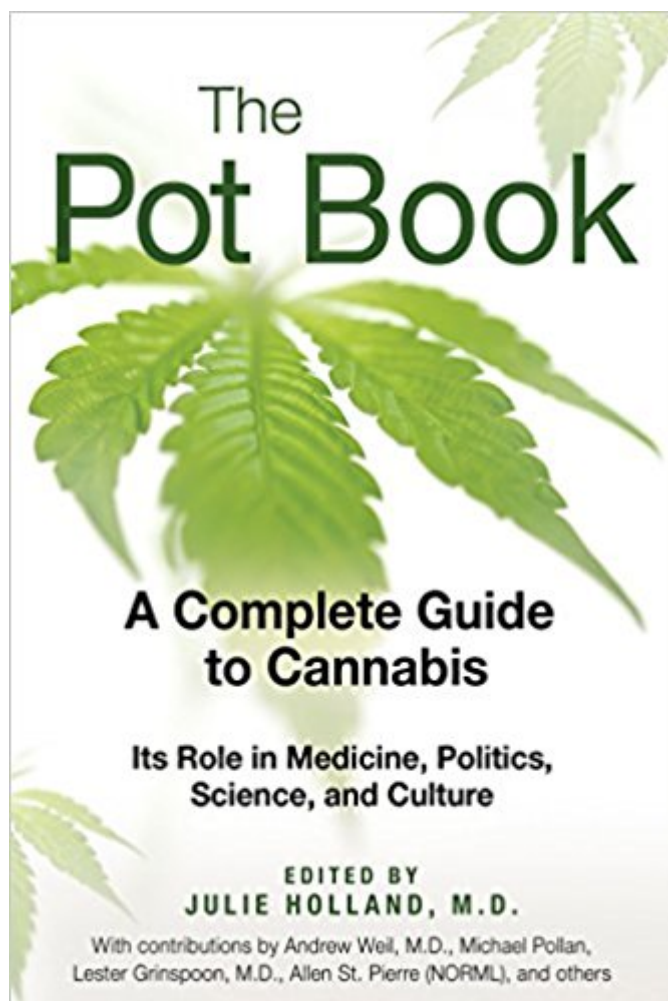


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# The Pot Book: A Complete Guide To Cannabis



## Synopsis

Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug. With contributions by Andrew Weil, Michael Pollan, Lester Grinspoon, Allen St. Pierre (NORML), Tommy Chong, and others. Covers marijuana's physiological and psychological effects, its medicinal uses, the complex politics of cannabis law, pot and parenting, its role in creativity, business, and spirituality, and much more. Exploring the role of cannabis in medicine, politics, history, and society, *The Pot Book* offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as a pot dealer and a farmer who grows for the U.S. Government. Encompassing the broad spectrum of marijuana knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm-reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain's cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer's, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions in a society full of marijuana myths, misconceptions, and stereotypes.

## Book Information

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## Customer Reviews

"I found The Pot Book extremely educational with many aha's. . . I commend Holland for putting together this extremely important book." (Irene Watson, Reader Views, October 2010)"The Pot Book is perhaps the most exhaustive compendium to date regarding marijuana and the science, politics, and culture surrounding it. Everyone needs to know the facts about cannabis, and just about everything one needs to know can be found within these pages." (Mason Tvert, SAFERChoice.org, September 2010)"...an essential new compendium of sensible thinking about marijuana..." (Arthur Magazine, November 2010)~"Truly, The Pot Book is a testament to how much information is available about pot today. Even for someone like myself, who sometimes might be deluded into thinking there is nothing more to learn about weed, I was sometimes surprised by a fresh nugget of wisdom, a previously unknown factoid or a new perspective. Overall, I give The Pot book a big thumbs up, for being incredibly comprehensive and easy to read at the same time."~ (Reverend Damuzi, Cannabis Culture Magazine, December 2010)~"The latest scientific and social research comes from experts who debunk popular myths and offer a survey embracing the latest who debunk popular myths and offer a survey embracing the latest research across disciplines: perfect for general or college-level holdings."~ (The Midwest Book Review, December 2010)~"Candid, timely and comprehensive, The Pot Book offers the necessary facts and authoritative opinions and is endorsed out the wazoo."~ (Sir Read A Lot Reviews, December 2010)~"The nuance of the human-cannabis relationship, so subtle, is reflected in the political landscape; full of contradictions, half-laws and half truths. . . The Pot Book is an exposition of this complexity and as a collection it manages to shine through the mess and give cannabis a voice once more."~ (The Psychedelic Press, UK, December 2010)~"Whatever your feelings about marijuana are, it is clear that times are changing and we need the best objective information possible. This book deals with the history of pot and all the safeguards one should know when using it, but it's loaded, no pun intended, with interviews with many experts in many fields. . . I also found it useful to clear up the many myths around marijuana use."~ (Rahasya Poe, Lotus Guide, January 2011)~"Editor Holland has done an incredible job of thoroughly covering the subject from all perspectives. The resource list and bibliography alone are worth the price of the book. I highly recommend this one for customers interested in scientific research into the effects of the drug, its medical uses, its history, law enforcement issues, economic implications of legalizing the drug, and real information to help

