



Craving for Ecstasy and Natural Highs: A Positive Approach to Mood Alteration

Harvey B. Milkman, Stanley G. Sunderwirth

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People from all walks of life often lose themselves in pursuing counterfeit pleasures—cigarettes, alcohol, drugs, thrill seeking, sex, food, gambling, and on-line fantasies to name just a few. How does the pursuit of pleasure result in compulsion and loss of control? *Craving for Ecstasy and Natural Highs* addresses this fundamental question and then explores positive ways to achieve lasting happiness and fulfillment. Readers will gain important insight on how to improve their own quality of life and will learn how to offer support to clients, students, family, and friends whose lives may be compromised by addiction.

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