



Molecular Neurobiology of Addiction Recovery: The 12 Steps Program and Fellowship (SpringerBriefs in Neuroscience)

By Kenneth Blum, John Femino, Scott Teitelbaum, John Giordano, Marlene Oscar-Berman, Mark Gold

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Humans are biologically programmed to seek out pleasurable experiences. These experiences are processed in the mesolimbic system, also referred to as the "reward center" of the brain, where a number of chemical messengers work in concert to provide a net release of dopamine in the Nucleus Accumbens. In some genetically predisposed individuals, addiction occurs when the mechanisms of the mesolimbic system are disrupted by the use of various drugs of abuse. Since Alcoholics Anonymous was founded in 1935, its 12 step program of spiritual and character development has helped countless alcoholics and drug addicts curb their self-destructive behaviors. However, the program was developed at a time when comparatively little was known about the function of the brain and it has never been studied scientifically. This is the first book to take a systematic look at the molecular neurobiology associated with each of the 12 steps and to review the significant body of addiction research literature that is pertinent to the program.?

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Review

From the reviews:

“This book provides an outstanding description of 12-step programs and explains the neurobiology of change. The purpose is to provide a conceptual schematic for addiction recovery by linking the 12-step program and fellowship with insights from neuroscience. ... The audience is professionals interested in the treatment of patients with addictive disorders. ... This interesting book is the first attempt to review the molecular neurobiological aspects of 12-step programs.” (Marcos Modiano-Esquenazi, Doody’s Book Reviews, January, 2014)

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