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Ecstasy: The Complete Guide: A Comprehensive Look at the ...
Written by the world's leading experts on MDMA, Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorder, chronic pain, and other illnesses; and how to minimize the risk of illicit use. Whether you are a raver, a concerned parent, or a professional wanting the most recent reports on MDMA research, Ecstasy: The Complete Guide ...

Ecstasy: The Complete Guide: A Comprehensive Look at the ...
The world's leading experts on Ecstasy assess its therapeutic potential, social implications, and the dangers of unsupervised use. Includes chapters by Andrew Weil, Ralph Metzner, Douglas Rushkoff, Rabbi Zalman Schachter, Rick Doblin, and others. An ideal guide for parents and educators seeking a credible source of information.

Ecstasy: The Complete Guide eBook by Julie Holland ...
Written by the world's leading experts on MDMA, Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works;...

Ecstasy: The Complete Guide: A Comprehensive Look at the ...
While Ecstasy is found across America in living rooms and dance clubs, reliable information about the drug is not. Now, Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of Ecstasy and the real drug behind it, MDMA, offering a critical resource for anyone seeking credible information.

Erowid Library/Bookstore : 'Ecstasy: The Complete Guide'
ith 24 chapters, six sections, and a detailed appen-dix, Ecstasy: The Complete Guide (Park Street Press, 2001), ed- ited by Dr. Julie Holland, is the most comprehensive book writ- ten on MDMA to date. It adeptly navigates the canon of preced- ing research, answers many novel questions, and excavates much misinformation.

Ecstasy: The Complete Guide
"MDMA is a unique compound with great potential for positive use. This is the most complete book about it, with much information to help people realize that potential as well as reduce any possible harm.", Andrew Weil, M.D., author of 8 Weeks to Optimum Health, and Spontaneous Healing "Ecstasy: The Complete Guide offers a thoroughly engaging, multifaceted look at a very controversial substance.

Ecstasy : The Complete Guide : A Comprehensive Look at the ...
Ecstasy: The Complete Guide. Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.

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Ecstasy: The Complete Guide: A Comprehensive Look at the Risks and Benefits of MDMA by Julie Holland (9780892818570)

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Ecstasy: The Complete Guide [MDMA] | Julie Holland M.D. ...
"; The world's leading experts on Ecstasy assess its therapeutic potential, social implications, and the dangers of unsupervised use. "; Includes chapters by Andrew Weil, Ralph Metzner, Douglas Rushkoff, Rabbi Zalman Schachter, Rick Doblin, and others. "; An ideal guide for parents and educators seeking a credible source of information. Use of the drug Ecstasy, once confined to the teen rave ...

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--Andrew Weil, M.D., author of 8 Weeks to Optimum Health and Spontaneous Healing "Ecstasy: The Complete Guide offers a thoroughly engaging, multifaceted look at a very controversial substance.

Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.

Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug | With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others | Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more Exploring the role of cannabis in medicine, politics, history, and society, The Pot Book offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes.

Discover What You Need to Know About Ecstasy!Read on your PC, Mac, smart phone, tablet or Kindle device!You're about to discover the crucial information regarding Ecstasy. It can be overwhelming if you are trying to find honest, factual information because of all the random opinions out there on the internet. You also have to be careful about the misinformation that is coming from online sources, especially those with financial incentives. This book serves to be an unbiased guide so that you can understand all of the important information before you invest money or time into trying Ecstasy.This book goes into the origins and history of Ecstasy, how Ecstasy works, the reality of drug addiction, the positive and negative effects of consuming Ecstasy, as well as the legality and dangers involved. By investing in this book, you can get a grasp of the topic so that you can make a solid decision about what you put into your body, or even help the other people in your life.Here Is A Preview Of What You'll Learn... What Is Ecstasy? The History And Development of Ecstasy The Negative And Positive Effects of Using Ecstasy Legality, Costs, And Other Critical Information! Take action right away to invest in your own future by downloading this book, "Ecstasy: The Ultimate Guide for Understanding MDMA, The Molly Drug, And What You Need to Know", for a limited time discount!

A personal narrative and guide to the safe, responsible use of MDMA for personal healing and social transformation Details the author's 50 years of responsible experimentation with mind-altering substances and how Ecstasy has helped him become a better therapist Explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives and marriage as they entered their senior years Describes what the experience actually feels like and provides protocols for the safe, responsible, recreational, and celebrational use of MDMA for individuals and groups In a world that keeps us separate from each other, MDMA is the chemical of connection. Aply known in popular culture as "Ecstasy," MDMA helps us rediscover our own true loving nature, often obscured by the traumas of life. On its way to becoming a prescription medication due to groundbreaking research on its use to treat PTSD, Ecstasy can offer benefits for all adult life stages, from 20-somethings to seniors. In this memoir and guide to safe use, Charles Winger, a licensed psychoanalyst and mental health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He recounts his coming of age in the 1960s counterculture, his 50 years of responsible experimentation with mind-altering substances, and his immersion in the new psychedelic renaissance. He explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives as they entered their senior years. It also strengthened the bonds of their marriage. Countering the fearful propaganda that surrounds this drug, Winger describes what the experience actually feels like and explores the value of Ecstasy and similar substances for helping psychologically healthy individuals live a more optimal life. He provides protocols for the responsible, recreational, and celebrational use of MDMA, including how to perfect the experience, maximize the benefits and minimize the risks, and how it may not be for everyone. He reveals how MDMA has revitalized his marriage, both erotically and emotionally, and describes how pleasure, fun, and joy can be profound bonding and transformative experiences. Revealing MDMA's versatility when it comes to bringing lasting renewal, pleasure, and inspiration to one's life, Winger shows that recognizing the transformative power of happiness-inducing experiences can be the first step on the path to healing.