parents steer their children through the world of recreation drug use. (Anna Jedrziwski, New Age Retailer, January 2011) “Dr. Julie Holland has assembled a virtual dream team of cannabis experts for this marijuana magnum opus. (Steve Bloom, publisher of CelebStoner.com, coauthor of Pot Culture and Reefer Movie Madness, and for) “This really is a complete guide to cannabis. Holland has compiled articles from top scholars around the world. The articles range from science to sociology, from medicine to myths and mythology. The recent history of marijuana has been a politically volatile one, but for thousands of years before that cannabis and especially hemp has been a huge part of human culture. (BakedLife.com, February 2011) “The Pot Book blows away the myths and misconceptions associated with marijuana use and offers social and political solutions to what need not be an intractable problem. (Nexus Magazine, December 2010) “The Pot Book proves you can have it all. Delving into the medical, political, scientific and cultural dimensions of marijuana, this hefty 551-page book covers a lot of territory that both stimulates cerebrally (check out Chapter 4’s “The Botany of Cannabis” or Chapter 16’s “Arrest Statistics and Racism”) and takes time to prod at the more light-hearted (but still serious) side of things, such as “Getting Busted is Not So Funny,” an interview with Tommy Chong by editor (and medical doctor) Julie Holland. (Matt Tapia, Culture Magazine, March 2011) “The Pot Book is a virtual Encyclopedia Cannabinica, with contributions ranging from ancient history to cutting edge research. Stoner culture mavens will read about everything from primitive cannabis cults and ancient Chinese medicine to modern pot culture and politics, and they will be regaled by some of the country’s leading experts on various aspects of the world of marijuana. (StopTheDrugWar.org, March 2011) “I enjoyed The Pot Book: A Complete Guide to Cannabis and I highly recommend it to anyone. The book is an excellent source material for the activist. An overall great read for anyone interested in Cannabis and its role in Medicine, Politics, Science and Culture. (Richard Martin JR, Director with Northern Wisconsin NORML, July 2011) “The Pot Book sets the stage for activism, introducing the players, the scene, and best of all, encouraging readers to become involved themselves. (Karl Krause, Rain Taxi, January 2012) “This wonderful book is filled to the brim with sound research, copious notes and resources. I highly recommend this book to anyone battling health issues and to all who wish to be free from the nanny-state mentality that dictates what a healthy adult can or cannot do with a naturally occurring plant. Although illegal, interest in cannabis remains very strong, more so since the debate over its medicinal use continues to make headlines. (New Dawn) “Dr. Holland’s brilliant compendium of marijuana

