

APRIL 2016

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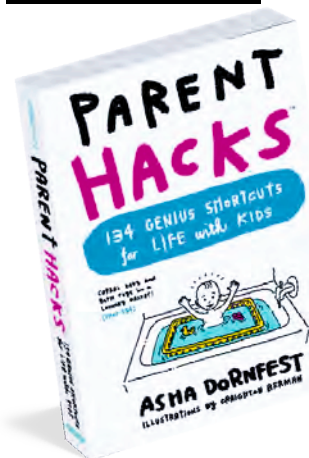
EARTH DAY  
April 22



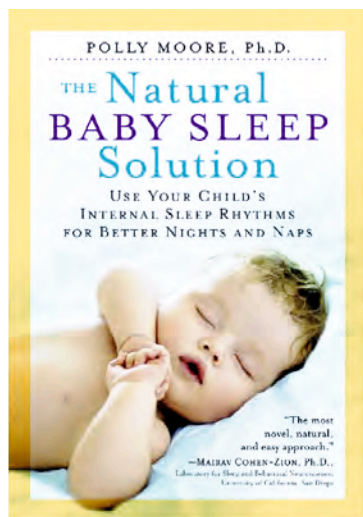
HEALTH + HOME + FOOD + WEALTH + STYLE

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ParentHacks.com



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Use Your Child's Internal Sleep Rhythms  
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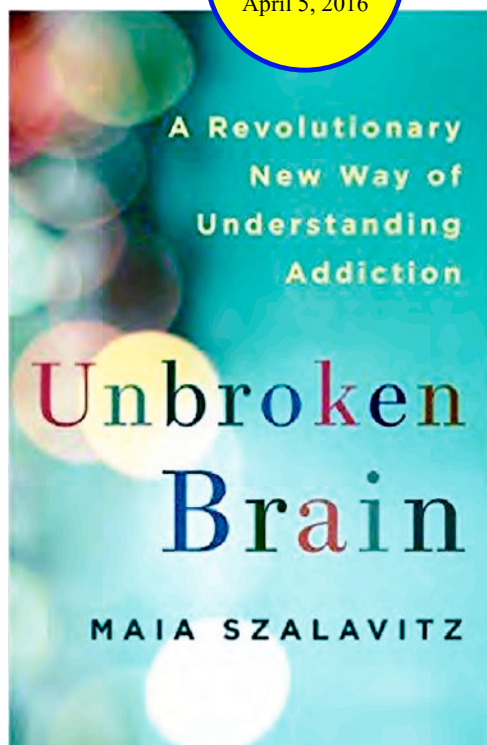
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Unbroken Brain  
A Revolutionary New Way  
of Understanding Addiction  
by Maia Szalavitz

Unbroken Brain  
On Sale  
April 5, 2016



The number of people that find themselves  
addicted to, or recovering from, addiction,  
has increased like never before, including  
the addiction to alcohol, drugs, prescription  
medications, sex, gambling, porn, or the in-  
ternet. Despite the unprecedented attention,  
understanding addiction is trapped in unsup-  
ported and outdated 20th century ideas,  
addiction as a crime or as brain disease, and  
in equally outdated treatment.  
Challenging both the idea of the addict's  
"broken brain" and the notion of a simple  
"addictive personality", Unbroken Brain  
offers a radical and groundbreaking new  
perspective, arguing that addiction can be  
attributed to learning disorders and shows  
how seeing the condition this way can  
unravel our current debates over treat-  
ment, prevention, and policy. Like autism,  
ADHD, and dyslexia, addictive behaviors  
fall within a spectrum - and could be a  
normal response to an extreme situation. By  
illustrating what addiction is, and is not, the  
book illustrates how timing, history, family,  
peers, culture, and chemicals come together  
to create both illness and recovery, substan-  
tiating that there is no "addictive personal-  
ity" or single treatment that works for all.  
About the author: Maia Szalavitz's  
combines her personal story with a distil-  
lation of more than 25 years of science  
and research, Unbroken Brain provides a  
paradigm-shifting approach to thinking  
about addiction.



All of the items on this page have received LWM's Tried & True Award.

Dancing Moon Jamaica Blue Mountain single serve cups

The flavor achieved inside a single Dancing Moon Jamaica Blue Mountain k-cup is astonishing. There is a sour / bitter flavor that seems to be common when drinking a cup of coffee produced from most k-cups. It does not occur when drinking a cup of coffee made with a Jamaican Mountain k-cup, tasting more like a cup of freshly brewed coffee from an expensive professional coffee machine. Retaining rich deep flavors that make Dancing Moon's Jamaican Mountain k-cups a must have for the true coffee lover.

[www.dancingmooncoffee.com](http://www.dancingmooncoffee.com)



The Invisible Chef Baking Mixes

Making everyday living and entertaining easy, creative, and delicious. The Invisible Chef offers a large variety of mixes that can be used right out of the box with the simple addition of a few ingredients such as oil, eggs, milk and butter. Or take each mix to the next level with recipe suggestions on The Invisible Chef website. Mixes include: Lemon and Blueberry Pancake and Waffle Mix, French Breakfast Puffs, Spinach Parmesan Beer Bread Mix, Salted Caramel Cupcake & Frosting Kit, and many more. [theinvisiblechef.com](http://theinvisiblechef.com)



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[www.livingwellmagazine.net](http://www.livingwellmagazine.net) April 2016



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