



Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration

Harvey B. Milkman, Stanley G. Sunderwirth

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"This book is extremely useful for a broad range of readers. This book reflects the extensive scientific and clinical expertise of the authors and is compelling reading for anyone interested in addictive behaviors. It is one of the rare books that from page one immediately engrosses, educates and broadens your perspective."

?Alex Blaszczyński, *The University of Sydney, International Journal of Mental Health Addiction*

"Psychologist Harvey Milkman and chemist Stanley Sunderwirth explore why our relentless search for pleasure sometimes leads to dangerous addictions and show us healthy ways to achieve happiness."

?SCIENTIFIC AMERICAN MIND

"Harvey B. Milkman and Stanley Sunderwirth have written a tour de force. Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration . . . is a beautifully written and organized book . . . a thrill ride through the most innovative and insightful perspectives that science and clinical experience have to offer . . . hip and artistic, reflecting a deep understanding of addiction . . . a major contribution to the field; it is must reading."

?Howard J. Shaffer, PhD, CAS Editor, *Psychology of Addictive Behaviors*, Associate Professor, Harvard Medical School Director, Division on Addictions, Cambridge Health Alliance

"Reading this book is in itself an ecstatic experience! . . . a fascinating journey that explores the benefits and risks of pleasure and the universal desire to feel good . . . It's quite a trip."

?G. Alan Marlatt, PhD, *University of Washington*

People from all walks of life often lose themselves in pursuing counterfeit pleasures?cigarettes, alcohol, drugs, thrill seeking, sex, food, gambling, and on-line fantasies to name just a few. How does the pursuit of pleasure result in compulsion and loss of control? **Craving for Ecstasy and Natural Highs** addresses this fundamental question and then explores positive ways to achieve lasting happiness and fulfillment. Readers will gain important insight on how to improve their own quality of life and will learn how to offer support to clients, students, family, and friends whose lives may be compromised by addiction.

Students of addictive behaviors and anyone interested in discovering healthy means to satisfy the drive to alter consciousness will find this book compelling.

View Harvey Milkman's appearance on local Denver TV where he talks about addiction and his book at <http://www.kdvr.com/videobeta/watch/?watch=dafef79e-c409-4159-82b4-194ecd3b9929&src=front>

Be sure to follow Harvey Milkman's blog on *Psychology Today* at <http://www.psychologytoday.com/blog/better-dope/200909/better-dope-natural-highs-the-cutting-edge-mood-alteration>

Reviews of previous work:

"The chemistry and psychology of addiction are described with considerable insight. . . . These authors know their stuff and make a compelling case."

?The Los Angeles Times

"The authors provide a valuable service by placing into perspective a large array of behaviors that could be considered addictive."

?JAMA

SAGE offers treatment and training programs for mental health providers that you can easily incorporate into your existing programs. Visit www.sagepub.com/satreatments to learn more about these treatment and training programs.

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From reader reviews:

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