

Adhd Medication Abuse Ritalin Adderall Other Addictive Stimulants Downside Of Drugs

Describes the benefits and downsides to taking Ritalin, including the side effects and potential for abuse.

In a book as provocative and newsworthy as *Listening to Prozac* and *Driven to Distraction*, a physician speaks out on America's epidemic level of diagnoses for attention deficit disorder, and on the drug that has become almost a symbol of our times: Ritalin. In 1997 alone, nearly five million people in the United States were prescribed Ritalin--most of them young children diagnosed with attention deficit disorder. Use of this drug, which is a stimulant related to amphetamine, has increased by 700 percent since 1990. And this phenomenon appears to be uniquely American: 90 percent of the world's Ritalin is used here. Is this a cause for alarm--or simply the case of an effective treatment meeting a newly discovered need? Important medical advance--or drug of abuse, as some critics claim? Lawrence Diller has written the definitive book about this crucial debate--evenhanded, wide-ranging, and intimate in its knowledge of families, schools, and the pressures of our speeded-up society. As a pediatrician and family therapist, he has evaluated hundreds of children, adolescents, and adults for ADD, and he offers crucial information and treatment options for anyone struggling with this problem. Running on Ritalin also throws a spotlight on some of our most fundamental values and goals. What does Ritalin say about the old conundrums of nature vs. nurture, free will vs. responsibility? Is ADD a disability that entitles us to special treatment? If our best is not good

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enough, can we find motivation and success in a pill? Is there still a place for childhood in the performance-driven America of the late nineties?

Not long ago, conventional wisdom held that ADHD was a disorder of childhood only—that somewhere during puberty or adolescence, the child would outgrow it. Now we know better: the majority of children with the disorder continue to display symptoms throughout adolescence and into adulthood. It is during the teen and young adult years that the psychological and academic needs of young people with ADHD change considerably, and clinical and campus professionals are not always sufficiently prepared to meet the challenge. *College Students with ADHD* is designed to bring the professional reader up to speed. The book reviews the latest findings on ADHD in high school and college students, assessment methods, and pharmacological and nonpharmacological interventions. Practical guidelines are included for helping young adults make the transition to college, so they may cope with their disorder and do as well as possible in school and social settings. Coverage is straightforward, realistic, and geared toward optimum functioning and outcomes. Among the topics featured: - Background information, from current statistics to diagnostic issues. - ADHD in high school adolescents. - ADHD in college students: behavioral, academic, and psychosocial functioning. - Assessment of ADHD in college students. - Psychosocial/educational treatment of ADHD in college students. - Pharmacotherapy for college students with ADHD. - Future directions for practice and research. The comprehensive information in *College Students with ADHD* provides a wealth of information to researchers and professionals working with this population, including clinical and school psychologists, school and college counselors, special education teachers, social workers, developmental psychologists, and disability support staff on college campuses,

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as well as allied mental health providers.

This book covers both sides of the debate over amphetamine prescription and use. It discusses the history of amphetamine and related stimulants; ADHD and the use of Ritalin and Adderall to treat it; related neuroenhancers; methamphetamine from Desoxyn to crystal meth; the nature of addiction and side effects; sociological effects of amphetamine compounds; and expert opinions for and against amphetamine use.

Since prescription drugs can be obtained legally and found in medicine cabinets in young adults' own homes, there is a perception that they are not as dangerous as other types of drugs. However, abuse of prescriptions can have hazardous—sometimes even deadly—consequences, which readers discover in great detail. Enlightening charts and sidebars augment the discussion of prescription drug abuse, and a list of websites provides resources for those who may already be struggling with this addiction.

Known as the "Ralph Nader of psychiatry," Peter Breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications.

This unusual position has given him unprecedented access to private pharmaceutical research and correspondence files, access that informs this straight-talking guide to the most-prescribed and controversial class of psychoactive medications prescribed for children. From how these drugs work in the brain to documented side and withdrawal effects, *The Ritalin Fact Book* is up-to-the-minute and easy-to-access. With its suggestions for non-prescriptive ways to treat ADD and ADHD, it is essential reading for every parent whose child is on or who has been recommended psychoactive medication.

