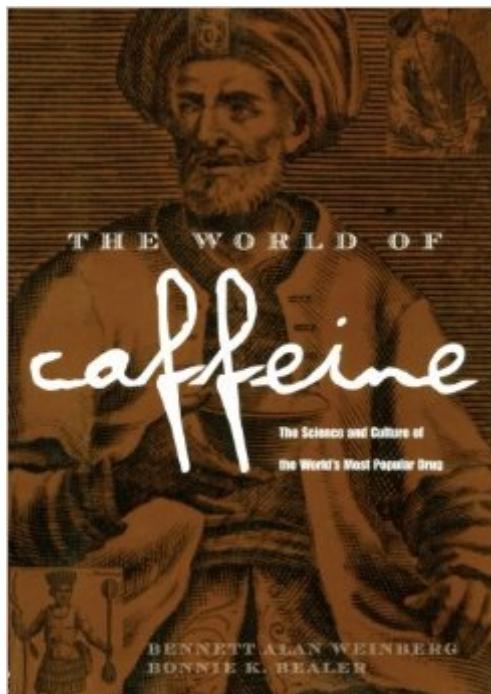


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The World Of Caffeine: The Science And Culture Of The World's Most Popular Drug



Synopsis

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Customer Reviews

"The World of Caffeine: The Science and Culture of the World's Most Popular Drug" is the best book found on the subject. No other book even comes close to the scope of this important topic covered in such magnificent detail! Nearly 400 pages in length encompassing seventeen highly informative chapters separated into five distinct parts, this jewel of nonfiction work by authors Bennett Alan Weinberg and Bonnie K. Bealer is sure to mark it's place in history as the best in its class. Part I, "Caffeine in History" tells everything you could possibly want to know about this powerful, world's most popular drug, from the Arabian Origins to its refined, almost religious use in Europe, blending into Part II. Part III discusses the role of caffeine from a cultural standpoint and works its way into Part IV, "The Natural History of Caffeine." Of particular interest to me is Part V, "Caffeine and Health," specifically Chapter 15, "Caffeine and the Body," Chapter 16, "Thinking Over Caffeine: Cognition, Learning, and Emotional Well-Being" and Chapter 17, "Caffeine Dependence, Intoxication, and Toxicity." The details of how caffeine permeates every cell in the body are clear, straightforward and very comprehensible. This book was written in a classical narrative style, wonderfully free of slanted opinions and unrelated ramblings in an instructional tone. This is one of the most beautifully arranged and printed hardbounds that I have found, so much that after only a few minutes I had to get my own copy! It is clear to me now that there are far more benefits to

caffeine than detriments. It has been proven to increase alertness, improve concentration and even to help with weight loss, and much more.

What we need is a drug that can help people engage each other socially, that can provide mental and physical stimulation and increase creative energy, that is pleasant to ingest, that is cheap enough for almost anyone to use, that does not encourage antisocial behavior or ruin careers or families, and that will never harm the prudent user. Proof that we need such a drug is that ninety percent of the world's population already uses it. The drug is caffeine, and every aspect imaginable of it is covered in *The World of Caffeine: The Science and Culture of the World's Most Popular Drug* (Routledge) by Bennett Alan Weinberg and Bonnie K. Bealer. If you are at all interested in knowing more about the drug you almost surely use on a daily basis, here's a wealth of information for you. For instance, why is it that so many plants make caffeine? There's coffee, of course, and tea, and cocoa. Then there's cola nut, matÃ©, and guarana, and yoco, and others you have probably never heard of and which have no commercial value. Caffeine within a plant possesses capacity to kill harmful fungi and bacteria. It can kill weeds around the plant, and bother insects. Pure caffeine is so dangerous to humans that labs which make it have to have ventilation and mask and glove their workers. It is possible to kill yourself with caffeine, but it isn't easy. Drinking a hundred espressos quickly might do it, but getting all that liquid down might present a little difficulty. This dangerous a drug ought to cause some real problems, but other than sleep disturbance, it is really quite seldom that anyone has a difficulty with caffeine. In truth, there have been countless studies of what caffeine does to the body, and virtually no ill effects can be traced to it.

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