

Resources: The Science of Addiction

Speaker:

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Help with Drug or Alcohol Problems (for lawyers):

North Carolina Lawyer Assistance Program
<http://www.nclap.org>

Additional Information on Drug and Alcohol Addiction:

National Institute on Drug Abuse (NIDA)
<http://www.drugabuse.gov>

National Institute on Alcohol Abuse and Alcoholism (NIAAA):
<http://www.niaaa.nih.gov>

Information on Mindfulness Programs

Program on Integrative Medicine (UNC-CH)
<http://www.med.unc.edu/phyrehab/pim/mindfulness-program>

Duke Integrative Medicine
Mindfulness Based Stress Reduction (MBSR) Program
<http://www.dukeintegrativemedicine.org/classes-workshops-and-education/mindfulness-based-stress-reduction>

Interesting Book about Mindfulness:

“Full Catastrophe Living” by Jon Kabat-Zinn, Ph.D.