



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

By Kyle Oh M D

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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....



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