Blaming The Brain: The Truth About Drugs and Mental Health

Blaming The Brain is a book written by Dr. Robert Woolley and published in 2003. The book challenges the conventional wisdom about the causes of addiction and mental health disorders, arguing that traditional approaches are flawed and that a more nuanced understanding is needed.

Dr. Woolley, who is a neurologist and former director of the Center for Addiction and Substance Abuse Research at the University of Toronto, asserts that many of the problems associated with drug use and mental health are due to a lack of understanding of the brain's complex functions. He argues that the brain is not a simple machine, but a highly adaptable and complex system that can change and adapt to different stimuli.

The book includes case studies of individuals who have experienced dramatic changes in their behavior after experiencing brain injuries or undergoing brain surgery. It also discusses the latest research on the role of the brain in addiction and mental health disorders, and challenges the traditional views on the causes of these conditions.

Blaming The Brain has been well-received by both the scientific and lay communities, and has been praised for its challenging and insightful approach to understanding the brain and its role in addiction and mental health.

The book has been translated into several languages and is available in both print and digital formats.

Blaming The Brain is a must-read for anyone interested in understanding the brain and its role in addiction and mental health disorders.