



Ecstasy: The Complete Guide: A Comprehensive Look at the Risks and Benefits of MDMA

Julie Holland

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- The world's leading experts on Ecstasy assess its therapeutic potential, social implications, and the dangers of unsupervised use.
- Includes chapters by Andrew Weil, Ralph Metzner, Douglas Rushkoff, Rabbi Zalman Schachter, Rick Doblin, and others.
- 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.

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From Reader Review Ecstasy: The Complete Guide: A Comprehensive Look at the Risks and Benefits of MDMA for online ebook

Hank says

Who doesn't like books on E...haha. Anyway, it is a very informative book, for those who care. I loved it and found its "no-sides" approach very helpful & interesting.

Rose says

This book does a very good job of walking the reader through various aspects of the history of MDMA and some of the most up to date research about the substance.

While some of the chapters have a lot of complex scientific information that may be hard for the layperson to grasp, the reader is warned about this at the beginning of the book and informed that those chapters with the most specific and complex material aren't necessary for everyone to read.

This book included some very powerful interviews with people who have worked with this substance and in this way indirectly points the reader toward ways to get involved if they are interested in studying or working with this substance.

Overall, this book was pretty dry, but I guess it is to be expected. It was very informative and I feel as if it covered most of the important angles about the subject.

Borisz says

Everything you can possibly know about Ecstasy. I recommend this book to anyone out there who seeks information about it.

5stars, it was dry of course, and i did skip some parts mostly the chemical ones because i dont understand nothin' bout em :)

Brett says

Talk about comprehensive! This is a very mature, unbiased look at MDMA. This was my main source for material in my Psychology thesis.

This gem also sparked a brief flirtation with the possibility of becoming one of the world's first Psychotherapists that use MDMA as a primary tool to break down barriers and help patients open up. The

potential for breakthroughs in the areas of PTSD (especially concerning rape and sexual abuse) is infuriatingly underutilized by our government! "Drugs" are on this planet for a purpose.

There was a line that said something like: "The highest rate of success for Psychotherapy treatment was with MDMA and a caring Psychotherapist"... Man, how the world could change, and how I'd like to do this for a living. I know a dozen family and friends that could benefit from MDMA Psychotherapy, and these same people are screwed up and exhausted with uncaring, greedy doctors, dangerous and side-effect-ridden "medicines" with no results, and misinformation. Give it a read.

Volo says

Solid, balanced, multifaceted and comprehensive, Ecstasy introduces most of the relevant perspectives for evaluating the promises and dangers of MDMA. A collage of interviews, research article abstracts, essays, and text book entries pointing towards history, chemistry, biology, statistics, clinical narratives, anthropology, policy, and spiritual meanings. Reading it requires an academic throughout interest, but from what I know, this really is a sufficient outlook into MDMA. Time-wise, this anthology precedes controlled clinical trials on MDMA-assisted psychotherapy for PTSD and other diagnostic categories, leaving a less-convincing speculative atmosphere.

Given that 15 extremely prolific years have passed since the publication of this work, a revised version of Ecstasy would be a major contribution to the field. This progress is the sole reason why I leave my rating at 4/5. While this is one of those books I would hope all mental health clinicians to have read through, I would be hesitant to recommend it due to introducing a now much elaborated on topic, even if the foundations still stand.
