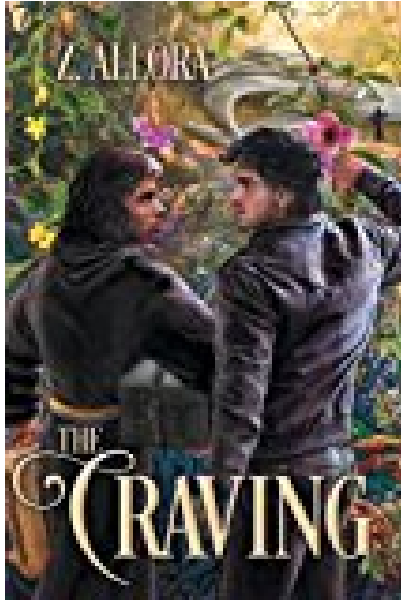


The Craving



BOOK DETAILS

- Author : Z. Allora
- Pages : 280 Pages
- Publisher : Dreamspinner Press
- Language : English
- ISBN : 1634779045

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BOOK SYNOPSIS

Where do the roots of addictive behavior lie -- in our genes or in our environment, in our chemistry or in our character? In *The Craving Brain*, Dr. Ronald Ruden asserts that the roots of addiction most definitely do not lie in our character. Rather, they lie in a complex chain reaction that originates in an ancient survival mechanism in the brain. When this system is inappropriately activated, it drives the body to crave, sometimes with addictive behavior as the end result. In clear, straightforward language, Dr. Ruden outlines his remarkable successful treatment program which he believes can cure this problem. *The Craving Brain* offers crucial insights into the world of addiction. This revolutionary book will bring hope to millions of people who suffer from a wide range of addictions, from gambling and alcohol to drugs and food.

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