



Overcoming Crystal Meth Addiction: An Essential Guide to Getting Clean

By Steven J. Lee

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In *Overcoming Crystal Methamphetamine Addiction*, one of the few books to address the topic for a general audience, Dr. Steven Lee, MD, a psychiatrist who specializes in crystal meth addiction, offers a complete guide to the drug, its effects, and how to overcome it. Based on extensive scientific and social research and drawing from his professional experience, he covers everything from the definition and history of crystal meth to the physical and psychological effects; from dealing with the addictive personality to helping a friend or family member cope with it. He focuses on understanding rather than outright condemnation of the drug, and empathetically covers all of the crucial questions: What is crystal meth? How is it made? How does it affect the body? How do you know if you're addicted to it? How do you stop using it? What if you don't want to stop? If you are going to use CM anyway, how can you minimize the damage? What if you quit but slipped and used again?

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Editorial Review

About the Author

Steven J. Lee, MD has a private practice as a physician and addiction psychiatrist and provides consultation services for community health centers in New York City. He is a clinical assistant professor of psychiatry at Columbia University, consultant addiction specialist at Callen-Lord Community Health Center, and a consultant psychiatrist at the Asian Pacific Coalition Against HIV & AIDS. He has published medical journal articles in psychiatry and addiction and has served on National Committees in the American Psychiatric Association. He lives in New York City.

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