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Nota di contenuto	Contents; Preface; CHAPTER 1 INTRODUCTION: FOOD, DRUGS, AND YOU; CHAPTER 2 MEMORIES, MAGIC, & A MAJOR ADDICTION; CHAPTER 3 EUPHORIA, DEPRESSION, & MADNESS; CHAPTER 4 YOUR BRAIN'S ANCHOR TO REALITY; CHAPTER 5 MARIJUANA IN THE BRAIN; CHAPTER 6 SIMPLE MOLECULES THAT TURN YOU ON AND OFF; CHAPTER 7 SLEEPING VERSUS WAKING; CHAPTER 8 REMNANTS OF AN ANCIENT PAST; CHAPTER 9 Brain Enhancement and Other Magical Beliefs; A LITTLE QUIZ; Suggested Readings; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; V; W; Y
Sommario/riassunto	Why is eating chocolate so pleasurable? Can the function of just one small group of chemicals really determine whether you are happy or sad? Does marijuana help to improve your memory in old age? Is it really best to drink coffee if you want to wake up and be alert? Why is a drug like PCP potentially lethal? Why does drinking alcohol make you drowsy? Do cigarettes help to relieve anxiety? What should you consume if you are having trouble staying in your chair and focusing enough to get your work done? Why do treatments for the common cold make us drowsy? Can eating less food preserve your brai

