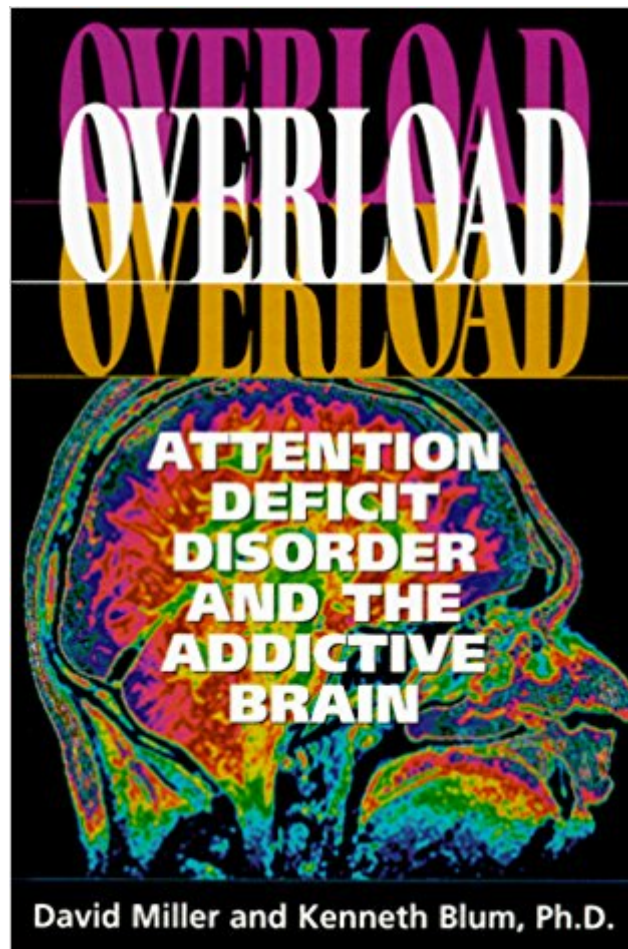




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# Overload: Attention Deficit Disorder And The Addictive Brain



## Synopsis

This fascinating collaborative effort explores many of the causes, cases and concerns surrounding ADD. With the insights of clinician Dave Miller and scientist Ken Blum, Overload gives an in-depth picture of what attention deficit hyperactivity disorder really looks like, how it's related to addiction, and how it happens in certain people.

## Book Information

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## Customer Reviews

I have found an either/or philosophy amongst my colleagues regarding the treatment of these disorders. While Substance Abuse Clinicians treat symptoms of ADHD as Relapse Symptoms AND ADHD Clinicians treat the ADHD assuming the substance abuse problem will automatically disappear, this book shows why those illusions are not only inaccurate but dangerous treatment approaches. This book bridges that gap more thoroughly than any other text I have seen on the subject. ALL clinicians dealing with clients from either realm need to add this very well written and researched book to their library! In short, I HEARTILY Recomend this book!

Overload: Attention Deficit Disorder and the Addictive Brain allows readers to "listen" to the overstimulated, chaos occurring inside the brain of David Miller, coauthor of the book. We are also provided an enlightening, revealing look at the chaos, other Attention Deficit Hyperactivity Disorder sufferers are confronted with. Alcohol helped David Miller become more focused and calm, initially correcting low dopamine and GABA neurotransmitter levels, but eventually created more problems

than it solved. Mr. Miller provides an excellent description of the heightened anxiety and overstimulation occurring in the newly abstinent alcoholic. The special gifts and strengths attention deficits convey are also discussed along with the importance of using these gifts. Niches where individuals thrive and excel, after years of inappropriate, ineffective compulsory public education are described. The ordeal of intense emotional pain, failure and rejection students endure in our public schools, receives a voice in this book. Overload increases empathetic understanding and admiration for our fellow journeyers, who live with the disabilities and gifts, which attention deficits bestow. If public school students and teachers comprehended this book, they might treat Attention Deficit Disorder students more kindly. As Bill Gates (widely considered to have an Attention Deficit Disorder) advised, "Be nice to nerds-You might end up working for one." Overload mentions some famous Attention Deficit sufferers, including Albert Einstein, Benjamin Franklin and Thomas Edison who became very successful, despite their failures in public schools. Our most successful patients, at Florida Detox, are generally Attention Deficit Disorder Hyperactivity sufferers. Their creativity, innovative ideas, people reading skills and ability to "think out of the box," often helps them become very successful inventors, business owners or sales people. Dr. Blum discusses the neurochemistry of attention deficits and alcoholism, with less depth than he did in *Alcohol and the Addicted Brain*, but effectively communicates the evidence for Reward Deficiency Syndrome, dopamine type 2 receptor deficiency, and their connection to Attention Deficit Disorders. Discussions of neurofeedback, cranial electrical stimulation, neuronutrient supplementation, psychostimulant medication, acupuncture and other treatments for attention deficits provide a brief overview of treatment possibilities. Steven Sponaugle

It was sad for me to see that this book is currently out of print. I am researching the connection between alcoholism and ADD. This book is revolutionary but due to the fact that it was published several years ago - I feel that it did not receive the attention that it deserved. There is much new research regarding this disorder especially concerning the adult population that this book if had been published now would fly off of the shelves. Most books on ADD (I've read over twelve) merely suggest that there is a link between ADD and addiction - this book focuses on that connection!!! I was hoping to pick up a copy for myself and a friend but I guess that I will have keep looking for a copy of my own and incur library fines until I do!!

Miller and Blum's terrific book "*Overload: Attention Deficit Disorder and the Addictive Brain*" brilliantly lays out the realities and consequences of the Reward Deficiency Syndrome. Whether that

Reward Deficiency is genetic, which sometimes it is, or whether it is the result of recreational or habitual chemical abuse, the consequences are very similar---Altered brain chemistry and a diminished sense of Well-Being. This brain chemistry imbalance results in the need to act out, disengage, self medicate or a blend of many other compulsive behaviors. Miller and Blum have taken the lead in making the connection between ADD and other Reward Deficiency behaviors. Each chapter will bring any reader to a greater understanding of how the brain works and why we feel and do what we do. Highly recommended. A very interesting and enjoyable read. Dr. Michael J. De Vito, Program Director, NewStart Treatment Center, Henderson, NV. Author-Addiction: The Master Keys to Recovery

I bought this for my son, who is ADD and recovering from addiction. He says it has really helped him understand himself and how to better manage his recovery. I plan to read it soon as he says it is a real eye opener.

I found this title at nupathways dot com. Just a hint. Published in 2000, it is as relevant and ground-breaking today as it was then.

If you are just contemplating your possible addictions, please buy this book. It changed my life. After reading it, I was able to quit drinking without withdrawal or cravings. It made me realize that the basis for my habit was more than any 12 step AA meeting will even admit exists. The fact that genetics and the brain's neuro chemistry is the root cause was enlightening and gave me the strength to quit. I am a true believer and user of the amino acid therapy that the book presents. I read several other books after this book, and they all were in alignment with this fascinating area of the human body.

Amazing book! Absolutely imperative read for any parent or spouse of someone with ADD

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