Thoroughly revised to reflect contemporary diagnostics and treatment, this Third Edition is a

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comprehensive and practical reference on the assessment and management of acute and chronic pain. This edition features 14 new chapters and is filled with new information on invasive procedures...pharmacologic interventions...neuraxial pharmacotherapy...physical and occupational therapies...diagnostic techniques...pain in terminally ill patients...cancer pain...visceral pain...rheumatologic disorders...managed care...and medicolegal issues. Reorganized with two new sections focusing on diagnostics and cancer pain. A Brandon-Hill recommended title.

"A comprehensive, authoritative text on all aspects of substance abuse and addiction medicine. Scientific topics such as the biology of various addictions and all dimensions of clinical treatment and management are addressed by a wide range of leading contributors. Behavioral addictions are addressed also, so the text is not solely devoted to specific substances and their misuse"--Provided by publisher.

Describes the effects of abusing prescription drugs upon the body and mind. A detailed history of the use of amphetamines follows the rise, fall, and surprising resurgence of the popular drug in America since they were marketed as the original antidepressant in the 1930s.

ADHD in children and adolescents is a neurodevelopmental disorder, which is recognized by the clinicians all over the world. ADHD is a clinical diagnosis based on reliable history, reports from home and school and a physical

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examination to rule out any other underlying medical conditions. ADHD can cause low self-esteem in the child and impair quality of life for the child and the family. It is known that ADHD is a chronic illness and that clinicians needed to use chronic illness principles in treating it. The last 10 years have seen an increase in the number of medications that have been approved for the treatment of ADHD. This book has tried to address some of the issues in ADHD.

There's a lot of controversy around ADHD meds like Adderall and Ritalin, yet they continue to be used recreationally by millions in the US. As a parent, you probably have a lot of questions. Are they really the wonder drug they're made out to be? What are the risks of taking them? How do teens get them without a prescription? Along with answering these questions, this guide will help you talk with your teen about prescription stimulants and guide the conversation in a productive and encouraging way. Parent Guides are your one-stop shop for biblical guidance on teen culture, trends, and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now—things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight to teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

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In her provocative new book, New York Times-bestselling author Judith Warner explores the storm of debate over whether we are overdiagnosing and overmedicating our children who have "issues." In *Perfect Madness: Motherhood in the Age of Anxiety*, Judith Warner explained what's gone wrong with the culture of parenting, and her conclusions sparked a national debate on how women and society view motherhood. Her new book, *We've Got Issues: Children and Parents in the Age of Medication*, will generate the same kind of controversy, as she tackles a subject that's just as contentious and important: Are parents and physicians too quick to prescribe medication to control our children's behavior? Are we using drugs to excuse inept parents who can't raise their children properly? What Warner discovered from the extensive research and interviewing she did for this book is that passion on both sides of the issue "is ideological and only tangentially about real children," and she cuts through the jargon and hysteria to delve into a topic that for millions of parents involves one of the most important decisions they'll ever make for their child. Insightful, compelling, and deeply moving, *We've Got Issues* is for parents, doctors, and teachers-anyone who cares about the welfare of today's children.

After observing medical success using biofeedback training to treat epilepsy and other health/behavioural conditions, Doctors Castro and Hill began using

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neurofeedback (a sophisticated form of brainwave biofeedback) to treat patients diagnosed with Attention Deficit Disorder (ADD). The results were astonishing. Their book argues that the benefits of neurofeedback training far outweigh those of the symptom-attacking drugs such as ritalin that do not cure ADD. The groundbreaking account of the widespread misdiagnosis of attention deficit hyperactivity disorder—and how its unchecked growth has made ADHD one of the most controversial conditions in medicine, with serious effects on children, adults, and society. “ADHD Nation should be required reading” (The New York Times Book Review). More than one in seven American children are diagnosed with ADHD—three times what experts have said is appropriate—meaning that millions of kids are misdiagnosed and taking medications such as Adderall or Concerta for a psychiatric condition they probably do not have. The numbers rise every year. And still, many experts and drug companies deny any cause for concern. In fact, they say that adults and the rest of the world should embrace ADHD and that its medications will transform their lives. “In this powerful, necessary book, Alan Schwarz exposes the dirty secrets of the growing ADHD epidemic” (Kirkus Reviews, starred review), including how the father of ADHD, Dr. Keith Conners, spent fifty years advocating drugs like Ritalin before realizing his role in what he now calls “a national disaster of dangerous proportions”; a troubled young girl

