

Buzz - the science and lore of alcohol and caffeine

Oxford University Press - Buzz: The Science and Lore of Alcohol and Caffeine (0140268456)
by Stephen R. Braun

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You have to be better than them to survive, which is hard to do.

Buzz The Science And Lore Of Alcohol And Caffeine PDF Book

This is almost 20 years old, so it would be interesting to see how modern neuroscience and genetics have changed our view of how people react to these substances. I really enjoyed the author's capacity to educate while entertaining.

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Braun discusses the physiological and psychological effects of perhaps the two most common mind-altering substances in a clear, detailed and occasionally humorous manner.

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Also probed are the many reasons that alcohol can be so addictive to a minority of users. They make it very difficult for people to survive in this business who are not doing a good job. Interspersed in all of this are asides from history and literature, giving the book a more expansive feeling than if it were simply science.

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For the question of addiction read Never Enough. They also subjectively rated themselves as less tired. Especially interesting: - stomach enzymes have more to do with alcohol tolerance than you think; - while evidence suggests a genetic link for alcoholism, no gene has yet been isolated and the rate of alcoholis Author made chemistry, molecular biology and neuroscience accessible and entertaining.

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