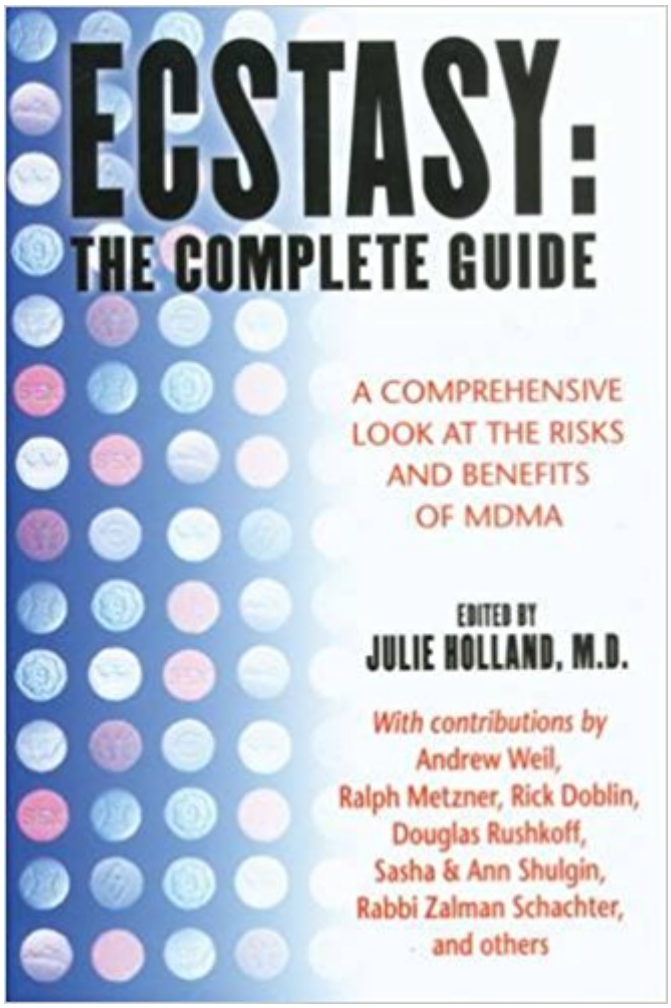
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Ecstasy : The Complete Guide : A Comprehensive Look At The Risks And Benefits Of MDMA



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Synopsis

Ã¢â ¬Â¢ The world's leading experts on Ecstasy assess its therapeutic potential, social implications, and the dangers of unsupervised use. Ã¢â ¬Â¢ Includes chapters by Andrew Weil, Ralph Metzner, Douglas Rushkoff, Rabbi Zalman Schachter, Rick Doblin, and others. Ã¢â ¬Â¢ An ideal guide for parents and educators seeking a credible source of information. Use of the drug Ecstasy, once confined to the teen rave scene and college campuses, is exploding across America, from high schools to upscale clubs. Described by users as the most intense euphoria they know and by detractors as a cause of brain damage and even death, Ecstasy has generated unprecedented levels of interest-and misinformation. Written by the world's leading experts on MDMA, Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorder, chronic pain, and other illnesses; and how to minimize the risk of illicit use. Whether you are a raver, a concerned parent, or a professional wanting the most recent reports on MDMA research, Ecstasy: The Complete Guide provides the answers you need.

Book Information

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Customer Reviews

Holland, an attending psychiatrist at New York's Bellevue Hospital and an authority on street drugs, here compiles articles from numerous experts on Methylenedioxymethamphetamine (also known as MDMA, Adam, and Ecstasy). She succeeds admirably in her twofold goal of providing complete, reliable information to recreational users and educating the public about potential clinical uses for

the drug. MDMA was used as an adjunct to psychotherapy for over a decade until the Drug Enforcement Administration classified it as a Schedule I drug in 1985. It then went underground and is today increasingly popular as a party drug. After looking at MDMA's history, pharmacology, and legal status, the text discusses its potential clinical uses in the treatment of such psychiatric conditions as depression, schizophrenia, and posttraumatic stress syndrome. Various chapters also address MDMA-assisted psychotherapy, current international research, and political issues. Finally, risks of recreational use and ways to mitigate them are discussed. Well researched yet written in very understandable language, this volume makes a strong case for studying and legalizing MDMA for therapeutic purposes, without minimizing the potential dangers of abuse. An important contribution to the literature on illegal drugs; highly recommended for all public and academic libraries. Eris Weaver, Redwood Health Lib., Petaluma, CA Copyright 2001 Reed Business Information, Inc.