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and a studious teenage boy get entangled in the growing ADHD machine and take medications that backfire horribly; and big Pharma egregiously over-promotes the disorder and earns billions from the mishandling of children (and now adults). While demonstrating that ADHD is real and can be medicated when appropriate, Schwarz sounds a long-overdue alarm and urges America to address this growing national health crisis. “ADHD Nation is a necessary book. Schwarz has done a fine job on a maddening topic, and everyone who’s interested in hyperactivity, attention spans, stimulants, and the current state of American health care should grab a copy” (New York magazine).

People with ADHD--attention-deficit/hyperactivity disorder--can be helped by medications such as Ritalin(tm) and Adderall(tm). Alternatively, other young adults are abusing these same drugs to their own detriment. Discover the true consequences of ADHD medication abuse, including the many health risks of taking these drugs. Learn how abusing ADHD medication can change your life for the worse. Discover the downside of ADHD medication abuse!

The first authoritative textbook specifically addressing issues of the field, this book delivers a focused discussion on several themes in psychiatry while providing a sound background on pharmacovigilance. Internationally-recognised researchers, clinicians and pharmacovigilance experts contributed to this

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textbook, giving it the benefit of different perspectives and years of experience. Pharmacovigilance in psychiatry provides a thorough introduction to this field but goes on to explore advanced themes such as methodologies and resources used for pharmacovigilance in psychiatry, challenges as well as most recent developments to this field, making it suitable for under-graduates, graduate and post-doctoral students and persons working pharmacovigilance who seek to broaden their knowledge on this subject.

You may be familiar with the commonly abused study drug across college campuses world-wide known as adderall. Students abuse the drug for difficult homework assignments, exams, and even partying. Some people are able to use the medication once or twice a semester and put it down. Others become dangerously addicted and fall into a seemingly never ending life of chaos. An addicts life, no matter what drug, gradually becomes unmanegaeble as the addition progresses. If you believe your child or loved one may be suffering from adderall addiciton it's important to catch it early. The addiction itself is expensive, manipulive, and tough to kick alone. Adderall Addiction (My Story) is a personal story describing the life of a former adderall addict. Gregg was formerly diagnosed with ADHD and his doctor prescribed him adderall. Quickly he became addicted and dependant to the drug and his life became severely

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unmanageable. His writing aims to help others identify the common problems of stimulant addictions (adderall, vyvanse, ritalin, concerta, crack, crack-cocaine, cocaine, and methamphetamine) and promote awareness to the issue. ADHD medication is over-prescribed and easily accessible in college campuses across the world. "As ADHD became the most commonly diagnosed mental health disorder in children, the production of amphetamines in the United States rapidly increased, as did the number of young people receiving prescriptions for stimulant medications." (centeronaddiction.org) Gregg's personal story on adderall begins in his freshman year at college after his first purchase of adderall from a student. Less than 2 weeks after his first taste of the drug he was prescribed. His story provides a chronological narrative of the phases associated with his addiction. The addiction lasted 5 years before he was forced to seek help. At the peak of his addiction he was taking 180mg's of adderall daily. This dosage would be lethal for the common person. Gregg's addiction eventually caused him to become homeless and forced to seek help from a rehabilitation center.

