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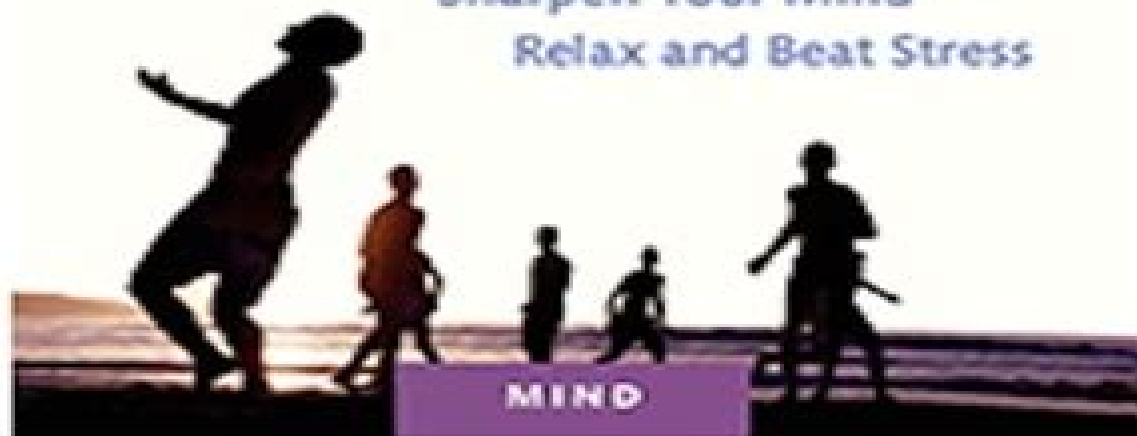
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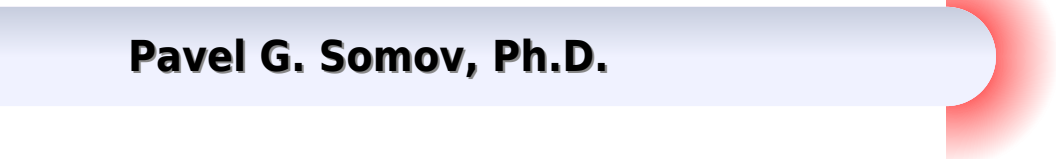
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# Natural Highs Natural Highs

**Pavel G. Somov, Ph.D.**



## **Natural Highs Natural Highs:**

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**Craving for Ecstasy and Natural Highs** Harvey B. Milkman, Stanley G. Sunderwirth, 2009-06-17 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 and 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 hedonic dependencies Students of addictive behaviors and anyone interested in discovering healthy means to satisfy the drive to alter consciousness will find this book compelling Reviews of previous work The chemistry and

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