illustrator and author of books for young people.