Taking an interdisciplinary approach in its comprehensive coverage of current drug issues, Maisto/Galizio/Connors' DRUG USE AND MISUSE, 9th Edition, weaves historical, social, psychological, cultural, biological and medical

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perspectives as it emphasizes the idea that a drug's effects depend not only on its properties, but also on the psychological and biological characteristics of its user. Thoroughly updated with the latest research, emerging social trends and legal changes, the new edition includes the most current survey data available on patterns of drug use in the U.S. and other countries as well as the most recent data available from the Center for Behavioral Health Statistics and Quality and the National Survey on Drug Use and Health (SAMHSA). Timely end-of-chapter essays and critical thinking questions help you focus on the real-world application of chapter concepts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics, challenges, and options for treatment. Every clinician today needs a basic understanding of what causes violent behavior. The second edition of *Neurobiology of Violence* synthesizes current research on the origins of violence and reveals its implications for managing aggressive patients and minimizing risk. Author Jan Volavka, currently Chief of Clinical Research at the Nathan S. Kline Institute, spent time in a Nazi prison as a child and has devoted much of his career to studying violence in humans. In *Neurobiology of Violence, Second Edition*, he brought together research and

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clinical data from many diverse disciplines in a single-authored volume with a unified voice that is clearly written and interesting to read. *Neurobiology of Violence, Second Edition*, will give you a firm grounding in a complex subject that will help you diagnose, manage, and predict violent behavior. In the first part of the book you'll examine the basic science of the origins of violence in humans, such as Factors in animal aggression that have parallels in human aggression, including the relationship between serotonin and aggression The genetic and environmental factors that interplay from conception to adulthood to result in violence. In the latter part, you'll develop new insights and strategies for working with violent patients in discussions of the latest clinical science, including Major mental disorders and violent behaviors, including behaviors expressed in the community and those in psychiatric hospitals Alcohol and various drugs and the tendencies of each type of abuse to predispose people to violence Current psychopharmacological approaches to managing violent behavior in patients. With more than 1000 updated references, the second edition of *Neurobiology of Violence* is a seminal resource for clinicians. It is an important tool for psychiatrists, neurologists, psychologists, and all other clinicians who struggle to understand and treat violent patients.

In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul

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draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific research and real-life stories from his numerous patients, *ADHD Does not Exist* synthesizes Dr. Saul's findings, and offers and clear advice for everyone seeking answers.

Three out of four people addicted to heroin probably started on a prescription opioid, according to the director of the Centers for Disease Control and Prevention. In the

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United States alone, 16,000 people die each year as a result of prescription opioid overdose. But perhaps the most frightening aspect of the prescription drug epidemic is that it's built on well-meaning doctors treating patients with real problems. In *Drug Dealer, MD*, Dr. Anna Lembke uncovers the unseen forces driving opioid addiction nationwide. Combining case studies from her own practice with vital statistics drawn from public policy, cultural anthropology, and neuroscience, she explores the complex relationship between doctors and patients, the science of addiction, and the barriers to successfully addressing drug dependence and addiction. Even when addiction is recognized by doctors and their patients, she argues, many doctors don't know how to treat it, connections to treatment are lacking, and insurance companies won't pay for rehab. Full of extensive interviews—with health care providers, pharmacists, social workers, hospital administrators, insurance company executives, journalists, economists, advocates, and patients and their families—*Drug Dealer, MD*, is for anyone whose life has been touched in some way by addiction to prescription drugs. Dr. Lembke gives voice to the millions of Americans struggling with prescription drugs while singling out the real culprits behind the rise in opioid addiction: cultural narratives that promote pills as quick fixes, pharmaceutical corporations in cahoots with organized medicine, and a new medical bureaucracy focused on the bottom line that favors pills, procedures, and patient satisfaction over wellness. Dr. Lembke concludes that the prescription drug epidemic is a symptom of a faltering health care system, the solution

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for which lies in rethinking how health care is delivered.

People with ADHD—attention-deficit/hyperactivity disorder—can be helped by medications such as Ritalin™ and Adderall™. Alternatively, other young adults are abusing these same drugs to their own detriment. Discover the true consequences of ADHD medication abuse, including the many health risks of taking these drugs. Learn how abusing ADHD medication can change your life for the worse. Discover the downside of ADHD medication abuse!

Amphetamines have had a relatively short, though chequered history. In this book, a leading authority on psychoactive drugs explores the uses and abuses of amphetamines. Eschewing dogma, Iversen presents a fascinating and accessible exposé of recreational and medical amphetamine use.

