



Why Can't Johnny Just Quit?: A Common Sense Guide to Understanding Addiction

By Kyle Oh M.D.



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Currently, there is no book on addiction that is talking about how to prevent addiction. My book does! It may seem strange that no one else is talking about how to prevent addiction. It's because the current theory on addiction is that it is a maladjusted coping mechanism. Those who suffer from emotional pain may abuse drugs to mask their pain. I disagree. Whether you can get addicted to any drug depends on your genetic predisposition to that drug. Every drug has a different genetic basis. A person who becomes a lot more talkative and excited after the first few drinks is the person who has the alcohol gene. The same is true for opioid pain medications. Most are not susceptible to either! No one wants to get addicted. Addicts got addicted because they did not know they were getting addicted. They did not know they were getting addicted because they did not know they were getting high. Let me explain! High is never dopey, loopy, or intoxicating at first. High is anything that artificially makes you happy, sometimes extremely happy. A person who is high is always more awake and alert, not dopey or intoxicated. The high produces the same chemical reaction in your brain as sex. No one's feeling dopey or loopy while having sex. Because we have done such a poor job explaining what the true high is that someone who smokes pot and gets dopey thinks he is high (when he is not), and a person who feels great on pain pills do not think that he is (when he is). Once you understand these simple concepts, you can prevent yourself from getting addicted! This is the only way to win the war on drugs.

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Editorial Review

About the Author

Dr. Kyle Oh is a physician specializing in Physical Medicine and Rehabilitation. He graduated with Honors from Loyola University and did his medical training at Rush Medical College. He has been in private practice for more than 25 years. During that time he has treated numerous pain patients as well as addiction patients. The insights he learned about addiction is quite different than the current view on addiction. It offers a commonsense approach to looking at addiction. Unlike the current view, it finally offers a way to prevent addiction in the first place by educating the public as well as the medical community about what addiction really is and what are the early warning signs that you maybe susceptible to different drugs.

Users Review

From reader reviews:

Kate Word:

The knowledge that you get from Why Can't Johnny Just Quit?: A Common Sense Guide to Understanding Addiction is a more deep you rooting the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to understand but Why Can't Johnny Just Quit?: A Common Sense Guide to Understanding Addiction giving you enjoyment feeling of reading. The copy writer conveys their point in specific way that can be understood by simply anyone who read the idea because the author of this e-book is well-known enough. This book also makes your own vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having that Why Can't Johnny Just Quit?: A Common Sense Guide to Understanding Addiction instantly.

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