"MDMA is a unique compound with great potential for positive use. This is the most complete book about it, with much information to help people realize that potential as well as reduce any possible harm." (Andrew Weil, M.D., author of 8 Weeks to Optimum Health, and Spontaneous Healing)"Ecstasy: The Complete Guide offers a thoroughly engaging, multifaceted look at a very controversial substance. Well done." (Spalding Gray, actor, performer, and author of Morning, Noon, and Night and Impossible Vacation)"This is the best contemporary overview of MDMA, one which simultaneously succeeds for popular and scientific audiences. Encyclopedic in its scope, it is at the same time most readable." (Lester Grinspoon, M.D., professor emeritus, Harvard Medical School and author of Marijuana: The Forb)". . . this volume makes a strong case for studying and legalizing MDMA for therapeutic purposes, without minimizing the potential dangers of abuse. An important contribution to the literature on illegal drugs." (Eris Weaver, Library Journal, September 15, 2001)"In an important addition to the literature, a psychiatrist at Bellevue Hospital who is an expert on street drugs has gathered papers from numerous experts that discuss hazards of the drug and ways to mitigate them." (Library Journal, May 1, 2002)"A comprehensive tome, this book offers something for nearly anyone interested in substance use and abuse, regardless of their perspective. Overall, a good addition to a comprehensive collection on psychoactive drugs that appear to have both therapeutic and abuse potentials." (T.D. DeLapp, Choice, May 2002)"The most thorough book about MDMA around, with contributions from a host of physicians, chemists and research scientists. A marvelous, original book undertaken with great care and with a precise scientific appreciation of what chemicals can do when used under the proper conditions and by the proper, sympathetic

professionals." (The Book Reader, Spring/Summer 2002)"It’s heartening to read such a thorough and balanced book." (Jon Hanna, High Times, February 2002 v)"The audience that the author is targeting is mostly those in the expert medical field and even users of MDMA/Ecstasy. She states that she doesn’t encourage people to use it, but would rather promote its use for mental and physical safety. She feels as if it should be used as a prescription medicine. However, for those that are recreational users, she wants to inform them of the danger from the drug Ecstasy sold in clubs and raves where the buyer doesn’t know what is truly being ingested." (Mercede’s Blog, Feb 2009)

A thoughtful piece, helpful if you are considering MDMA as a compliment to therapy for PTSD.

This is a complete history and honest book on MDMA. I would recommend this to anyone who is doing research on this ’medicine’ that is now illegal.

It was just ok.

This is the definitive volume addressing the use of the Merck pharmaceutical drug MDMA, and the abuse of the recreational drug marketed as Ecstasy. Dr Holland has done a masterful job of covering all aspects of her subject, including chapters written by and interviews with most anyone who might have reason to be in contact with this remarkable compound; advocates pro and con, chemists, therapists, parents, educators, medical doctors, legislators, legal eagles, users, abusers and the rest of us. The aggregate information lends clear support to the notion that a terrible disservice has been done by the 1985 DEA decision in their highly questionable and summary dismissal of the findings of an administrative law judge who had been appointed to adjudicate the matter. After thoroughly examining the many opinions of the therapeutic community who were astonished at the pharmaceutical MDMA’s ability to heal traumas that had proved unresponsive to existing treatments (pro), as well as those of police, prosecutors, legislators and others whose remit were individuals affected by it’s adulterated street cousin Ecstasy (con), it was ruled that MDMA should be granted Schedule III status that would have allowed for peer-review research and prescription use. Ignoring both these learned findings and the thoroughly investigated facts of the matter, unnamed bureaucrats in the DEA promptly designated MDMA as being of "no therapeutic value", denying more than a generation of military and domestic trauma victims the opportunity to lay their terrible, ongoing afflictions to rest forever. Time will tell how the courageous efforts of academic and medical researchers, who are only now examining the healing potential of MDMA, will

play out in the dominant culture, but there can be little doubt from reading this comprehensive book that some considerable rebalancing is in order.

Dr Holland’s two books, "Weekends at Bellevue", and "Ecstasy: The Complete Guide" have actually influenced my life. I don’t think I would ever look at the emergency Psych ward the same, and know how much the people working there care, work, love, and are human like the rest of us.I also believe the "Ecstasy" book is a seminal work, and hopefully will change the way MDMA is treated in the future, especially in medical, and clinical settings, where it promises much hope, to many people often lacking in the ability to summons hope.JP in DC

very pleased

This book contains so much interesting information about the recreational drug MDMA (ecstasy). It is very easy to read and many sections are in interview format. There are sections that are heavy on the chemical and neurotoxicity of the drug, but the author does a great job making it comprehensible to the average layman like myself. I believe this is a very unbiased look at the benefits of this drug and its clinical psychiatric use. It may be the prozac for the new millenia!

Excellent book.

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