



# Understanding Addiction (Understanding Health and Sickness Series)

*Elizabeth Connell Henderson*

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At least one of every four people in America has had some experience with addiction--either personally or through a family member. Addiction and its consequences cost billions of dollars each year in direct medical costs, lost productivity, accidents, crime, and corruption. Yet as a disease, addiction is still largely misunderstood.

Starting with the question "what is addiction?" Elizabeth Connell Henderson takes the reader through the many facets of this disorder. She examines the effects of addictive substances on the brain and reviews each of the major classes of substances. In the development of addiction, she looks at the genetic, social, and psychological factors.

Henderson shows the effects of addiction on the family and guides the reader on a journey through the course of the illness and the process of recovery. Additional chapters deal with the problems associated with dual diagnosis--when addiction is accompanied by other psychiatric illnesses. Also chapters cover behavioral addictions such as compulsive overeating, pathological gambling, and sexual addiction.

Covered are: Who becomes addicted and why? What are the properties of the major addictive drugs? What is the course of addiction? How does addiction affect the family? What constitutes recovery? What are the current trends in research? What organizations are available for help and how are they contacted?

For the addict in recovery and for the family of the afflicted, *Understanding Addiction* provides crucial information to demystify this disease and provide clear guidance toward recovery. For human resource workers, attorneys, social workers, nurses, corrections officers, school counselors, and teachers, the book provides a framework of practical information for aiding individual sufferers and coping with their unique struggles.

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