

The Addicted Brain Why We Abuse Drugs Alcohol And Nicotine Michael Kuhar|dejavusansextralight font size 10 format

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Why We're All Addicted to Texts, Twitter and Google ... Interestingly, brain scan research shows that the brain has more activity when people are anticipating a reward than getting one.

[Why We Get Addicted | Psychology Today](#)

What do we get addicted to things? The answer lies in the brain, and in particular, in how it responds to spikes in a chemical called dopamine.

[Why you're addicted to your phone ... and what to do about it](#)

Why, exactly, is caffeine addictive? The reason stems from the way the drug affects the human brain, producing the alert feeling that caffeine drinkers crave.

[3 reasons why we are addicted to smartphones](#)

Science has been more successful in charting what goes awry in the addicted brain than in devising ways to fix it. A few medications can help people overcome certain addictions. A few medications ...

[The Addicted Brain | Coursera](#)

With or without meditation, the addicted brain should adjust in weeks to months of recovery. Still, you may always struggle with cravings and triggers. Cravings should weaken over time, but the brain will always remember the pleasurable "high" feeling you got from the drug. Addiction makes changes to a user's brain, and

[The Real Reason Why We Love Bad Boys, Toxic Partners and ...](#)

Nearly all addicted individuals believe at the outset that they can stop using drugs on their own, and most try to stop without treatment. Although some people are successful, many attempts result in failure to achieve long-term abstinence. Research has shown that long-term drug abuse results in changes in the brain that persist long after a person stops using drugs.

[Nicotine: Myths, Effects, Risks, and How to Get Help](#)

Why are our smartphones so hard to ignore? The Levers in Our Brains – Dopamine and social reward. Dopamine is a chemical produced by our brains that plays a starring role in motivating behavior. It gets released when we take a bite of delicious food, when we have sex, after we exercise, and, importantly, when we have successful social ...

[Phone addiction: Smartphone use can affect your brain ...](#)

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[Speaking of Psychology: Marijuana: The brain changer](#)

When people become addicted to gambling, or to drugs, these wanting and liking systems are no longer intertwined. The wanting remains constant, but the feeling of liking what we get is reduced.

[Why Teens Are More Prone to Addiction, Mental Illness ...](#)

The mismatch between our old brain and our new environment has a significant impact on the amount of chronic stress and anxiety we experience today. Thousands of years ago, when humans lived in an Immediate Return Environment, stress and anxiety were useful emotions because they helped us take action in the face of immediate problems.

[Smartphone addiction creates imbalance in brain, study ...](#)

But are we addicted to it? There's an increasing body of research that tells us excess sugar could be as addictive as some street drugs and have similar effects on the brain.

[Why Is Social Media So Addictive? - We come from the future](#)

Check out our Patreon page: <https://www.patreon.com/tededView> full lesson: <http://ed.ted.com/lessons/how-sugar-affects-the-brain-nicole-avena>When you eat som...

[The Brain and Addiction, Drug Facts, Effects | NIDA for Teens](#)

It may be surprising, but porn affects the brain in ways very similar to harmful substances, like tobacco. Studies have shown that porn stimulates the same areas of the brain as addictive drugs, making the brain release the same chemicals. And just like drugs, porn triggers pathways in the brain that cause craving, leading users back for more and more extreme "hits" to get high.

[Drug Misuse and Addiction | National Institute on Drug ...](#)

What is "brain hacking"? Tech insiders on why you should care. Silicon Valley is engineering your phone, apps and social media to get you hooked, says a former Google product manager.

[Why do we love junk food? | Smithsonian TweenTribune](#)

This therapy is a brain training treatment which improves its function. In the case of addiction, this therapy monitors the brain's activity like biofeedback does. It helps patients to reduce stress and anxiety and can treat compulsions. The end result of both therapies is the administrator rewarding the brain to recover how it functions.

[Hyla Cass, MD - A New Vision of Health Care](#)

In both human beings and laboratory rats, studies have found that adolescents become addicted to nicotine faster and at lower doses. Functional brain scans also suggest that teenagers and adults process reward stimuli differently; the adolescents are hypersensitive to the value of novel experiences. Hormonal changes are at work, too.

[Why Addiction Is Considered a Chronic Brain Disease](#)

"We are, as a species, addicted to story. Even when the body goes to sleep, the mind stays up all night, telling itself stories." — Jonathan Gottschall, *The Storytelling Animal: How Stories ...*

[10 Surprising Addictions: Are You Addicted to Your Phone ...](#)

So, we have summed up the key book's takeaways for your convenience. 1. The vigor of waking up early. This is what the book's most fundamental advice to everyone is. Waking up at 5 am every day can work wonders to avert failures and make success a natural habit. When we wake up at 5 am, we have more time on our hands than others.

[The Truth about 7 Common Food Additives - WebMD](#)

Recent research is telling us a lot about the brain when it comes to watching porn. Over a decade ago, Dr. Judith Reisman called porn an "erototoxin," theorizing that the brain itself might be damaged while watching porn. She speculated that future brain studies would reveal that the surge of neurochemicals and hormones released when someone watches porn has measurably negative effects on ...