facts and cultural insights from the best medical minds and scientific researchers, while acknowledging the potential for abuse, makes a compelling case for cannabis as the most ancient, benign, and uplifting inebriant/sacrament/medicine humanity has ever known. Just say Know. • (Alex and Allyson Grey, artists and cofounders of the Chapel of Sacred Mirrors (CoSM)) • “With marijuana legislation making headlines almost daily, The Pot Book’s timing is impeccable. It takes a candid look at all things cannabis from all angles: history, scientific research, medicinal use, our nation’s drug policy, myths, and misconceptions. I recommend this book as a comprehensive must-have guide for any library. • (Andrew Weil, M.D., author of the bestselling 8 Weeks to Optimum Health and founder of the Arizona Center for Integrative Medicine) • “The Pot Book traces the secret history of marijuana, examines the disconnect between seventy years of prohibition and the American public’s personal attitudes toward pot, and offers a clear-eyed look at all the uses of cannabis, including the growing list of its widespread medicinal benefits. Consulting with the top experts in the field, Dr. Julie Holland presents the current science and makes a compelling case for the need for further research, unencumbered by anti-drug hysteria, as well as an immediate change to our nation’s puritanical drug laws. • (John Dioso, deputy managing editor of Rolling Stone) • “The most-up-to-date and reliable source of information on the exploding frontiers of cannabis science written by the top experts in the field. I highly recommend this book. • (Steven Hager, High Times creative director) • “The Pot Book reveals the truth about cannabis in one timely, evenhanded volume. Dr. Julie Holland has brought together the top experts discussing every aspect of this persistently misunderstood plant. The Pot Book is now the best single source for information and insights on marijuana. • (Neal M. Goldsmith, Ph.D., author of Psychedelic Healing) • “Are you a lover or hater of the pot world? In either case this book is for you, if you want to be enlightened. I knew the book was a winner as soon as I held it and felt the good vibrations. Read it and tell your friends. • (Tommy Chong, comedian, actor, and cannabis activist) “With controversy heating up, and propositions to legalize marijuana appearing all over the nation, a book which educates, dispels myths, and elucidates the issues associated with this plant could not be more timely. . . . Organized in five sections, the book offers important facts and expert opinions regarding marijuana’s physiological, neurochemical, and psychological effects; its potential for medicinal uses; and its role in creativity, business, and spirituality . . . Throughout the book, research-based material is enhanced by interviews and stories, and the contributors’ accounts of their personal experiences add a flavor of authenticity. The Pot Book will appeal to a wide audience, and serves as a thorough reference for educators, clinicians, and families, as well as a training consultation manual. This

volume makes an excellent transducer to help transform the failing war on marijuana into something more positive and enriching." (Richard Skaff, Foreword Magainze, October 2010)"As cannabis legalization and decriminalization approaches its tipping point in the US, it's refreshing that Dr. Julie Holland has published, The Pot Book, the most comprehensive overview available of cannabis, its medical uses and societal ramifications. What makes The Pot Book truly significant is the depth of its coverage and the breath of its fifty contributors." (Michael Backes, Dangerous Minds, October 2010)"The Pot Book is encyclopedic in breath, and provocative and engaging enough to stand out as both a reference and entertainment source. Something for everyone, and everything for those willing to dig deep." (Mac Graham, Whole Life Times, October 2010)

ENTHEOGENS / POPULAR CULTURE   “With marijuana legislation making headlines almost daily, The Pot Book’s timing is impeccable. It takes a candid look at all things cannabis from all angles: history, scientific research, medicinal use, our nation’s drug policy, myths, and misconceptions. I recommend this book as a comprehensive must-have guide for any library.” --Andrew Weil, M.D., author of the bestselling 8 Weeks to Optimum Health and founder of the Arizona Center for Integrative Medicine   “Consulting with the top experts in the field, Dr. Julie Holland presents the current science and makes a compelling case for the need for further research, unencumbered by anti-drug hysteria, as well as an immediate change to our nation’s puritanical drug laws.” --John Dioso, deputy managing editor of Rolling Stone   Exploring the role of cannabis in medicine, politics, history, and society, The Pot Book offers a compendium of the most up-to-date information and scientific research on marijuana from leading experts, including Lester Grinspoon, M.D., Rick Doblin, Ph.D., Allen St. Pierre (NORML), and Raphael Mechoulam, Ph.D. Also included are interviews with Michael Pollan, Andrew Weil, M.D., and Tommy Chong as well as an ACLU lawyer and a forensic toxicologist growing cannabis for the U.S. government. Encompassing the broad spectrum of cannabis knowledge from stoner customs to scientific research, this book investigates the top ten myths of marijuana; its physiological and psychological effects; its risks; why joints are better than water pipes and other harm reduction tips for users; how humanity and cannabis have co-evolved for millennia; the brain’s cannabis-based neurochemistry; the complex politics of cannabis law; its potential medicinal uses for cancer, AIDS, Alzheimer’s, multiple sclerosis, and other illnesses; its role in creativity, business, and spirituality; and the complicated world of pot and parenting. As legalization becomes a reality, this book candidly offers necessary facts and authoritative opinions to a society steeped in marijuana myths, misconceptions, and stereotypes. JULIE HOLLAND, M.D., is a psychiatrist who

specializes in psychopharmacology and a clinical assistant professor of psychiatry at NYU School of Medicine. An expert on street drugs and intoxication states, she was the attending psychiatrist in the Psych ER at Bellevue Hospital from 1996 to 2005 and regularly appears on the Today Show. The editor of *Ecstasy: The Complete Guide* and the author of the bestselling *Weekends at Bellevue*, she lives in the Hudson Valley. Proceeds from the sale of this book will help fund therapeutic cannabis research.