Everyone who works with children should read this book. This book is a summary of “ADHD Nation: Children, Doctors, Big Pharma, and the Making of an American Epidemic,” by Alan Schwarz. Attention-deficit/hyperactivity disorder (ADHD) is a biological disorder of the brain that can be treated with medications when appropriate. In the 1980s, only 3 percent of American children were diagnosed with ADHD. But now that number is 15 percent—three times what the experts have said is appropriate. Meanwhile, the prevalence of ADHD in other countries such as France, Finland, and Japan, has remained low at below 1 percent. This means that millions of American kids, some as young as three years old, are misdiagnosed and taking powerful stimulant

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medications like Adderall and Ritalin for a psychiatric condition they probably do not have. This book reveals the powerful forces fueling its widespread diagnosis and drug treatment through the experiences of three people. One is the father of ADHD and its medications, who now regrets its current misuse. The second is a 7-year-old girl who was misdiagnosed with ADHD. The third is a 14-year-old boy who faked symptoms to get the drug. Both kids spent ten years suffering the consequences of using the medication. Read this book if you are a parent, professional or individual who is dealing with the diagnosis and treatment of ADHD. This guide includes: * Book Summary—helps you understand the key concepts. * Online Videos—cover the concepts in more depth. Value-added from this guide: * Save time * Understand key concepts * Expand your knowledge

Depressants and sedatives can be very dangerous even when prescribed by a doctor. These drugs can hurt your body and brain, and they can land you in trouble with the police. They're even more dangerous because they're so addictive. Find out the true risks of taking these drugs. Discover the downside of depressants and sedatives! These drugs have been prescribed routinely, especially for the treatment of attention deficit hyperactivity disorder. However, they have been used for other purposes, leading to abuse. Teens can learn the benefits, drawbacks, and costs of these dangerous substances. There are sidebars on how Adderall has entrapped pro athletes, on safer ways to help a child focus, as well as what to look for if you suspect

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someone is abusing these drugs.

Millions of children take Ritalin for Attention-Deficit Hyperactivity Disorder. The drug's manufacturer, Novartis, claims that Ritalin is the "solution" to this widespread problem. But hidden behind the well-oiled public-relations machine is a potentially devastating reality: children are being given a drug that can cause the same bad effects as amphetamine and cocaine, including behavioral disorders, growth suppression, neurological tics, agitation, addiction, and psychosis. Talking Back to Ritalin uncovers these and other startling facts and translates the research findings for parents and doctors alike. An advocate for education not medication, Dr. Breggin empowers parents to channel distracted, disenchanted, and energetic children into powerful, confident, and brilliant members of the family and society.

The treatment of attention deficit/hyperactivity disorder (ADHD) is a complex challenge. This book provides comprehensive, scientific coverage of the numerous different types of drugs that are used to treat ADHD, and it examines the historical, sociological, and policy-related factors involved in the use of ADHD medications. • Provides broad background coverage of ADHD and of various types of drugs that can be used to treat symptoms of ADHD • Explains how different types of ADHD medications work in the body • Delves into issues and

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controversies related to ADHD medications, including their prescription to young children and recreational use by individuals without ADHD

The ADHD Rating Scale-IV is a reliable and easy-to-administer instrument both for diagnosing ADHD in children and adolescents and for assessing treatment response. Containing 18 items, the scale is linked directly to DSM-IV diagnostic criteria for ADHD. This convenient 8 1/2 x 11" lay-flat manual provides three versions of the scale: a parent questionnaire on home behaviors (English), a parent questionnaire on home behaviors (Spanish), and a teacher questionnaire on classroom behaviors. Pages are formatted for easy photocopying, and permission to reproduce the scale as often as needed is included in the purchase price. This manual also incorporates the following essential features that never before have been published in full: * Information on the scale's development and how to use it * Scoring profiles for boys and girls aged 5-17 * Nationally representative norms for both parent and teacher ratings * Factor analysis data and findings on reliability and validity * Clinical interpretation guidelines for screening and diagnosis * Clinical interpretation guidelines for treatment evaluation QUICK VIEW What does it do?: Quickly determines the frequency of ADHD symptoms. Age Range: 5-17 Administration Time: 5-7 minutes Format: Parent-report and teacher-report rating scales (includes parent form in English

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and Spanish). Cost of Additional Forms: No cost--purchasers get permission to reproduce the forms and score sheets for repeated use.