The world's leading experts on Ecstasy assess its therapeutic potential, social implications, and the dangers of unsupervised use. Includes chapters by Andrew Weil, Ralph Metzner, Douglas Rushkoff, Rabbi Zalman Schachter, Rick Doblin, and others. An ideal guide for parents and educators seeking a credible source of information. Use of the drug Ecstasy, once confined to the teen rave scene and college campuses, is exploding across America, from high schools to upscale clubs. Described by users as the most intense euphoria they know and by detractors as a cause of brain damage and even death, Ecstasy has generated unprecedented levels of interest and misinformation. Written by the world's leading experts on MDMA, Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorder, chronic pain, and other illnesses; and how to minimize the risk of illicit use. Whether you are a raver, a concerned parent, or a professional wanting the most recent reports on MDMA research, Ecstasy: The Complete Guide provides the answers you need.

The history of ecstasy, its discovery and use and social implications.

A psychiatrist and psychedelic researcher explores the science of connection/why we need it, how we've lost it, and how we might find it again. We are suffering from an epidemic of disconnection that antidepressants and social media can't fix. This state of isolation puts us in [fight or flight mode,] deranging sleep, metabolism and libido. What's worse, we're paranoid of others. This kill-or-be-killed framework is not a way to live. But, when we feel safe and loved, we can rest, digest, and repair. We can heal. And it is only in this state of belonging that we can open up to connection with others. In this powerful book, Holland helps us to understand the science of connection as revealed in human experiences from the spiritual to the psychedelic. The key is oxytocin/a neurotransmitter and hormone produced in our bodies that allows us to trust and bond. It fosters attachment between mothers and infants, romantic partners, friends, and even with our pets. There are many ways to reach this state of mental and physical wellbeing that modern medicine has overlooked. The implications for our happiness and health are profound. We can find oneness in meditation, in community, or in awe at the beauty around us. Another option: psychedelic medicines that can catalyze a connection with the self, with nature, or the cosmos. Good Chemistry points us on the right path to forging true and deeper attachments with our own souls, to one another, and even to our planet, helping us heal ourselves and our world.

Encourages transcendence through attention to everyday pleasures -- good chocolate, fine wine, or a favorite tune, and offers practical skills for the removal of distractions and the overstimulation of modern existence which can lessen the quality of life.

Finally - a book that covers all aspects of the illicit use of cocaine, amphetamines, ecstasy and/or designer drugs such as GHB, written by two experts in their field. The use of these drugs remains a continuous threat in health and medical care delivery, and this book will be an essential asset to the physician who may have to face the evaluation of patients whose use of these drugs compromises an effective treatment plan for other health issues. The book has been conceived to fill the void in existing physician reference materials, and provides a comprehensive review of the theoretical knowledge and scope of pharmacotherapy in individuals who are hooked on a psychoactive substance. While detailed scientific information is obtainable in other major articles, the book's straightforward format and style, along with its illustrations, will make for easy reading as emphasis is put on information specifically related to drugs that occur most abused in today's society. The information provided is based on clinical practice rather than pure experimental data, which will give the physician more effective tools useful in their daily practice. Many mechanisms of action of abuse are described in detail and references are provided to direct the reader to further sources for additional information. As a special feature, the book incorporates uncluttered tables and charts, which result in immediate clarification of the mode of action on the central nervous system and the reason for misuse, thus avoiding usual long and fatiguing text in common reference books. The book aims to give the reader a clear and concise plan on what to do when being faced with an overdose situation. A well-organized Table of Contents rapidly leads the reader from general pharmacological issues to the specific overdose syndrome and its management. Additionally, significant emphasis is placed on the practical do's and don'ts for physicians, with special reference to the predictive signs of aberrant drug-related behavior and the identification of the drug diverter by using urine drug screening.

How to use tantra to reach the heights of pleasure through meditative sexual practice, increasing the flow of light, magic, and surprise in your life. Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. The Ultimate Guide to Tantric Sex contains, amongst other themes: Introduction to Tantra and the energies of love Seduction and sensuality Yoga for lovers Sensitive touch and sensual massages Secret erotic points Sexual magic, rituals, symbols, and dances Advanced sexual poses Tantric exercises for couples How to achieve a multiple orgasm Prolonging pleasure Eighteen lessons of tantric sex