My compliments to the editor due to this book being put together quite well. It is well worth the time to read in its entirety. Hundreds of millions of Americans should have to read this book immediately regardless of their relationship to cannabis simply because everything is connected. Some books that I read are loaners. The Pot Book is not a loaner book because it is too valuable. I would certainly hope and expect this book to be visibly available in American airport bookstores and if it isn't why is that. Why isn't there any type of literature about cannabis to be found in airport bookstores? I found the resources and contributor sections to be very resourceful. I usually look upon in text citations as kind of a drag and breaking the flow. However, when the citations reach back into the early 1900s and beyond, they then take on a different meaning. They then become a treasure and assurance that some in-depth research has been done and that this is heavy duty information and you better be paying attention here. There are several great interviews and some chapters are interviews by doctor J which are not to miss. I believe there to be a fascinating theme throughout the book about how the United States Government (who ever owns them) continues to obstruct, ignore, argue against, etc., any type of progressive & beneficial approach to cannabis and these are your real criminals. In these times, a real indicator of light prevailing will be a complete stopping to this criminal activity. I wish it was mandatory reading for everybody in America benefiting from the drug war.

This book is AWESOME! I bought it because I heard the author plug it on the NORML show live, but I needed it for two papers I was writing. This book has almost EVERYTHING you could ever want to know about cannabis from most of the professionals and experts out there. It's a good source for learning more about the plant's pharmacology and how it interacts with your body. The chapters are pretty diverse, some are pretty scientific, while others are more casual and entertaining, like the Tommy Chong interview. Holland did a fantastic job at putting this all together. If you have to write a paper on cannabis, BUY THIS BOOK. It has so many sources to draw from, and they're all neatly formatted so if you need to do a works cited you can just copy the them from the back of the book. I

got this for \$11 and it was probably worth at least \$30 in my opinion. Very pleased with the book and Holland, I think all the proceeds are going towards cannabis research too.

I have not finished the book yet, but I am enjoying what I've read so far. We are utilizing the book as a text book in a Cannabis Horticulture class in MA. Dr. Holland's anger permeates her words thus far... I love it!! And, I get it. You must read closely and absorb. She is disgusted by the hypocrisy of the federal government; and she does not hold back. Her background is quite fascinating... Great read!! Thanks, Julie!!

As someone who suffers from a chronic medical condition, I purchased this book to educate myself on the potential of cannabis and its components. This book gives a great picture of the current climate, and Dr. Holland compiles chapters from all kinds of authors and experts on the varying uses of this plant. I have to say, after reading the book, I can't find any logical reason that cannabis prohibition exists in this country. I, unfortunately, live in a state where I do not have medical access to this plant, so I won't be able to see if CBD or other components will help my condition. I'm hoping some day the regulatory environment will change and ALL adults who want to see if they can better their lives with cannabis will be given the opportunity to do so. The "stoner" stigma needs to go away. Those who have a financial agenda to keep prohibition alive and well in this country need to be exposed for who they are and stop hiding behind PACCs and lobbyists. Dr. Holland points out the hypocrisy of the DEA having cannabis on Schedule I while owning a patent on the benefit of CBD in healing and stopping trauma to nerves. How can that be? The federal government says there is no medical use for cannabis, but it has a patent on a medical use of cannabis??? Huh? Stop locking people up for using a harmless plant. Give patients access to their medicine. Stop demonizing something that no one has ever overdosed on. Alcohol and cigarettes have killed more people and ruined more lives than any other drugs in our culture, yet you don't see any politicians railing against those drugs. This is a wonderfully compiled book by Dr. Holland, and no matter where you are on the use of cannabis in the world you should read this book to educate yourself either way.

I got this for my stepson who's tryin to get ahead of the game once Florida passes the medical marijuana law.....it has lots of pictures n is a very interesting read.....even if your not into growing

good reading

I highly recommend that anyone interested in the history or future of cannabis read this book. It is a collection of articles by people that are extremely knowledgeable of the subject. The edition of the book I own was published in 2010. In the book Dr Holland provides a website that lists more articles written since then.

I found this book to be a tremendously interesting and useful overview of cannabis. Far better than 'Marijuana Legalization What everyone Needs To Know.' The book covers various topics such as risks and harm reduction, clinical use, and culture and prohibition/legalization/decriminalization. The sections I found most compelling dealt with the biochemistry and the endocannabinoid system which were well written and accessible to the non-biochemist without excessively dumbing it down. I really think this is one of the very best books on the topics so far and I highly recommend it.

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