A psychiatrist takes a critical look at this SSRI and newer medications that are among the most frequently prescribed drugs in America. Prozac. Millions of Americans are on it. And just about everyone else is wondering if they should be on it, too. The claims of the pro-Prozac chorus are enticing: that it can cure everything from depression (the only disorder for which Prozac was originally approved) to fear of public speaking, PMS, obesity, shyness, migraine, and back pain—with few or no side effects. But is the reality quite different? At what price do we buy Prozac-induced euphoria and a shiny new personality? Psychiatrist Peter Breggin, MD, and coauthor Ginger Ross Breggin answer these and other crucial questions in *Talking Back to Prozac*. They explain what Prozac is and how it works, and they take a hard look at the real story behind today's most controversial drug: The fact that Prozac was tested in trials of four to six weeks in length before receiving FDA approval The difficulty Prozac's manufacturer had in proving its effectiveness during these tests The information on side effects that the FDA failed to include in its final labeling requirements How Prozac acts as a stimulant not unlike the addictive drugs cocaine and amphetamine The dangers of possible Prozac addiction and abuse The seriousness and frequency of

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Prozac's side effects, including agitation, insomnia, nausea, diarrhea, loss of libido, and difficulty reaching orgasm The growing evidence that Prozac can cause violence and suicide The social and workplace implications of using the drug not to cure depression but to change personality and enhance performance Using dramatic case histories as well as scientific research and carefully documented evidence, the Breggins expose the potentially damaging effects of Prozac. They also describe the resounding success that has been achieved with more humane alternatives for the treatment of depression. Talking Back to Prozac provides essential information for anyone who takes Prozac or is considering taking it, and for those who prescribe it.

It seemed like an easy answer. If a child was diagnosed with attention-deficit/hyperactivity disorder—ADHD—give him Ritalin and all would be better. The answer—and the condition—turned out not to be that easy. *Recreational Ritalin: The Not-So-Smart Drug* provides an overview of ADHD and the drug most often prescribed to treat the condition. This book provides you with a description of other drugs like Ritalin and their effects, good and bad. You will also learn about ADHD and the controversy surrounding its diagnosis and treatment. But Ritalin and other drugs like it have moved out of the classroom and away from their legitimate uses in treating a medical condition. College students and young

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professionals are now using the drugs to gain that "extra edge" to achieve success. Recreational Ritalin: The Not-So-Smart Drug tells their stories as well. You will also discover how Ritalin abuse is being effectively treated.

Is there life after Adderall? Andrew K. Smith's hooligan pranks and social impulsiveness paints a picture of Attention Deficit Hyperactivity Disorder (ADHD) before medication, and it would seem that the little orange pills could cure his mischief. But readers will furrow their brows as they enter The Adderall Empire, traveling with the author through the chemically conflicting mind states. Is working-memory training a feasible alternative? Readers will beg for the answer, hoping Andrew stops getting into trouble before his parents disown him or he winds up in jail. Again. Everyone is curious about Adderall. Young people abuse it, adults are addicted to it, teachers wish their students would take it, and parents consider prescriptions for their children. The Adderall Empire gives honest evidence of how working-memory training can change the life of a person with ADHD and provides readers with information about an alternative to ADHD prescriptions. Find out what it's like to exit the Empire!

"The author of In the Mind Fields now gives us a comprehensive journalistic exploration of our culture's flagging ability to pay attention, infused with the personal struggles and insights of a woman coming to terms with the demands

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and distractions of the information age. The average American checks their phone 150 times a day, but we touch our phones about 2,617 times in those same hours. Casey Schwartz wants to understand this change in our lives that seemingly happened without our consent. From attention disorders and medications, mindfulness, psychedelics and creativity, to a brief history of distraction itself, Schwartz acts as our sympathetic and qualified guide. Both validating and galvanizing, *Attention* examines our lives ruled by distraction. Schwartz's personal attempt to revive her attention ("I'm in as deep as anyone, as splintered, dependent, and distracted. I am jittery and incomplete without my phone") and preserve her authentic life will resonate with readers who also find it very nearly impossible to avoid the pixelated siren call of our screens"--

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